

Peterborough Wellness and Recovery Activities Calendar

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Wellness Group Topic: Depression Activity: Movie 1 p.m. to 3:30 p.m.	3
6 Mood Walks/ Food for Mood 2 p.m. to 3 p.m.	7	8	9 Wellness Group Topic: Depression Activity: Card Games 1 p.m. to 3:30 p.m.	10
13 Mood Walks/ Food for Mood 2 p.m. to 3 p.m.	14	15	16 Wellness Group Topic: Depression Activity: Wellness Jeopardy 1 p.m. to 3:30 p.m.	17
20 Mood Walks/ Food for Mood 2 p.m. to 3 p.m.	21	22	23 Wellness Group Topic: Depression Activity: Brain Games 1 p.m. to 3:30 p.m.	24
27 Lunch and Learn Kitchen Safety 12 p.m. to 1 p.m.	28	29	30	Music Express Fridays 1:30 p.m. to 3 p.m. at Emmanuel Church. 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.