

November 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 Adult Swim 10 am Regent Park Soccer 8-10 pm Carlton Village Gym (All ages)	2 Breathing/Stretching Yoga drop in 10:30-11:30 am In Sanctuary	3
4	5 Community Dining/Drop-n 4:30 pm	6 Breathing/Stretching Yoga drop-in 10:30-11:30 AM In Perth Hall Soccer 6-8 pm Carlton Village Gym (40 yr old+)	7 Pelham Drop-In 1-3pm Community Dining 4:30 pm	8 Adult Swim 10 am Regent Park Soccer 8-10 pm Carlton Village Gym (All ages)	9 Breathing/Stretching Yoga drop in 10:30-11:30 am In Sanctuary	10
11 Remembrance Day 	12 Community Dining/Drop-n 4:30 pm	13 Breathing/Stretching Yoga drop-in 10:30-11:30 AM In Perth Hall Soccer 6-8 pm Carlton Village Gym (40 yr old+)	14 Pelham Drop-In 1-3 pm Community Dining 4:30 pm	15 Adult Swim 10 am Regent Park Soccer 8-10 pm Carlton Village Gym (All ages)	16 Breathing/Stretching Yoga drop in 10:30-11:30 am In Sanctuary	17
18	19 Community Dining/Drop-n 4:30 pm	20 Breathing/Stretching Yoga drop-in 10:30-11:30 AM In Perth Hall Soccer 6-8 pm Carlton Village Gym (40 yr old+)	21 Pelham Drop-In 1-3pm Community Dining 4:30 pm	22 Adult Swim 10 am Regent Park Soccer 8-10 pm Carlton Village Gym (All ages)	23 Breathing/Stretching Yoga drop in 10:30-11:30 am In Sanctuary	24
25	26 Community Dining/Drop-n 4:30 pm	27 Breathing/Stretching Yoga drop-in 10:30-11:30 AM In Perth Hall Soccer 6-8 pm Carlton Village Gym (40 yr old+)	28 Pelham Drop-In 1-3pm Community Dining 4:30 pm	29 Adult Swim 10 am Regent Park	30 Yoga drop in 10:30-11:30 am In Sanctuary	