



















January Calendar 2018 MHSP – The Link 613-284-4608

Monday	Tuesday	Wednesday	Thursday	Friday
	January 2 SF Link Re opens 1:00 Drop In Check In 1:30 Art Group	3 9:30 Drop In/Check In 1:00 Learn to Knit  3:30 Chair strengthening exercises	4 CP 8:30 Swim 9:30 Support Group SF Link Opens 1:00 1:30 Healthy baking 1:00 Lanark Art Group	5 9:30 Drop In/Check In 1:00 
8 <u>Carleton Place</u> 12:00 Swim 1:15 Support Group 	9 <u>SF Link Opens 1:00</u> 1:30 Art Group : painting with acrylics 	10 9:30 Drop In/Check In 1:00 Learn to Knit  3:30 Chair strengthening exercises	11 CP 8:30 Swim 9:30 Support Group SF Link Opens 1:00 1:30 Matt's documentary 1:00 Lanark Art Group	12 9:30 Drop In/Check In 1:00 Games afternoon 
15 <u>Carleton Place</u> 12:00 Swim 1:15 Support Group 	16 <u>SF Link Opens 1:00</u> 1:30 Art Group: painting with acrylics 	17 9:30 Drop In/Check In 12:30 Members Meeting 1:30 	18 CP 8:30 Swim 9:30 Support Group SF Link Opens 1:00 1:30 Matt's music circle (no bus) 1:00 Lanark Art Group	19 9:30 Drop In/Check In 1:00 Taking Care of yourself: Spa, meditation, breathing, smoothies & more 
22 <u>Carleton Place</u> 12:00 Swim 1:15 Support Group 	23 <u>SF Link Opens 1:00</u> 1:30 Art Group: painting with acrylics 	24 9:30 Drop In/Check In 1:00 Learn to Knit  3:30 Chair strengthening exercises	25 CP 8:30 Swim 9:30 Support Group SF Link Opens 1:00 1:30 Making healthy soup (we'll eat it on Friday) 1:00 Lanark Art Group	26 <u>Link Opens 3:00</u> Onstage 5:45-9:00  Supper, music, dancing / Cost \$4
28 <u>Carleton Place</u> 12:00 Swim 1:15 Support Group 	30 <u>SF Link Opens 1:00</u> 1:30 Art Group: painting with acrylics 	31 9:30 Drop In/Check In 1:00 Learn to Knit  3:30 Chair strengthening exercises	Feb 1 For bus information please call Matt: 613-283-2170 Ext. 241	If the buses are cancelled the Link will probably be closed. 