

The Loft Hours:  
Monday-Friday 10am-4pm unless otherwise stated

# May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Mental Health Clinic every Tuesday 1-3 ↓	1 BBQ lunch Biking 1pm	2 Soup lunch Pound Fitness class 1pm FREE	3 Open 10-12 Ashanti Coffee 10:30am	4
5 Mental Health Week →	6 Owen Sound Kick off Breakfast Leave 7:15am Breakfast 8am	7 Chair exercises 11am The Best you group 1pm	8 Consumer Conference Owen Sound Leave 9:15am	9 Soup Lunch Walk the Walk 1pm	10 Dairy Queen Lunch/shop 11am-2pm	11
12 Mother's Day	13 Open 1-7pm Free Swim 3-4 Surprise Dinner	14 Closed	15 Chili Lunch Biking 1pm	16 Soup Lunch Employment Talk 1pm	17 Movie Afternoon 1-3	18
19	20 Closed Victoria Day	21 Chair Exercises 11am The Best you group 1pm	22 BLT/ Pasta salad lunch Biking 1pm	23 Soup lunch Walk the walk 1pm June Planning	24 Mini Pedis 1-4 Hair Cuts 1-4	25
26	27 Open 10-7pm Free Swim 3-4 Surprise Dinner	28 Mindfulness 11am Ted Talks 1pm	29 BBQ lunch Therapy Dogs 10:30am Biking 1pm	30 Soup lunch Living on less 2pm	31 Simple Baking 1pm	