

November 2024

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



M o n	T u e	W e d	T h u	F r i
				1 Meet N' Greet Coffee & Chat. Union Place 10:30am Woodworking @ Intersectins 2pm Signup is Full
4 Meet N' Greet Coffee & Chat. Union Place 10:30am	5 Boggle Tournament 10:30am at Union Place Hockey @ Julie McArthur Arena 3pm	6 History of Remembrance Day Documentary 1pm at Union Place	7 Yearly Memorial Service 1 to 3pm St. Andrews Church Woodworking @ Intersections 2 pm Signup is Full	8 Meet N' Greet Coffee & Chat. Union Place 10:30am Chair Yoga at Union Place 1:15pm
11 Remembrance Day @ The Cenotaph 10:30am departure From Union Place	12 Conversation Café: How to give back to our Community 10:30am Union Place Hockey @ Julie McArthur Arena 3pm	13 X-mas shopping East Side 9:30am. Meet at Union Place. Sign up Required	14 Christmas Bizarre 8 to 3pm Woodworking @ Intersections 2pm Signup is Full	15 Meet N' Greet Coffee & Chat. Union Place 10:30am
18 Meet N' Greet Coffee & Chat. Union Place 10:30am Recreating Ambassador Group: Volunteers needed 1pm @ Union Place	19 Hockey @ Julie McArthur Arena 3pm	20 Cribbage Tournament at Union Place 10am to noon	21 Lego Afternoon with Gavan 1:30pm at Union Place	22 Meet N' Greet Coffee & Chat. Union Place 10:30am Yoga @ Georgian Waters 1:15pm
25 Meet N' Greet Coffee & Chat. Union Place 10:30am Learn Guitar Basics! Jam Session With Miranda @ Union Place 1pm . Bring a Guitar if able	26 Hobbies & Collectables 10:30am @ Union Place Hockey @ Julie McArthur Arena 3pm	27 Pickleaball at St. Andrews Church 10:30 am 80's Movie Afternoon 1pm @ Union Place	28 Colouring for relaxation 10:30am	29 Meet N' Greet Coffee & Chat. Union Place 10:30am Yoga @ Georgian Waters 1:15pm