



UP Calendar May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
5	6	7	8	9	10	11
Kick Off Breakfast For Mental Health Week 8 a.m. please reserve	Looming Group 11:00	Consumer Conference 9:00 legion U.P. Closed	Mood Disorder Group 11 am-12 noon closed at noon	Coffee House at The Hospital depart 12:45 p.m.		
12	13	14	15	16	17	18
Hike to Jone's Falls 11:00 AM	CLOSED	Mindful Breathing 11:30	Mood Disorder Group 11 am-12 noon Toronto Trip	Street Beats 2nd Avenue Lodge Depart 12:30		
19	20	21	22	23	24	25
Closed For Victoria Day	Looming Group 11:00 AM	Mindful Breathing 11:30	Mood Disorder Group 11 am-12 noon	Trip To The Coach House Campfire and Visiting Kelly 11:00 AM		
26	27	28	29	30	31	
Discover Your Personality 11:00 AM	Looming Group 11:00	Mindful Breathing 11:30	Mood Disorder Group 11 am-12 noon Shopping Trip 1:00 PM	Burger and Poutine Fundraiser \$7.00		
