









MHSP The Link June 2014 613-284-4608



| Mon | Tue 1:00-4:30 | Wed 9:30-4:30 | Thu 1:00-4:30 | Fri 9:30-4:30 |
|---|---|--|---|---|
|  <p>In Carleton Place 12:00 Swim 1:15 Support Group</p> | <p>3 8:30 CP Aquafit 10:00 CP group</p> <p>1:00 Link opens in SF 2:00 Art expressions 4:00 Walking outside</p> | <p>4 9:30 Drop in , Check In & Chat</p> <p>12:00 MSB Meeting 2:00 Games afternoon</p> | <p>5 8:15 CP Aquafit</p> <p>Link opens at 1:00 in SF 1:00 Drop in/check in 2:00 You, your pets & ticks—care guide 4:00 gardening</p> | <p>6 Photography group meet at Link at 1:00 to leave for trip to Parrot Partners</p> <p>Link opens @ 3:00 Onstage 5:30, BBQ \$4 cover charge</p>  |
| <p>9</p> <p>In Carleton Place: 12:00 Swim 1:15 Support group</p> | <p>10 8:30 CP Aquafit 10:00 CP group</p> <p>1:00 Link opens in SF 2:00 Art expressions 4:00 Walking outside</p> | <p>11 <u>Link closed due to trip</u> Friends in Sport Fishing Leave link 10:00 bring \$\$ for BBQ</p> | <p>12 8:15 CP Aquafit</p> <p>Link opens at 1:00 in SF 1:00 Drop in/check in 2:00 Summer skin care 4:00 gardening</p> | <p>13 9:30 Drop in Noon Lunch \$3</p> <p>2:00 Jeopardy—the come back kids rise up!</p> |
| <p>16</p> <p>In Carleton Place: 12:00 Swim 1:15 Support group</p> | <p>17 8:30 CP Aquafit 10:00 CP group</p> <p>1:00 Link opens in SF 2-3:00 “Senior Moments Singing concert & tea</p> | <p>18 9:30 Drop in, Check In & Chat</p> <p>2:00 BINGO</p>  | <p>19 8:15 CP Aquafit</p> <p>Link opens at 1:00 in SF 1:00 Drop in/check in 2:00 Are strawberries ready yet? Let 's check!</p> | <p>20 <u>Link opens at 3:00</u> Summer Solstice Aboriginal Arts Festival Leave Link 5:00 \$4.00</p>  |
| <p>23</p> <p>In Carleton Place: 12:00 Swim 1:15 Support group</p> | <p>24 8:30 CP Aquafit 10:00 CP group</p> <p>1:00 Link opens in SF 2:00 Art expressions 4:00 Walking outside</p> | <p>25 <u>Link closed due to trip</u> Purdon Lady Slipper Orchids - leave link 11:30 \$4</p>  | <p>26 8:15 CP Aquafit</p> <p>Link opens at 1:00 in SF 1:00 Drop in/check in 2:00 Summer reading 4:00 gardening</p> | <p>27 9:30 Check the garden Noon Lunch \$3 2:00 BINGO</p>  |
| <p>30 Carleton Place: 12:00 Swim 1:15 Support group</p> | <p>Outing dates with Matt's group are shaded</p> |  | <p>Trips may be cancelled due to weather— you will be notified.</p> | <p>Activities in Carleton Place (Mon, Tues, Thurs) are marked with a star</p>  |