

# Davenport Perth Neighbourhood & Community Health Centre

June 2019

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

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

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.