



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

July 2024

M o n	T u e	W e d	T h u	F r i
1 <p style="text-align: center;"><u>Closed Today</u></p>	2 Colouring For Relaxation @ Union Place 10 - 11:30am Baseball @ St. George Field 2pm. Located at bottom of 10th St. Hill East	3 Lawn Bowling 9:30am Meet @ Union Place or at OS Roselawn Bowling Club	4 Exploring Creativity with Anne Part 2 - Manifestation 10:30am Located above the Boot & Blade Restaurant Room 202 Inglis Falls Photography Group 1pm meet at Union Place Signup Req.	5 Meet N' Greet @ CMHA 10:30 to 11:30am Yoga in Community Gardens 1pm Hikes With Jim 1:15 Meet @ Union Place. Signup Required
8 Meet N' Greet @ Union Place 10:30 am to 11:30 am Big Bay Visit 1pm Meet at Union Place Please Signup Limited Space	9 Healthy Kitchen @ St. Andrews Church 12 – 1:45pm Baseball @ St. George Field 2pm. Located at bottom of 10th St. Hill East	10 Lawn Bowling 9:30am Meet @ Union Place or at OS Roselawn Bowling Club <p style="text-align: center;"><u>No Afternoon Groups</u></p>	11 Exploring Creativity with Anne Part 2– Photography 10:30am Meet at Union Place <p style="text-align: center;"><u>No Afternoon Groups</u></p>	12 Meet N' Greet @ CMHA 10:30 to 11:30am YOGA in the Community Gardens 1pm
15 <p style="text-align: center;"><u>No Groups Today</u></p>	16 Baseball @ St. George Field 2pm. Located at bottom of 10th St. Hill East	17 Lawn Bowling 9:30am Meet @ Union Place or at OS Roselawn Bowling Club Pickle Ball @ St. Andrews Church 1:30pm	18 Exploring Creativity with Anne Part 2 - Drawing 10:30am. Located above the Boot & Blade Restaurant Room 202 Stone Tree Driving Range Meet at Union Place 1:30pm \$5 Signup Req.	19 Meet N' Greet @ CMHA 10:30am to 11:30am YOGA in the Community Gardens 1pm Hikes With Jim 1:15pm Meet @ Union Place. Signup Req.
22 Meet N' Greet @ Union Place 10:30am - 11:30am Sarawak Park Visit 1pm, Limited Space Please Signup	23 Keady Market Signup Req. Leaving Union Place at 9:30am Baseball @ St. George Field 2pm. Located at bottom of 10th St. Hill East	24 Lawn Bowling 9:30am Meet @ Union Place or at OS Roselawn Bowling Club Rob's Movie and Trivia: Waynes World @ Union Place 1pm	25 <p style="text-align: center;">Hanover Camp Day \$5 Please Call to Signup as space is limited</p>	26 Meet N' Greet @ CMHA 10:30 to 11:30am YOGA in the Community Gardens 1pm Music In the Gardens 2pm
29 Meet N' Greet @ Union Place 10:30am - 11:30 am	30 Baseball @ St. George Field 2pm. Located at bottom of 10th St. Hill East	31 Lawn Bowling 9:30am Meet @ Union Place or at OS Roselawn Bowling Club		