



July 2015 MHSP-The Link 613-284-4608









Mon 12:00-4:00

Tue 1:00-4:30

Wed 9:30-4:30

Thu 1:00-4:30

Fri 9:30-4:30

<p>This Month There will be an art group in CP after the Swim. Starting 1:15</p>	<p>Family Support Group Tuesday 14th 6:00-9:00 p.m.</p>	<p>July 1 Canada Day </p>	<p>2 CP 8:30 Aquafit SF Link opens 1:00 1:00 Drop in/ Check in 2:00 Creative Arts 3:30 Chair Exercises</p>	<p>3 Link opens 2:00 Drop In /Check Onstage BBQ \$4 5-9pm </p>
<p>6 Carleton Place 12:00-4:00 Adult Swim & Creative Arts</p>	<p>7 1:00 Link opens SF 1:00 Drop in/ Check in 2:00 Group Facilitation 3:30 Relaxation Group</p>	<p>8 9:30 Drop In/Check In 11:00 Gardening 1:30 Movie Afternoon </p>	<p>9 CP 8:30 Aquafit SF Link opens at 1:00 1:00 Drop in/ Check in 2:00 Creative Arts 3:30 Chair Exercises</p>	<p>10 Drop In /Check 12:00 Lunch \$3 2:00 Trivial Pursuit 3:30 Drumming Relaxation </p>
<p>13 Carleton Place 12:00-1:00 Adult Swim only</p>	<p>14 Link Closed 6:00-9:00 FSG</p>	<p>15 9:30 Drop In/Check In 11:00 Strawberry Festival 2:00 BINGO </p>	<p>16 CP 8:30 Aquafit SF Link opens at 1:00 1:00 Drop in/ Check in 2:00 Creative Arts 3:30 Chair Exercises</p>	<p>17 Drop in/ Check in 12:00 Lunch \$3 Gardening 2:00 Games afternoon</p>
<p>20 Carleton Place 12:00-4:00 Adult Swim & Creative Arts</p>	<p>21 1:00 Link opens SF 1:00 Drop in/ Check in 2:00 Group Facilitation 3:30 Relaxation Group</p>	<p>22 Friends in Sports Fishing 10:30-2:00 Leave Link 10:00 </p>	<p>23 CP 8:30 Aquafit SF Link opens at 1:00 1:00 Drop in/ Check in 2:00 Creative Arts 3:30 Chair Exercises</p>	<p>24 Drop In/Check In 11:00 Gardening 12:00 Lunch \$3 2:00 Movie </p>
<p>27 Carleton Place 12:00-4:00 Adult Swim & Creative Arts</p>	<p>28 1:00 Link opens SF 1:00 Drop in/ Check in 2:00 Group Facilitation 3:30 Relaxation Group</p>	<p>29 9:30 Drop In/Check In Gardening 1:30 MSB Meeting 3:30 Summer Self Care</p>	<p>30 CP 8:30 Aquafit SF Link opens at 1:00 1:00 Drop in/ Check in 2:00 Creative Arts 3:30 Chair Exercises</p>	<p>31 Drop In/Check In 11:00 Gardening 12:00 Lunch \$3 2:00 BINGO 4:00 Friday Drum Fun </p>