



**Group Services– CMHAGB:**  
 Contact us for further info, or to sign up for a group  
 call Kyle (ext. 1330)

# May 2024

M o n	T u e	W e d	T h u	F r i
<p><b>*Monday Meet N' Greet</b>            New location: Metis Office            1198 2nd Ave East *</p>		<p>1  <u>No Groups Today</u></p>	<p>2  <u>No Groups Today</u></p>	<p>3  <u>No Groups Today</u></p>
<p>6            Meet N' Greet @ Metis            Office 1198 2nd Ave East            10:30 am             Library Afternoon            Computers, books, signup for a            card. Meet @ Library 1:30pm</p>	<p>7  <b>Colouring &amp; Coffee</b>  <b>@ Union Place 10am</b></p>	<p>8            Exploring Creativity with Anne:            Vision Boards            @ Union Place 10:30am             Volleyball @ St. Andrews            Church 1:30pm</p>	<p>9  <b>Yoga @ Georgian Waters</b>  <b>Studio 10 - 11am</b></p>	<p>10            Meet N' Greet @ CMHA            10:30 - 11:30 am             Hikes With Jim            1:15 Meet @ Union Place            (Medium Difficulty)</p>
<p>13            Meet N' Greet @ Metis            Office 1198 2nd Ave East            10:30 am</p>	<p>14 <b>Conversation Café:</b>  <b>Nostalgia (fond memories</b>  <b>from the past) @ Union</b>  <b>Place</b>  <b>10 - 11 am</b>   <b>Healthy Kitchen</b>  <b>@ St. Andrews 12 - 2pm</b></p>	<p>15            Exploring Creativity with            Anne: Science of            Manifestation            @ Union Place 10:30am</p>	<p>16  <b>Yoga @ Georgian Waters</b>  <b>Studio 10 - 11am</b>   <b>Wood Sign Painting @</b>  <b>Union Place 1:30pm</b></p>	<p>17            Meet N' Greet @ CMHA            10:30 - 11:30 am   <b>Movie Trilogy: Indiana</b>  <b>Jones Raiders of the lost</b>  <b>Ark 1pm @ Union Place</b></p>
<p>20  <u><b>Victoria Day</b></u>  <u><b>Closed</b></u></p>	<p>21  <b>Cribbage Tournament</b>  <b>@ Union Place 10:30 - 12pm</b>   <b>Baseball Meeting &amp; Practice</b>  <b>at Community Gardens</b>  <b>@ 2:15 pm</b></p>	<p>22            Exploring Creativity with Anne:            Drawing / Sketching            @ Union Place 10:30am   <b>Photography Group:</b>  <b>Scavenger Hunt</b>  <b>@ Harrison Park</b>  <b>Meet at Union Place 1:30pm</b></p>	<p>23  <b>Yoga @ Georgian Waters</b>  <b>Studio 10 - 11am</b>   <b>Prepping Group Services</b>  <b>Garden Bed 1:30pm Meet at</b>  <b>Union Place or Gardens</b></p>	<p>24            Meet N' Greet @ CMHA            10:30 - 11:30 am   <b>Hikes With Jim</b>  <b>1pm Meet @ Union Place</b>  <b>(Medium Difficulty)</b>  <b>Signup Required</b></p>
<p>27            Meet N' Greet @ Metis            Office 1198 2nd Ave East            10:30 am   <b>Bike Ride Kelso Beach</b>  <b>&amp; Beyond</b>  <b>2pm</b></p>	<p>28  <b>Rocking Morning with</b>  <b>Queen Concert @ Union</b>  <b>Place 10am</b>   <b>Baseball Practice at</b>  <b>Community Gardens</b>  <b>@ 2:15 pm</b></p>	<p>29            Exploring Creativity with Anne:            Intro to colour            (paint, pastels, etc)            @ Union Place 10:30am</p>	<p>30  <b>Yoga @ Georgian Waters</b>  <b>Studio 10 - 11am</b>   <b>Coffee House at the</b>  <b>Farmers Market</b>  <b>11 - 3pm</b></p>	<p>31            Meet N' Greet @ CMHA            10:30 - 11:30 am   <b>Movie Trilogy: Indiana</b>  <b>Jones Temple of Doom</b>  <b>1pm @ Union Place</b></p>