

Davenport Perth Neighbourhood & Community Health Centre - April 2019

Drop-In programs are free and all are welcome. No registration is required.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 AA meeting 2:00-3:00pm Garden Rm Community Dining/Drop-In 4:30 pm Perth Hall Men's Drop-In 5:30 – 7:30pm Garden room Breathing & Stretching Drop-in 6:15 – 7:30pm Sanctuary	2 Adult Yoga 10:30-11:40AM in Sanctuary	3 Pelham Drop-In 1-3pm Community Dining 4:30 pm	4 Community Singing Drop-In 6-7:30pm Sanctuary	5 Yoga drop in 10:30-11:30 am In Sanctuary MEN'S DROP-IN 1:30-3:30 Garden Room	6
7	8 AA meeting 2:00-3:00pm Garden Rm Community Dining/Drop-In 4:30 pm Perth Hall Men's Drop-In 5:30 – 7:30pm Garden room Breathing & Stretching Drop-in 6:15 – 7:30pm Sanctuary	9 Adult Yoga drop 10:30-11:40 AM In Sanctuary	10 Pelham Drop-In 1-3pm Community Dining 4:30 pm	11 Community Singing Drop-In 6-7:30pm Sanctuary	12 Yoga drop in 10:30-11:30 am In Sanctuary MEN'S DROP-IN 1:30-3:30 Garden Room	13
14	15 AA meeting 2:00-3:00pm Garden Rm Community Dining/Drop-In 4:30 pm Perth Hall Men's Drop-In 5:30 – 7:30pm Garden room Breathing & Stretching Drop-in 6:15 – 7:30pm Sanctuary	16 Adult Yoga drop 10:30-11:40 AM In Sanctuary	17 Pelham Drop-In 1-3 pm Community Dining 4:30 pm	18 Community Singing Drop-In 6-7:30pm Sanctuary	19 Centre Closed for Easter/Good Friday	20
21	22 Centre Closed for Easter	23 Adult Yoga drop 10:30-11:40 AM In Sanctuary	24 Pelham Drop-In 1-3pm Community Dining 4:30 pm	25 Community Singing Drop-In 6-7:30pm Sanctuary (until May 9)	26 Yoga drop in 10:30-11:30 am In Sanctuary	27
28	29 AA meeting 2:00-3:00pm Garden Rm Community Dining/Drop-In 4:30 pm Perth Hall Men's Drop-In 5:30 – 7:30pm Garden room Breathing & Stretching Drop-in 6:15-7:30pm Sanctuary (until May 6)	30 Adult Yoga drop 10:30-11:40 AM In Sanctuary				

Community Support & Crisis Intervention Worker available in Drop-In Wednesdays from 4:30- 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.