





MHSP -The Link/April 2016 613-284-4608

Mon	Tue	Wed	Thur	Fri
<p>4 12:00-1:00 Adult Swim 1:00 Peer Support</p> <p>SF 1:30 Peer Meeting @ Link</p>	<p>5 <u>SF Link Opens 1:00</u> Drop in/Check in</p> <p>2:00 Cooking Class 3:30- 4 Chair Exercises</p>	<p>6 9:30 Drop In/ Check In</p> <p>1:30 Photography outdoors plus walking group</p> <p>3:00 muffins, coffee, photo review</p>	<p>7 Carleton Place 8:30 Aquafit / 9:30 Peer Grp Lanark 12:30 Art Group <u>SF 3:00 Link Opens</u> Nat. Art Gallery, Ottawa leave link 4:00 pm no cost!</p>	<p>8 9:30-4:30 Drop In /Check In 1:30</p> <p></p>
<p>11 Carleton Place 12:00-1:00Adult swim 1:00 Peer Support Group CP</p>	<p>12 <u>SF Link Opens 1:00</u> Drop in/Check in</p> <p>2:00 Cooking Class 3:30- 4 Chair Exercises 4:30-6:00 Youth Group 7:00 - 9:00 Family Grp</p>	<p>13 9:30 Drop In/ Check In</p> <p>1:30 Photography outdoors plus walking group</p> <p>3:00 muffins, coffee, photo review</p>	<p>14 Carleton Place 8:30 Aquafit / 9:30 Peer Grp Lanark 12:30 Art Group <u>SF 1:00 Link Opens</u> 2:00 Cooking with Maple Syrup</p>	<p>15 <u>Link opens 2:00</u> 3:00 Games Onstage 5:30-9:00 \$4</p> <p></p>
<p>18 Carleton Place 12:00-1:00 Adult Swim 1:00 Peer Support Group CP</p>	<p>19 <u>LINK CLOSED</u> For LCMH training</p>	<p>20 <u>LINK CLOSED</u> For LCMH training</p>	<p>21 Carleton Place 8:30 Aquafit/ 9:30 Peer Grp Lanark 12:30Art Group <u>SF 1:00 Link Opens</u> 1:30 MSB Meeting before Matt's BINGO 2 cards \$22</p>	<p>22 9:30-4:30 Drop In /Check In</p> <p>1:30 Trivial Pursuit - Revenge of the master!</p>
<p>25 Carleton Place 12:00-1:00 Adult Swim 1:00 Peer Support Group CP</p>	<p>26 <u>SF Link Opens 1:00</u> Drop in/Check in</p> <p>2:00 Cooking Class 3:30 - 4 Chair Exercises 4:30 -6:00 Youth Group</p>	<p>27 9:30 Drop In/ Check In</p> <p>1:30</p> <p></p>	<p>28 Carleton Place 8:30 Aquafit / 9:30 Peer Grp Lanark Art Group 12:30 <u>SF 1:00 Link Opens</u> Music Care Afternoon & coffee roasting & tasting no cost!</p>	<p>29 9:30-4:30 Drop In /Check In</p> <p>1:30 Movie afternoon</p> <p></p>