

# AUGUST 2018

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

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
2	3 <b>CENTRE CLOSED CIVIC HOLIDAY</b>	4 Adult Yoga drop 10-11 am In Perth Hall	5 Pelham Drop-In 1-3pm <b>Community Dining 4:30 pm</b>	6 Adult Swim 10 am Regent Park Aquatic Centre	7 Yoga drop in 10-11 am In Sanctuary	8
9	10 <b>Community Dining/Drop-n 4:30 pm</b> AA Meeting Garden Rm 6-8pm	11 Adult Yoga drop 10-11 am In Perth Hall	12 Pelham Drop-In 1-3 pm <b>Community Dining 4:30 pm</b>	13 Adult Swim 10 am Regent Park Aquatic Centre	14 Yoga drop in 10-11 am In Sanctuary	15
16	17 <b>Community Dining/Drop-n 4:30 pm</b> AA Meeting Garden Rm 6-8pm	18 Adult Yoga drop 10-11 am In Sanctuary	19 Pelham Drop-In 1-3pm <b>Community Dining 4:30 pm</b>	20 Adult Swim 10 am Regent Park Aquatic Centre	21 Yoga drop in 10-11 am In Sanctuary	22
23/30	24 <b>Community Dining/Drop-n 4:30 pm</b> AA Meeting Garden Rm 6-8pm	25 Adult Yoga drop 10-11 am In Perth Hall	26 Pelham Drop-In 1-3pm <b>Community Dining 4:30 pm</b>	27 Adult Swim 10 am Regent Park Aquatic Centre	28 Yoga Drop In 10-11 am In Sanctuary	29