












MHSP - The Link March 2016 613 284-4608

Mon CP	Tue 1;00-4:30	Wed SF 9:30-4:30	Thu CP	Fri SF 9:30-4:30
	1 <u>Link opens 1:00</u> Drop in /check in 2:00 Cooking for one 3:30 Chair Exercises	2 9:30-Drop In /Check In Coffee & Muffins 1:30 Matt's BINGO \$2 /2 cards	3 LINK CLOSED in SF AWG Mtg 12:30-4:30 Lanark Art Group	4 9:30 Drop In /Check In 1:30 Movie Afternoon 
7 Carleton Place 12:00-1:00 CP swim 1:00 Peer Support Group	8 <u>LINK CLOSED</u> International Women's day event LCP 12:30-2:30 	9 9:30-Drop In /Check In Coffee & Muffins 1:30 Member's meeting 3:00 Scrabble match & Games 	10 LINK CLOSED 8:00 LCMH staff/peer mtg No aquafit/ group in Cp 12:30-4:30 Lanark Art Group	11 <u>Link Opens 2:00</u> 3:00 Trivial Pursuit On Stage 5:30-9:00 \$4 
14 Carleton Place 12:00-1:00 CP swim 1:00 Peer Support Group	15 <u>Link opens 1:00</u> Drop in /Check in 2:00 Cooking for one 3:30 Chair Exercises 5:00 Youth Grp	16 9:30-Drop In /Check In 12:30 – 4:30 St Paddy's Lunch & Music 	17 LINK CLOSED in SF 8:30 CP Aquafit 9:30-11:00 Peer Support 12:30-4:30 Lanark Art Group	18 9:30 Drop In /Check In 1:30 
21 Carleton Place 12:00-1:00 CP swim 1:00 Peer Support Group	22 <u>Link opens 1:00</u> Drop in/Check in 2:00 Cooking for one 3:30 Chair Exercises	23 9:30-Drop In /Check In Coffee & Muffins 1:30 	24 LINK CLOSED in SF 8:30 CP Aquafit 9:30-11:00 Peer Group 12:30-4:30 Lanark Art	25 LINK CLOSED
28 LINK CLOSED 	29 <u>Link opens 1:00</u> Drop in /Check in 2:00 Cooking for one 3:30 Chair Exercises	30 9:30-Drop In /Check In Coffee & Muffins 1:30 Music Care Afternoon & Drumming	31 LINK CLOSED in SF 8:30 CP Aquafit 9:30-11:00 Peer Group 12:30-4:30 Lanark Art	