









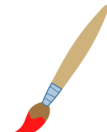


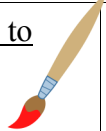



MHSP - The Link October 2017 613-284-4608

Mon	Tue	Wed	Thu	Fri
2 12:00 CP Swim 1:00 CP Support Grp <u>Link SF:</u> 1:30 Pathways Grp	3 1:00 Link Opens 1:30 Cooking Healthy Muffins 	4 9:30 Drop In/Check In 1:30 Photography Group 3:30 Chair Exercises	5 9:30 CP Support Group 1:00 <u>Link Opens</u> 1:30 Art Activities 1:00 Lanark Art 	6 <u>Link opens 3:00</u> Drop In/Check In Open Mic Concert Series 6:00-9:30 
	10 1:00 Link Opens 1:30 Cooking Class Harvest Soup 4:30 Youth Grp 	11 9:30 Drop In/Check In 1:30  3:30 Chair Exercises	12 9:30 CP Support Group 1:00 <u>Link Opens</u> 1:30 Art Activities 1:00 Lanark Art 	13 <u>Leave Link 10:30</u> Foley Mtn Fall Picnic \$4.00  <u>Fireside members meeting</u>
16 12:00 CP Swim 1:00 CP Support Grp <u>Link SF:</u> 1:30 Pathways Group	17 <u>Link closed due to</u> 1:30 Special Art Project  Registration required	18 9:30 Drop In/Check In 1:30 Photography Group 3:30 Chair Exercises	19 9:30 CP Support Group 1:00 <u>Link Opens</u> 1:30 Matt's Games afternoon no cost 1:00 Lanark Art	20 9:30 Drop In/Check In 1:30 
23 12:00 CP Swim 1:00 CP Support Grp <u>Link SF:</u> 1:30 Pathways Group 5:30 CAB Mtg.	24 <u>Link closed due to</u> 1:30 Special Art Project  Registration required 4:30 Youth Grp	25 9:30 Drop In/Check In 1:30 Decorating Link for Halloween Onstage Snacks for helpers!	26 9:30 CP Support Group 1:00 <u>Link Opens</u> Baking for Onstage  1:00 Lanark Art	27 <u>Link opens 3:00</u> 5:00 -9:30 Onstage \$4:00 Win prizes for Costumes! 
30 12:00 CP Swim 1:00 CP Support Grp SF: 1:30 Pathways	31 <u>Link closed due to</u> 1:30 Special Art Project  Registration required		For bus enquiries call Matt: 613-283-2170 Ext 241	"Hope is a renewable option"