

November

CMHA Grey Bruce &

Ideas. Questions...call Heather 519 371-2390 x236

2018

Highrise and Lowrise schedule Everyone welcome!

	Monday	Tuesday	Wednesday	Thursday	Friday	
	5 Highrise library Meet n greet 10:30 -12	6 Women's Pool 1-3	7 Community events * Check out Fall /winter events in Owen Sound!	8 Highrise Meet n greet 10;3 Crafters club 2-4 Bring your projects,coloring, knitting,art	9	10
11	12 Highrise library Meet n greet 10:30 -12	13 Breakfast Out at Peninsula Grill 10 am Women's Pool 1-3 Highrise library	14 Chair yoga highrise 3pm	15 Highrise Meet n greet 10;30 Crafters club 2-4	16	17 *Festival of northern lights
18	19 Highrise-Meet and greet 1030- 12-library	20 Women's Pool 1-3 Highrise library	21 Movie matinee retro tv Oldies 2pm Highrise	22 Highrise Meet n greet 10;30 Crafters club 2-3 Chair yoga 3pm at highrise	23 Highrise Talent show and Tea 2-4 Poets ,musicians,dancers etc	24
25	26 Highrise-Meet and greet 1030- 12-library	27 Women's Pool 1-3 Highrise library	28	29 Highrise Meet n greet 10;30 Crafters club 2-3 Chair yoga 3pm	30 Art studio Lowrise 2pm	1
2	December 3 Highrise-Meet and greet 1030- 12 Library	4 Women's Pool 1-3 Highrise library	5	6 Highrise Meet n greet 10:30 Crafters club 2-4	7 Tablet smartphone support euro café 1:30 *Festive First Friday downtown starts at 5	8

