

June 2019



Canadian Mental
Health Association
Grey Bruce
Mental Health and Addiction Services

Community Connections: Housing &
Support 519-371-2390

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2	3	Meet N Greet 10:30 - 11:30 Pickleball Harrison Park 2:00 - 3:00			4	Baseball Harrison Field 2:15 - 3:30			5	Conversation Café “ Dreams“ 1:30 - 3:00			6	Artopia Group At Tom Thomson Gallery 1:30 - 3:30			7	Meet N Greet 10:30 - 11:30 Yoga 12:30 - 1:30 Music Group Coffee House 2:00 - 3:30			8
9	10	Meet N Greet 10:30 - 11:30 Outdoor Volleyball In Meaford 1:00 - 4:00			11	Baseball Harrison Field 2:15 - 3:30			12	Dinning Together ~ Breakfast at Crosswinds Café 9:30 am			13	Golf Day at Chesley Lake 10:30 am - 3:30 pm			14	Meet N Greet 10:30 - 11:30 Hike with Jim 11:45 am - 2:30 Yoga 12:30 - 1:30 Relaxation Colouring - 2:00			15
16	17	Meet N Greet 10:30 - 11:30 Healthy Kitchen 12 :00 Gentle Fit 2:00 - 3:00			18	Knitting with Jan 1:00 - 2:00 Baseball Harrison Field - 2:15 - 3:30			19	Sewing with Karen (Pillowcase) 1:30 - 3:30			20	Artopia Group At Tom Thomson Gallery Name Art 1:30 - 3:30			21	Meet N Greet 10:30 - 11:30 NO Yoga today Picnic in the Park and the “Material Girls” tribute Concert 5:00 pm			22
23	24	Meet N Greet 10:30 - 11:30 Euchre Tournament at Union Place 1pm Ride don't hide Kelso Beach AM			25	Baseball Harrison Field 2:15 - 3:30 Dinning together ~ at OSHARE 5:00			26	Photo Contest Exhibit At office 2:00 - 3:30			27	P.E.A.C.E. Team group “Peer Empowerment” 1:30 - 3:00			28	Meet N Greet 10:30 - 11:30 Hike with Jim 11:45 am - 2:00 Yoga 12:30 - 1:30 Music Group—Name that tune 2:00 - 3:30			29
30	1	Canada Day Office Closed			2	Baseball Harrison Field 2:15 - 3:30			3	Movie Talk 1:30 - 3:30			4	Artopia Group At Tom Thomson Gallery 1:30 - 3:30			5	Meet N Greet 10:30 - 11:30 Music Group Coffee House 2:00 - 3:30			5