



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

August 2024

M o n	T u e	W e d	T h u	F r i
			1 Exploring Creativity with Anne: Color & Paint 10:30am @ Union Place	2 Meet N' Greet @ Union Place 10:30am Yoga at the Community Gardens 1pm Hikes With Jim: Crevice Springs 1:15pm Signup Required
5 <u>Closed For Civic Holiday</u>	6 Zen Tangle Art Group 10am @ Union Place Baseball @ St. George Field 2pm. Located at bottom of 10th St. Hill East	7 Lawn Bowling 9:30am @ Roselawn Bowling Club. Call to signup or for more info! Soccer at the Community Gardens 1:30pm	8 Exploring Creativity with Anne: Exit Session 10:30am @ Union Place Waste Walk, Neighborhood Clean up 1:30 pm. Meet At Union Place	9 Meet N' Greet @ Union Place 10:30am Yoga at the Community Gardens 1pm
12 Kincardine Camp Day Depart at 10am Cost \$5 Signup Required	13 Keady Market Signup Req. Leaving Union Place 9:30am Baseball @ St. George Field 2pm. Located at bottom of 10th St. Hill East	14 Lawn Bowling 9:30am @ Roselawn Bowling Club. Call to signup or for more info! Wood Sign Painting @ Union Place 1:30pm	15 Group Planning: Come share and brainstorm future group ideas @ Union Place 1:30pm	16 Meet N' Greet @ Union Place 10:30am Yoga at the Community Gardens 1pm Hike With Jim: Silent Valley 1:15pm Departure. Signup Req.
19 <u>No Groups Today</u>	20 Baseball @ St. George Field 2pm. Located at bottom of 10th St. Hill East	21 <u>No Groups Today</u>	22 Markdale Camp Day Kayaking \$10 Depart Union Place 9am Limited Space please sign up!	23 Yoga at the Community Gardens 1pm
26 <u>No Groups Today</u>	27 Making Personalized T-shirts: Bring a plain shirt or \$5 to purchase shirt 10:30 am Baseball @ St. George Field 2pm. Located at bottom of 10th St. Hill East	28 Lawn Bowling 9:30am @ Roselawn Bowling Club. Call to signup or for more info!	29 Warton Poutine Festival 12:30 pm Depart from Union Place. Signup Required	30 Meet N' Greet @ Union Place 10:30am Yoga at the Community Gardens 1pm Hike With Jim: The Pines 1:15pm Departure. Sign up Req.