

## Davenport Perth Neighbourhood & Community Health Centre Adult Drop-In & Community Dining Program January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>CENTRE CLOSED</b>	3	4	5	6	7
8	9 Community Dining/Drop-In 4:30 pm	10 Stretching/Breathing Yoga 10-11am Sanctuary	11 Pelham Drop-In 1-3pm Community Dining 4:30 pm	12	13 Stretching/Breathing Yoga 1-2:15 Sanctuary	14
15	16 Community Dining/Drop-In 4:30 pm	17 Stretching/Breathing 10-11am Sanctuary  Soccer Drop-In 6-8pm – Carlton Village School gym	18 Pelham Drop-In 1-3 pm Community Dining 4:30 pm	19  Soccer Drop-In 8-10pm – Carlton Village School gym	20 Stretching/Breathing Yoga 1-2:15 Sanctuary	21
22	23 Community Dining/Drop-In 4:30 pm	24 Stretching/Breathing 10-11am Sanctuary Soccer Drop-In 6-8pm – Carlton Village School gym	25 Pelham Drop-In 1-3pm Community Dining 4:30 pm	26  Soccer Drop-In 8-10pm – Carlton Village School gym	27 Stretching/Breathing Yoga 1-2:15 Sanctuary	28
29	30 Community Dining/Drop-In 4:30 pm					

Adult Drop-In offered Wednesdays at Pelham Park Gardens from 1-2:45 pm and Community Support & Crisis Intervention Worker  
Community Support & Crisis Intervention Worker available in Drop-In/Community Dining Wednesdays from 4- 5 pm  
Drop-ins are free and all welcome. No registration required.