

Adult Drop-In offered Wednesdays at Pelham Park Gardens from 1-3 pm

Community Support & Crisis Intervention Worker available in Drop-In Wednesdays from 4- 6 pm & Community Dining will be offered Monday's and Wednesday at 4:30 dinner

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Pelham Drop-In 1-3pm Community Dining 4:30 pm	2	3 Adult Yoga drop in 11-12 noon Sanctuary	4
5  Daylight savings Set clocks back 1 hour	6 Community Dining/Drop-n 4:30 pm	7 Adult Yoga drop in 11-12 noon Sanctuary	8 Pelham Drop-In 1-3pm Community Dining 4:30 pm	9	10 Adult Yoga drop in 11-12 noon Sanctuary	11 REMEMBRANCE DAY 
12	13 Community Dining/Drop-n 4:30 pm	14 Adult Yoga drop in 11-12 noon Sanctuary	15 Pelham Drop-In 1-3 pm Community Dining 4:30 pm	16	17 Adult Yoga drop in 11-12 noon Sanctuary	18
19	20 Community Dining/Drop-n 4:30 pm	21 Adult Yoga drop in 11-12 noon Sanctuary	22 Pelham Drop-In 1-3pm Community Dining 4:30 pm	23	24 Adult Yoga drop in 11-12 noon Sanctuary	25
26	27 Community Dining/Drop-n 4:30 pm	28 Adult Yoga drop in 11-12 noon Sanctuary	29 Pelham Drop-In 1-3pm Community Dining 4:30 pm	30		