

# July calendar

## Important Info!

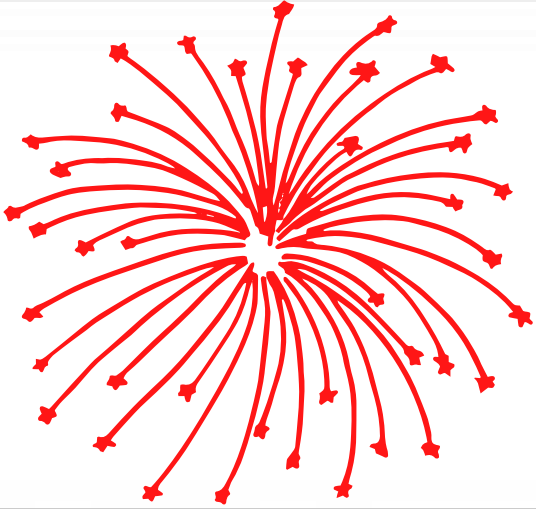


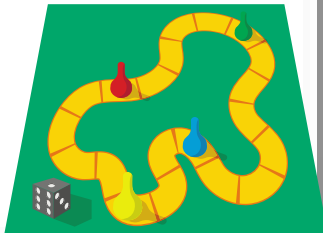
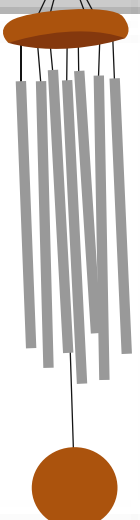





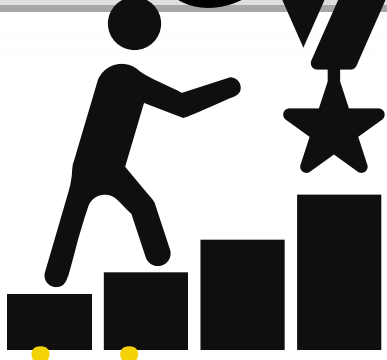




**Please note:** Cross Stitch will be broke into Group A & B along with Life Skills. Groups A & B will be taught the same information. Please sign up for ONLY one group A or B.

All programs begin at 1pm, with the exception of Cross Stitching at 10am Mondays + Thursdays.

**\*\*Due to limited seating,** programs at the centre will **require sign up** in order to attend. If you do not sign up, you will not be permitted in that days activity.\*\*

\*Look out on the M.I.N.D page on Mondays for Write Minded questions\*

**JULY 2ND /5TH**  
COFFEE+CHAT  
**July 9th/ 12th**  
MOVIE  
**July 16th /19** open  
ART ROOM  
**July 23 /26**  
BOARD GAMES  
**JULY 29TH -**  
COLORING

Mon	Tue	Wed	Thu	Fri
	<b>Sign up for activities by.</b> Emailing: <a href="mailto:hello@ergoninc.ca">hello@ergoninc.ca</a> Calling: 857-0014 <b>Commenting</b> below or sign up on the <b>client portal</b>		 <b>closed</b>	<b>2 GROUP B</b>  <b>bingo</b> <b>COFFEE + CHAT</b> 10-12
<b>5 GROUP A</b> CROSS STITCHING 10-12 board games 1-3 	<b>6</b> <b>LIFE SKILLS</b> <b>GROUP A</b>	<b>7</b> <b>WIND CHIMES</b> 	<b>8</b> <b>CROSS STITCH</b> 10-12 <b>GROUP B</b> LIFE SKILLS	<b>9</b> <b>MEDITATION</b> movie 10-12 
<b>12</b> CROSS STITCHING 10-12  art room 1-3	<b>13</b> LIFE SKILLS <b>GROUP A</b>	<b>14</b> TELASTRATION 	<b>15</b> CROSS STITCH 10-12 <b>LIFE SKILLS</b> <b>GROUP B</b>	<b>16</b> PLANTING FLOWERS  OPEN ART ROOM 10-12
<b>19</b> CROSS STITCHING 10-12  movie 1-3	<b>20</b> LIFE SKILLS <b>GROUP A</b>	<b>21</b>  vision board	<b>22</b> CROSS STITCH 10-12 LIFE SKILLS <b>GROUP B</b>	<b>23</b>  BOARD GAMES 10-12 <b>JEOPARDY</b>
<b>26</b> CROSS STITCHING 10-12  COFFEE + CHAT 1-3	<b>27</b> LIFE SKILLS <b>GROUP A</b>	<b>28</b> GEOCACHING  <b>GROUP A</b>	<b>29</b> CROSS STITCH 10-12 LIFE SKILLS <b>GROUP B</b>	<b>30</b> GEOCACHING  <b>GROUP B</b>