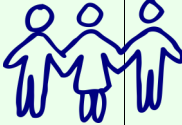














MHSP The Link February 2016 613-284-4608

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>1 <u>Link closed</u></p> <p>OPDI Training</p> 	<p>2 <u>Link Closed</u></p> <p>OPDI Training</p>	<p>3 9:30 Drop In Check In</p> <p>1:30-4:30 Matt activity</p> <p>2:15-4:00 Bowling \$9</p> <p>(OPDI group meeting)</p>	<p>4 12:00 Lanark Art Group</p> <p>1:00 <u>Link opens SF</u></p> <p>1:30 Art Group</p> <p>3:30 Drumming</p> 	<p>5</p> <p>9:30 Drop In Check In</p> <p>1:00 Games afternoon</p> <p>Snacks,</p> 
<p>8 <u>Link Closed</u></p> <p>OPDI Training</p> 	<p>9 <u>Link Closed</u></p> <p>OPDI Training</p>	<p>10 <u>Link Closed</u></p> <p>OPDI Training</p> 	<p>11 12:00 Lanark Art Group</p> <p>1:00 <u>Link opens SF</u></p> <p>1:30 Art Group</p> <p>3:30 Drumming</p>	<p>12</p> <p>9:30 Drop In/ Check In</p> <p>1:00 Movie with Matt</p>
<p>15 <u>No CP Groups</u></p> <p><u>Family Day</u></p> 	<p>16</p> <p>1:00 <u>Link opens SF</u></p> <p>2:00 Cooking for one</p> <p>3:30 Chair Exercises</p>	<p>17 9:30 Drop In Check In</p> <p>11:00 <u>Members mtg.</u></p> <p>1:00</p> 	<p>18 12:00 Lanark Art Group</p> <p>1:00 <u>Link opens SF</u></p> <p>1:30 Art Group</p> <p>3:30 Drumming</p>	<p>19 <u>Link opens 2:00</u></p> <p>2:00 Drop In Check In</p> <p>3:00 <u>Trivial Pursuit</u></p> <p>6:30-9:30 Hockey \$5</p> <p>Bears vs Gloucester</p>
<p>22 <u>Carleton Place</u></p> <p>12:00-1:00 Adult Swim</p> <p>1:15 Support Group</p>	<p>23</p> <p>1:00 <u>Link opens SF</u></p> <p>2:00 Baking for one</p> <p>3:30 Chair Exercises</p> 	<p>24 Closed in morning</p> <p>Link Opens @ 1:00</p> <p>Drop in /check in</p> <p>1:30 Movie afternoon</p>	<p>25 12:00 Lanark Art Group</p> <p>1:00 <u>Link opens SF</u></p> <p>1:30 Art Group</p> <p>3:30 Drumming</p> 	<p>26 <u>Link opens 2:00</u></p> <p>3:00</p>  <p>5:30 Onstage \$4</p> 
<p>29 <u>Carleton Place</u></p> <p>12:00-1:00 Adult Swim & Group</p>				