



# July 2010: Recovery Program - Living Room Activity Schedule

## HSBC Tower, Suite 710, 3601 Highway #7 East, Markham

MONDAY 10:30 – 3:30	TUESDAY 10:30 – 3:30	THURSDAY 10:30 – 3:30	EVERY THURSDAY EVENING	FRIDAY 10:30 – 3:30
<p><b>Staff Contact Information:</b> 905-853-8477 / 1-866-208-5509</p> <p>Lyndsey ext 4234 Cathy ext 4269</p>		<p>1</p> <p>PROGRAM AND OFFICE CLOSED.</p> <p>CANADA DAY.</p>	<p>7:30 – 9:30</p> <p>Support For Depression</p>	<p>2</p> <p>10:30am – Coffee and Connecting 11:15am – YMCA 1:00pm – Life Skills with Ann 2:30pm – Community Walk</p>
<p>5</p> <p><u>Member Run Day</u> 10:30 – Coffee and Connecting 1:00pm - Movie 1:00 – 3:00 – Pathways To Recovery (Closed Group)</p>	<p>6</p> <p>11:15am - YMCA 2:00pm – Women’s Group (Member Run)</p>	<p>8</p> <p>11:15am - YMCA 1:00pm – Talent Show 2:00pm – Tai Chi by Jim 2:00 – 3:30 – Mindfulness(Closed Group)</p>	<p>7:30 – 9:30</p> <p>Support For Depression</p>	<p>9</p> <p>10:30am – Sewing with Nancy 11:15am – YMCA 1:00pm – Healthy Eating</p>
<p>12</p> <p><u>Member Run Day</u> 10:30 – Coffee and Connecting 1:00pm - Movie 1:00 – 3:00 – Pathways To Recovery (Closed Group)</p>	<p>13</p> <p>10:00 – 12:00 – Expressive Art Therapy(Closed Group) 11:15am - YMCA 2:00pm – Women’s Group</p>	<p>15</p> <p>11:15am - YMCA 1:00pm - Crafts with Dale 2:00 – 3:30 – Mindfulness(Closed Group) 3:00pm – Community Walk</p>	<p>7:30 – 9:30</p> <p>Support For Depression</p>	<p>16</p> <p>10:30am – Sock Monkey with Margie 11:15am - YMCA 1:00pm – Spirituality with Don 2:30pm – Program Social &amp; Education Planning Meeting</p>
<p>19</p> <p><u>Member Run Day</u> 10:30 – Coffee and Connecting 1:00pm - Movie 1:00 – 3:00 – Pathways To Recovery (Closed Group)</p>	<p>20</p> <p>10:00 – 12:00pm – Expressive Art Therapy(Closed Group) 11:15am - YMCA 2:00pm – Women’s Group</p>	<p>22</p> <p>10:30am – Knitting with Nancy 11:15am - YMCA 12:00pm – Potluck lunch 2:00pm – Community Walk 2:00 – 3:30 – Mindfulness(Closed Group)</p>	<p>7:30 – 9:30</p> <p>Support For Depression</p>	<p>23</p> <p>11:15am - YMCA 1:00 – 2:00pm – Healthy Eating 2:00pm - Euchre 2:30pm - Walk</p>
<p>26</p> <p><u>CAMPING</u></p> <p><u>Member Run Day</u> 1:00 – 3:00 – Pathways To Recovery (Closed Group)</p>	<p>27</p> <p><u>CAMPING</u></p> <p><u>Member Run Day</u></p>	<p>29</p> <p><u>CAMPING</u></p> <p><u>Member Run Day</u></p>	<p>7:30 – 9:30</p> <p>Support For Depression</p>	<p>30</p> <p>11:15am – YMCA 1:00 – 2:30 – Positive Journaling</p>