

OCTOBER CALENDAR



Important Info!

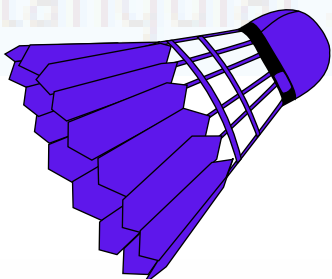






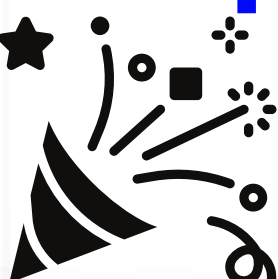
All programs begin at 1pm, with the exception of cross stitching at 10am Mondays + thursdays

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

If want to call us and book times where you can do your own activity call us at 857-0014



Mon	Tue	Wed	Thu	Fri
4 CROSS STITCHING 10-12 Group A	5 LIFE SKILLS Group A	6 Badminton 	7 CROSS STITCH 10-12 Group B LIFE SKILLS Group B	8 Support Houses craft 
11 	12 LIFE SKILLS Group A	13 Cooking Class 	14 CROSS STITCH 10-12 Group B LIFE SKILLS Group B	15 Walk 
18 CROSS STITCHING 10-12 Group A	19 LIFE SKILLS Group A	20 Word Art	21 CROSS STITCH 10-12 Group B LIFE SKILLS Group B	22 Sounds of Memories 
25 CROSS STITCHING 10-12 Group A	26 LIFE SKILLS Group A	27 Mask of Courage and fears 	28 CROSS STITCH 10-12 Group B LIFE SKILLS Group B	29 Halloween Party 
Sign up for activities by: Emailing: hello@ergoninc.ca Calling: 857-0014		