



# August Calendar

## Important Info!





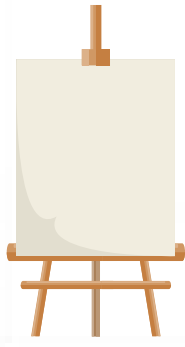

All programs begin at 1pm, with the exception of cross stitching at 10am Mondays + thursdays

Due to **limited seating**, programs at the centre will **require sign up** in order to attend. If you do not sign up, you will not be permitted in that days activity.

\*Look out on the M.I.N.D page on Mondays for Write Minded questions\*

**\*\*Every Monday and Friday** afternoon we will be having non-facilitated activities in the **Art room** the can hold up to **5 Participates \*\***

- Monday 2nd, 16th, 30th  
Open Reading
- Monday 9th, 23rd  
Open Board Games
- Friday 6th, 20th  
Open Movie's
- Friday 13th, 27th  
Open Coffee and chat

| Mon   | Tue                                     | Wed  | Thu  | Fri  |
|---|---|--|--|--|
| <b>2</b> <b>CROSS STITCHING</b> 10-12<br>Group A<br>Open Reading 1pm-3pm      | <b>3</b> <b>LIFE SKILLS</b><br>Group A  | <b>4</b> <b>THE AMAZING RACE</b><br>Group A<br> | <b>5</b> <b>CROSS STITCH</b> 10-12<br>Group B<br><b>LIFE SKILLS</b><br>Group B   | <b>6</b> <b>Open Movie</b> 10am-12pm<br><b>THE AMAZING RACE</b><br>Group B   |
| <b>9</b> <b>CROSS STITCHING</b> 10-12<br>Group A<br>Open Board Games 1pm-3pm  | <b>10</b> <b>LIFE SKILLS</b><br>Group A | <b>11</b> <b>Support Group</b><br>             | <b>12</b> <b>CROSS STITCH</b> 10-12<br>Group B<br><b>LIFE SKILLS</b><br>Group B  | <b>13</b> <b>Open Coffee and Chat</b> 10am-12pm<br><b>THERAPEUTIC PAINTING</b>   |
| <b>16</b> <b>CROSS STITCHING</b> 10-12<br>Group A<br>Open Reading 1pm-3pm     | <b>17</b> <b>LIFE SKILLS</b><br>Group A | <b>18</b> <b>UNO</b><br>                      | <b>19</b> <b>CROSS STITCH</b> 10-12<br>Group B<br><b>LIFE SKILLS</b><br>Group B  | <b>20</b> <b>Open Movie</b> 10am-12pm<br> |
| <b>23</b> <b>CROSS STITCHING</b> 10-12<br>Group A<br>Open Board Games 1pm-3pm | <b>24</b> <b>LIFE SKILLS</b><br>Group A | <b>25</b> <b>Painting With Amanda H</b><br>   | <b>26</b> <b>CROSS STITCH</b> 10-12<br>Group B<br><b>LIFE SKILLS</b><br>Group B  | <b>27</b> <b>Open Coffee and Chat</b> 10am-12pm<br><b>Tree Of Your Life Painting</b><br>Group B                                |
| <b>30</b> <b>CROSS STITCHING</b> 10-12<br>Group A<br>Open Reading 1pm-3pm     | <b>31</b> <b>LIFE SKILLS</b><br>Group A |   | <b>Sign up for activities by:</b><br><b>Emailing:</b> hello@ergoninc.ca<br><b>Calling:</b> 857-0014<br><b>Commenting below</b> |  |

