

PEPP CONNECTIONS -OCTOBER 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:30-12:00 Mood Walks RAP – 1:00 – 2:30  2:30-3:30 Growing Minds Indoor Garden group 	2 11:00-12:00 Energy Break @ YMCA 1:00 – 2:30 Drop in @ YMCA <u>OUTPATIENTS ONLY</u>	3 10:30 – 11:30 “Start Me Up Group” 2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA	4 1:00-2:30 “Drop in” basketball at Parkwood Institute gym with Luke <u>Outpatients Only</u> 
7 1:00-3:00 REC GROUP Fishing with Adam and Josie (weather permitting)*** 	8 10:30-12:00 Mood Walks RAP – 1:00 – 2:30  2:30-3:30 Growing Minds Indoor Garden group 	9 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	10 10:30 – 11:30 “Start Me Up Group” 2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA 6:00-8:00 PM JAM Night with Marc	11 1:00-2:30 “Drop in” basketball at Parkwood Institute gym with Luke <u>Outpatients Only</u> 
14 NO GROUPS Happy Thanksgiving!	15 10:30-12:00 Mood Walks RAP – 1:00 – 2:30  2:30-3:30 Growing Minds Indoor Garden group 	16 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.	17 10:30 – 11:30 “Start Me Up Group” 2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA	18 1:00-2:30 “Drop in” basketball at Parkwood Institute gym with Luke <u>Outpatients Only</u> 
21 1:00-3:00 REC GROUP Community Hike and Ice Cream 1:00 PM Fishing with Adam(weather permitting)***	22 BUS TRIP 10:00-2:00PM Mood Walks Meet at East Marios 387 Wellington Rd. RAP – 1:00 – 2:30  “October Birthdays” 2:30-3:30 Growing Minds Indoor Garden group 	23 11:00-12:00 Energy Break @ YMCA 1:00 – 2:30 Drop in @ YMCA <u>OUTPATIENTS ONLY</u>	24 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	25 1:00-2:30 “Drop in” basketball at Parkwood Institute gym with Luke <u>Outpatients Only</u> 
28 1:00-3:00 REC GROUP Movie @ PEPP 1:00 PM Fishing with Adam(weather permitting)*** 3:00- 4:00 PM- Book Club-“All The Light we Cannot See”	29 10:30-12:00 Mood Walks RAP – 1:00 – 2:30  2:30-3:30 Growing Minds Indoor Garden group	30 11:00-12:00 Energy Break @ YMCA 1:00 – 2:30 Drop in @ YMCA <u>OUTPATIENTS ONLY</u>	31 10:30 – 11:30 “Start Me Up Group” 2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA	

