

# Davenport Perth Neighbourhood & Community Health Centre

## May 2019

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>Pelham Drop-In</b> 1-3pm <b>Community Dining 4:30 pm</b>	2 <b>Community Singing</b> Drop-In 6-7:30pm Sanctuary	3 <b>Yoga drop in</b> 10:30-11:30 am In Sanctuary	4
5	6 <b>Community Dining/Drop-In</b> 4:30 pm Perth Hall <b>Men's Drop-In</b> 5:30 – 7:30pm Garden room <b>Breathing &amp; Stretching</b> Drop-in 6:15 – 7:30pm Sanctuary	7 <b>Adult Yoga drop</b> 10:30-11:40 AM In Sanctuary	8 <b>Pelham Drop-In</b> 1-3pm <b>Community Dining 4:30 pm</b>	9 <b>Community Singing</b> Drop-In 6-7:30pm Sanctuary	10 <b>Yoga drop in</b> 10:30-11:30 am In Sanctuary	11
12	13 <b>Community Dining/Drop-In</b> 4:30 pm Perth Hall <b>Men's Drop-In</b> 5:30 – 7:30pm Garden room	14 <b>Adult Yoga drop</b> 10:30-11:40 AM In Sanctuary	15 <b>Pelham Drop-In</b> 1-3 pm <b>Community Dining 4:30 pm</b>	16	17 <b>Yoga drop in</b> 10:30-11:30 am In Perth Hall  <b>EARTH DAY ACTIVITIES IN SANCTUARY</b>	18
19	20 <b>Community Dining/Drop-In</b> 4:30 pm Perth Hall <b>Men's Drop-In</b> 5:30 – 7:30pm Garden room	21 <b>Adult Yoga drop</b> 10:30-11:40 AM In Sanctuary	22 <b>Pelham Drop-In</b> 1-3pm <b>Community Dining 4:30 pm</b>	23	24 <b>Yoga drop in</b> 10:30-11:30 am In Sanctuary	25
26	27 <b>Community Dining/Drop-In</b> 4:30 pm Perth Hall <b>Men's Drop-In</b> 5:30 – 7:30pm Garden room (last one of the season)	28 <b>Adult Yoga drop</b> 10:30-11:40 AM In Sanctuary	29 <b>Pelham Drop-In</b> 1-3pm  <b>Community Dining 4:30 pm</b>	30	31 <b>Yoga drop in</b> 10:30-11:30 am In Sanctuary	



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**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.**