

Group Services- CMHAGB: Contact us for further info, or to sign up for a group call Kyle at 519-371-3642 (ext. 1330)

JUNE 2024

M o n	T u e	W e d	T h u	Fri
3 Meet N' Greet @ CMHA 10:30 - 11:30am	Baseball First Game of the Season!!! and BBQ at St. Georges Field 2pm Located at bottom of 10th St. Hill East	5 Lawn Bowling 9:30am Meet @ Union Place or at OS Roselawn Bowling Club Pickle Ball at St. Andrews Church 1:30pm	6 Rocking Morning with Rob: Queen Concert 10am Union Place Rock Painting @ Community Gardens 1:30om	7 Meet N' Greet @ CMHA 10:30 - 11:30 am YOGA in the Community Gardens with Kathy 1pm Hikes With Jim 1:15 Meet @ Union Place (Medium Difficulty)
10 Meet N' Greet @ CMHA 10:30 - 11:30am Lawn Games @ Community Gardens 1:30pm Bocce Ball, Ladder Golf, and more	11 Baseball at St. Georges Field 2pm Located at bottom of 10th St. Hill East	Lawn Bowling 9:30am Meet @ Union Place or at OS Roselawn Bowling Club Please Call to signup	Music & You: Bring 3 of your favorite songs to share and tell us what they mean to you 10:30am Union Place Sketching along the Harbor. Meet at Marine Rail Museum 1:30pm	14 Meet N' Greet @ CMHA 10:30 - 11:30 am YOGA in the Community Gardens with Kathy 1pm Music In the Community Gardens 2pm
17 Meet N' Greet Coffee in the community. Location to be determined 10:30 am Photography Group: Capturing historic Owen Sound 1pm. Meet @ Union Place	18 Healthy Kitchen @ St. Andrews Church 12 - 1:45pm Baseball at St. Georges Field 2pm Located at bottom of 10th St. Hill East	Sauble Beach Camp Day!! Picnic, beach games and shopping Cost of \$5 (10:30 departure time) Signup early as space is limited!	Conversation Café: Dreams and Symbolism 10:30 - 11:30am at Union Place No Afternoon Groups	21 Meet N' Greet @ CMHA 10:30 - 11:30 am YOGA in the Community Gardens with Kathy 1pm Hikes With Jim 1:15 Meet @ Union Place (Medium Difficulty)
24 Meet N' Greet Coffee in the community. Location to be determined 10:30am Creativity with Anne: End of program discussion. Share thoughts and hopes for future. 11:30am Union Place	25 Baseball at St. Georges Field 2pm Located at bottom of 10th St. Hill East	Lawn Bowling 9:30am Meet @ Union Place or at OS Roselawn Bowling Club Please call to signup	27 Documentary: Parallel Worlds, Parallel Lives 1pm @ Union Place	28 Meet N' Greet @ CMHA 10:30 - 11:30 am YOGA in the Community Gardens with Kathy 1pm