

Fall Rec Group Calendar 2009

North Hastings

September

Sun	Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Sat 5
6	7 Labour Day Holiday Office Closed	8 11:00- Walk (meet at MHS) 12:00- Tooney Lunch Cost: \$2.00 (on your own)	9	10	11	12
13	14	15 11:00- Walk (meet at MHS) 12:00- Tooney Lunch Cost: \$2.00 (on your own)	16	Mental Health Support Network is Open Every Monday, Wednesday and Friday from 10am- 3pm \$1 lunches, coffee and tea Their Grand Opening is October 8 th after lunch.		
20	21	22 11:00- Walk(meet at MHS) 12:00- Tooney Lunch Cost: \$2.00 (on your own)	23			
27	28	29 11:00- Walk(meet at MHS) 12:00- Tooney Lunch Cost: \$2.00 (on your own)	30			

October

Sun	Monday	Tuesday	Wednesday	Thursday 1	Friday 2	Sat 3
				Managing Powerful Emotions Group @ Mental Health Services Time: 11am-1pm		
4	5	6 11:00- Walk(meet at MHS) 12:00- Tooney Lunch Cost: \$2.00 (on your own)	7	8 Managing Powerful Emotions Group @ Mental Health Services Time: 11am-1pm	9	10
11	12 Thanksgiving Day Office Closed	13 11:00- Walk (meet at MHS) 12:00- Tooney Lunch Cost: \$2.00 (on your own)	14	15 Managing Powerful Emotions Group @ Mental Health Services Time: 11am-1pm	16	17
18	19	20 Lake St. Peter Provincial Park ----Walk, Shore Fishing and BBQ \$3.00- burger and drink 9:30-4pm	21	22 Managing Powerful Emotions Group @ Mental Health Services Time: 11am-1pm	23	24
25	26	27 * RAIN DATE* For Lake St. Peter Provincial Park 11:00- Walk (meet at MHS) 12:00- Tooney Lunch-- \$2	28	29 Managing Powerful Emotions Group @ Mental Health Services Time: 11am-1pm	30	31

