












# PEPP CONNECTIONS -NOVEMBER 2018

Contact: Josie, Recreation Therapist 519-685-8500 X74746 or Cell 226-927-8948

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 10:30 – 11:30 “Start Me Up Group”  2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA ***Musical Guest***	<b>2</b> 1:00-2:30 “Drop in” basketball at Parkwood Institute gym with Luke <u>Outpatients Only</u> 
<b>5</b> 1:00-3:00 REC GROUP Floor Hockey @ Parkwood Institute gym  	<b>6</b> 10:30-12:30 Toonie Tuesday Bfast at Denny's *** (bus leaves at 10:30 AM)***  RAP – 1:00 – 2:30 	<b>7</b> 10:00-11:15 Art with Dana  11:00-12:00 Energy Break @ YMCA  1:00 – 2:30 Drop in @ YMCA <u>OUTPATIENTS ONLY</u>	<b>8</b> 10:30 – 11:30 “Start Me Up Group”  2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA  *5:00-7:00 PM-Dinner, Clothing and Food Drive  6:00-8:00PM JAM Night with Marc	<b>9</b> 1:00-2:30 “Drop in” basketball at Parkwood Institute gym with Luke <u>Outpatients Only</u> 
<b>12</b> <b>CLINIC CLOSED</b> <b>No Groups today!</b>	<b>13</b> 10:30-11:30 Mindfulness Mornings  RAP – 1:00 – 2:30 	<b>14</b> 10:00-11:15 Art with Dana  11:00-12:00 Energy Break @ YMCA  1:00 – 2:30 Drop in @ YMCA <u>OUTPATIENTS ONLY</u>  1:00-3:00 Women’s Group-All about apples!	<b>15</b> 10:30 – 11:30 “Start Me Up Group”  2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA	<b>16</b> 1:00-2:30 “Drop in” basketball at Parkwood Institute gym with Luke <u>Outpatients Only</u> 
<b>19</b> 1:00-3:00 REC GROUP SPIKES INDOOR BEACH VOLLEYBALL (120 Weston St.)  	<b>20</b> 10:30-11:30 Mindfulness Mornings  RAP – 1:00 – 2:30  “November Birthdays”	<b>21</b> 10:00-11:15 Art with Dana  11:00-12:00 Energy Break @ YMCA  1:00 – 2:30 Drop in @ YMCA <u>OUTPATIENTS ONLY</u>  7:00-9:00pm Parent Support Group Meeting for Parents @CMHA 534 Queens Ave.	<b>22</b> 10:30 – 11:30 “Start Me Up Group”  2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA  6:00-8:00 Jam Night with Marc	<b>23</b> 1:00-2:30 “Drop in” basketball at Parkwood Institute gym with Luke <u>Outpatients Only</u> 
<b>26</b> 1:00-3:00 REC GROUP Community Hike and hot chocolate  	<b>27</b> 10:30-11:30 Mindfulness Mornings  RAP – 1:00 – 2:30 	<b>28</b> 10:00-11:15 Art with Dana  11:00-12:00 Energy Break @ YMCA 1:00 – 2:30 Drop in @ YMCA <u>OUTPATIENTS ONLY</u>  1:00-2:30 Art Group with Melissa	<b>29</b> 10:30 – 11:30 “Start Me Up Group”  2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA	<b>30</b> 1:00-2:30 “Drop in” basketball at Parkwood Institute gym with Luke <u>Outpatients Only</u> 