










May 2016 The Link 284-4608

Mon	Tue	Wed	Thu	Fri
<p>2 Carleton Place 12:00-1:00 Adult swim 1:00 Peer Support Group CP</p>	<p>3 SF Link Opens 1:00 Drop in/Check in 2:00 Cooking Class 3:30 Exercises for diabetics</p>	<p>4 9:30 Drop In/ Check In 1:30 Photography outdoors plus walking group 3:00 muffins, coffee, Photo review</p>	<p>5 Carleton Place 8:30 Aquafit / 9:30 Peer Grp Lanark 12:30 Art Group SF 1:00 Link Opens Afternoon movie</p> 	<p>6 9:30-4:30 Drop In /Check In 1:30</p> 
<p>9 Carleton Place 12:00-1:00 Adult swim No group in CP Smiths Falls 2:30 OPDI group @ Link</p>	<p>10 SF Link Opens 1:00 Drop in/Check in 2:00 Cooking Class 3:30 Exercises for diabetics 4:30-6:00 Youth Group 7:00 - 9:00 Family Group</p>	<p>11 9:30 Drop In/ Check In 1:30 Photography outdoors plus walking group 3:00 muffins, coffee, photo review</p>	<p>12 Carleton Place 8:30 Aquafit / 9:30 Peer Grp Lanark 12:30 Art Group SF 1:00 Link Opens A special afternoon of art and fine coffee roasting & brewing Art, coffee, baking \$4</p>	<p>13 9:30-4:30 Drop In /Check In 1:30 Games</p>   <p>3:30 Easy Yoga</p>
<p>16 Carleton Place 12:00-1:00 Adult swim 1:00 Peer Support Group CP</p>	<p>17 SF Link Opens 1:00 Drop in/Check in 2:00 Cooking Class 3:30 Exercises for diabetics</p>	<p>18 link closed Facilitation Workshop For OPDI Grads 10:30-3:30</p>	<p>19 Carleton Place 8:30 Aquafit / 9:30 Peer Grp Lanark 12:30 Art Group SF 1:00 Link Opens 1:30 Arts & Crafts</p>	<p>20 <u>LINK OPENS 2:00</u> 3:00 Trivial pursuit Special Onstage 5:30 dinner, music, singing</p> 
<p>23 VICTORIA DAY</p> 	<p>24 SF Link Opens 1:00 Drop in/Check in 2:00 Cooking Class 3:30 Exercises for diabetics 4:30-6:00 Youth Group</p>	<p>25 9:30 Drop In/ Check In 11:00 MSB Meeting 1:30 Gardening Activities</p> 	<p>26 Carleton Place 8:30 Aquafit / 9:30 Peer Grp Lanark 12:30 Art Group SF 1:00 Link Opens Games afternoon, free</p> 	<p>27 9:30-4:30 Drop In /Check In 1:30</p> 
<p>30 Carleton Place 12:00-1:00 Adult swim 1:00 Peer Support Group CP</p>	<p>31 SF Link Opens 1:00 Drop in/Check in 2:00 Cooking Class 3:30 Exercises for diabetics</p>	<p>Please join us for a special Onstage, May 20th, in memory of Scott Duncan's father</p>	<p>If you have questions about Bus transportation to the Link please call Matt Fenton 613-283-2170 ext 241</p>	