

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

March 2017

Reasonable accommodation or any other special needs will be provided upon request. If you require accommodation, please advise program contact name by phone, email or in person. "Drop In is free and all are welcome. No registration is required.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Soccer Drop-In 8-10pm – Carlton Village School gym	3 Stretching/Breathing Yoga 1-2:15 Sanctuary	4
5	6 Community Dining/Drop-In 4:30 pm	7 Stretching/Breathing 10-11am Sanctuary Soccer Drop-In 6-8pm – Carlton Village School gym	8 Pelham Drop-In 1-3pm Community Dining 4:30 pm	9 Soccer Drop-In 8-10pm – Carlton Village School gym	10 Stretching/Breathing Yoga 1-2:15 Sanctuary	11
12	13 Community Dining/Drop-In 4:30 pm	14 Stretching/Breathing 10-11am Sanctuary Soccer Drop-In 6-8pm – Carlton Village School gym	15 Pelham Drop-In 1-3 pm Community Dining 4:30 pm	16 Soccer Drop-In 8-10pm – Carlton Village School gym	17 Stretching/Breathing Yoga 1-2:15 Sanctuary ST. PATRICKS DAY	18
19	20 Community Dining/Drop-In 4:30 pm SPRINGTIME	21 Stretching/Breathing 10-11am Sanctuary Soccer Drop-In 6-8pm – Carlton Village School gym	22 Pelham Drop-In 1-3pm Community Dining 4:30 pm	23 Soccer Drop-In 8-10pm – Carlton Village School gym	24 Stretching/Breathing Yoga 1-2:15 Sanctuary	25
26	27 Community Dining/Drop-In 4:30 pm	28 Stretching/Breathing 10-11am Sanctuary Soccer Drop-In 6-8pm – Carlton Village School gym	29 Pelham Drop-In 1-3pm Community Dining 4:30 pm	30 Soccer Drop-In 8-10pm – Carlton Village School gym	31 Stretching/Breathing Yoga 1-2:15 Sanctuary	

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