

November

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

& CMHA Grey Bruce

2018

7th avenue program schedule all tenants welcome!

	Monday	Tuesday	Wednesday	Thursday	Friday	
4	5	6 Twin Pines café 2-3:30 drop by for a coffee,tea and snack	7	8 Chair Yoga 11 am All welcome! Easy stretching to music!	9	10
11	12	13 Peninsula Grill community breakfast 10 am Twin Pines café 2-3:30 drop by for a coffee,tea and snack	14	15 Gentle fit 11am Twin pines Easy and fun exercise to music! All welcome!	16	17 Festival of the Northern Lights
18	19	20 Twin Pines café 2-3:30 drop by for a coffee,tea and snack	21	22 Chair Yoga 11 am	23 Highrise talent show and Tea 2-4 (Call for info!)	24
25	26 Movie matinee Twin pines 2pm Retro TV! your old favourites!	27 Kiwanis Kitchen 2pm Come and prepare a meal and dine with us !	28	29 Gentle fit 11am Twin pines Easy and fun exercise to music! All welcome	30	1
2	December 3	4 Twin Pines café Special guest:Nicole from VON ! 2-3:30	5	6 Chair Yoga 11 am	7 Tablet/smartphone support 130 euro café Festive First Friday downtown Starts at 5pm	8