

October 2017 Wellness and Recovery Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mood Walks 2 p.m. to 3 p.m.	3	4	5 Wellness Group Topic: Assertiveness Activity: Movie 1 p.m. to 3:30 p.m.	6
9 C.M.H.A. offices closed for Thanksgiving Monday	10	11	12 Wellness Group Topic: Assertiveness Activity: Card Games 1 p.m. to 3:30 p.m.	13
16 Mood Walks 2 p.m. to 3 p.m.	17	18	19 Wellness Group Topic: Assertiveness Activity: Wellness Jeopardy 1 p.m. to 3:30 p.m.	20
23 Mood Walks 2 p.m. to 3 p.m.	24	25	26 Wellness Group Topic: Assertiveness Activity: Halloween Treat Decorating 1 p.m. to 3:30 p.m.	27
30 Lunch and Learn Staying well with the flu shot 12 p.m. to 1 p.m.	31			Friday Music Jam Fridays 1:30 p.m. to 3 p.m. at Seeds of Change. Contact Susan for more info at extension 2004.

Notes:

- Unless otherwise noted, please meet at 466 George St. North, Peterborough for all activities;
- Please note that programs are subject to change in the event of an emergency.