

November 2022 Our Place Community Centre Wellness Services – 919 Pandora Ave

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Journal Workshop 10AM – 12PM A Sing-along 12:15PM – 1PM Mobile Health Clinic 1:30PM – 3PM	2 Common Ground Café 12PM – 1:30PM 55+ Club 12PM – 2PM	3 Common Ground Café 12PM – 1:30PM Nurse 1PM – 3PM Bingo 6PM – 7:30PM	4 Haircuts 10AM – 12PM Common Ground Café 12PM – 1:30PM Movie 3PM – 5PM	5 Foot Care 8AM sign-up with Hygiene
6 Live Music 2:30PM till 3:30PM	7 Bible Study 10AM – 11AM Smudge 10AM – 12PM 55+ Club 12PM – 2PM Therapy Dog 1PM – 2PM	8 Journal Workshop 10AM – 12PM Electric Scooter Repair 12PM – 2PM A Sing-along 12:15PM – 1PM	9 Common Ground Café 12PM – 1:30PM 55+ Club 12PM – 2PM	10 Common Ground Café 12PM – 1:30PM Nurse 1PM – 3PM Bingo 6PM – 7:30PM	11 Common Ground Café 12PM – 1:30PM Movie 3PM – 5PM	12
13 Doctor 9AM– 10AM Vets 4 Pets 10AM sign-up with Jim	14 Bible Study 10AM – 11AM Smudge 10AM – 12PM 55+ Club 12PM – 2PM Therapy Dog 1PM – 2PM	15 Journal Workshop 10AM – 12PM Mobile Health Clinic 1:30PM – 3PM Singing with Lunch 12PM till 1PM Bike Clinic 3PM – 4:30PM	16 Common Ground Café 12PM – 1:30PM 55+ Club Outing Sign-up with Salome	17 Common Ground Café 12PM – 1:30PM Nurse 1PM – 3PM Bingo 6PM – 7:30PM	18 Common Ground Café 12PM – 1:30PM Hearing Clinic Sign-up with Jordan Movie 3PM – 5PM	19
20 Doctor 9AM– 10AM	21 Bible Study 10AM – 11AM Smudge 10AM – 12PM 55+ Club 12PM – 2PM Therapy Dog 1PM – 2PM	22 Journal Workshop 10AM – 12PM A Sing-along 12:15PM – 1PM Mobile Health Clinic 1:30PM – 3PM	23 Common Ground Café 12PM – 1:30PM 55+ Club 12PM – 2PM	24 Common Ground Café 12PM – 1:30PM Nurse 1PM – 3PM Bingo 6PM – 7:30PM	25 Foot Care 8AM sign-up with Hygiene Common Ground Café 12PM – 1:30PM Movie 3PM – 5PM	26
27 Doctor 9AM– 10AM	28 Bible Study 10AM – 11AM Smudge 10AM – 12PM 55+ Club 12PM – 2PM Therapy Dog 1PM – 2PM	29 Journal Workshop 10AM – 12PM A Sing-along 12:15PM – 1PM Mobile Health Clinic 1:30PM – 3PM	30 Common Ground Café 12PM – 1:30PM 55+ Club Outing Sign-up with Salome			