



# March 2021

Community Connections:  
 Housing & Support  
 519-371-2390 Kathy or Angela

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>Scattergories Word Game</b> <b>Barclay Room</b> <b>2:00 - 3:00</b>	<b>2</b> Connect with Group Services, give us a call!  <b>Hockey Group</b> <i>Players only</i> <b>2:15 - 3:30</b>	<b>3</b>	<b>4</b> <b>Snowshoe or Walk Kelso Beach</b> <b>1:30 - 3:00</b>	<b>5</b> <b>Chair Yoga at the office</b> 11:00 Max of 5 participants (this group is also available via zoom to do at home. Call for details!)  <b>Colouring for Relaxation</b> <b>1:30 - 3:00</b> <b>1024 2nd Ave East</b>	<b>6</b>
<b>7</b>	<b>8</b> <b>Loneliness and the Pandemic</b> <b>Barclay Room</b> <b>2:00 - 3:00</b>	<b>9</b> Connect with Group Services, give us a call!  <b>Hockey Group</b> <i>Players only</i> <b>2:15 - 3:30</b>	<b>10</b> <b>Beading Bookmarks with Susan</b> 1101 2nd Ave East 11:00 - 12:30 Or 1:30 - 3:00	<b>11</b> <b>Snowshoe or Walk MacArthur Park</b> <b>1:30 - 3:00</b>	<b>12</b> <b>Chair Yoga at the office</b> 11:00 Max of 5 participants (this group is also available via zoom to do at home. Call for details!)  <b>Music Group ~ Rolling Stones</b> <b>A trip across Latin America</b> <b>Documentary 1:30 - 3:00</b> <b>1024 2nd Ave E</b>	<b>13</b>
<b>14</b>	<b>15</b> <b>Book Club Review</b> <b>Barclay Room</b> <b>2:00 - 3:00</b>	<b>16</b> Connect with Group Services, give us a call!  <b>Hockey Group</b> <i>Players only</i> <b>2:15 - 3:30</b>	<b>17</b> <b>Conversation Café ~ Luck &amp; all things Irish!</b> 1101 2nd Ave East 11:00 - 12:30 Or 1:30 - 3:00 <b>Call if interested in connecting by zoom</b>	<b>18</b> <b>Snowshoe or Walk St. Georges Park</b> <b>1:30 - 3:00</b>	<b>19</b> <b>Chair Yoga at the office</b> 11:00 Max of 5 participants (this group is also available via zoom to do at home. Call for details!)  <b>Mental Health in the Media with Karen</b> <b>1:30 - 3:00</b> <b>1024 2nd Ave East</b>	<b>20</b>
<b>21</b>	<b>22</b> <b>Scams &amp; Frauds</b> <b>Barclay Room</b> <b>2:00 - 3:00</b>	<b>23</b> Connect with Group Services, give us a call!  <b>Hockey Group</b> <i>Players only</i> <b>2:15 - 3:30</b>	<b>24</b> <b>Creative Art Project for "Letting Go of the small stuff"</b> 1101 2nd Ave East 11:00 - 12:30 Or 1:30 - 3:00	<b>25</b> <b>Take A Walk Nine Bends Trail</b> <b>1:30 - 3:00</b>	<b>26</b> <b>Chair Yoga at the office</b> 11:00 Max of 5 participants (this group is also available via zoom to do at home. Call for details!)  <b>Music Group ~ Dolly Parton</b> <b>Here I am Documentary</b> <b>1:30 - 3:00 1024 2nd Ave E</b>	<b>27</b> <b>Learning about Maple Syrup</b> <b>1:00 <u>OR</u> 3:00 pm</b>
<b>28</b>	<b>29</b> <b>Men's Group Faith &amp; Spirituality</b> <b>Barclay Room</b> <b>2:00 - 3:00</b>	<b>30</b> Connect with Group Services, give us a call!  <b>Hockey Group</b> <i>Players only</i>	<b>31</b> <b>Easter Craft with Grace</b> 1101 2nd Ave East 11:00 - 12:30 Or 1:30 - 3:00	<b>1</b> <b>Take A Walk Harrison Park</b> <b>1:30 - 3:00</b>	<b>2</b> <i>Good Friday</i> <i>Office Closed</i>	<b>3</b>