





May 2019 Drop-In Program

Breakfast: 9am-10am (Mon, Tues, Thurs, Fri)

Lunch: 12pm-1pm (Mon, Tues, Thurs, Fri)

Food bank: 11am - 3pm (Mon, Thurs, Fri)

Good Food Market (Tues. 11am – 3pm)

Monday	Tuesday	Thursday	Friday
		<p>2 Emotional Wellness Peer Support Group Simple Yoga and Meditation 10am-12pm</p> <p>Free style art Morning and afternoon</p> <p>Drop-in Computer 10 am- 11:30am, 1pm-3pm</p>	<p>3 Embroidery circle 10:30am-11:30am</p> <p>Drop-in Computer 10am-11:30am, 1pm - 3pm</p> <p>Movie screening 1:30pm</p>
<p>6 Sewing/knitting group 10:30am – 11:30am</p> <p>Drop-in Computer 10am-11:30am</p> <p>Bingo in the Drop-in 1:30am – 2:30pm</p>	<p>7 <i>Add your voice</i> Community Drop-in Choir with Stephanie 10:30am-11:30am</p> <p>Emotional Wellness Pop up Craft Café 1:30pm – 3pm</p> <p>Drop-in Computer 10–11:30am,1-3pm</p>	<p>9 Emotional Wellness Peer Support Group</p> <p>Free style art Morning and afternoon</p> <p>Drop-in Computer 10-am -11:30am, 1pm-3pm</p>	<p>10 Embroidery circle 10:30M-11:30am</p> <p>Drop-in Computer 10am-11:30am, 1pm - 3pm</p> <p>Movie screening 1:30pm</p>
<p>13 Sewing/Knitting group 10:30am-11:30am</p> <p>Drop-in Computer 10am – 11:30am</p> <p>Bingo in the Drop-in 1:30am – 2:30pm</p>	<p>14 <i>Add your voice</i> Community Drop-in Choir with Stephanie 10:30am-11:30am</p> <p>Emotional Wellness Pop up Craft Café 1:30pm – 3pm</p> <p>Drop-in Computer 10–11:30am,1-3pm</p>	<p>16 Emotional Wellness Peer Support Group Simple Yoga and Meditation 10am-12pm</p> <p>Free style art Morning and afternoon</p> <p>Freshbooks Computer Training 1:30 pm – 2:30pm</p> <p>Drop-in Computer 10m - 11:30am, 1pm - 3pm</p>	<p>17 Embroidery circle 10:30M-11:30am</p> <p>Drop-in Computer 10am-11:30am, 1pm - 3pm</p> <p>Movie screening 1:30pm</p>
<p>20 Victoria Day Holiday The Stop Community Food Centre Closed</p>	<p>21 <i>Add your voice</i> Community Drop-in Choir with Stephanie 10:30am-11:30am</p> <p>Emotional Wellness Pop up Craft Café 1:30pm – 3pm</p> <p>Drop-in Computer 10–11:30am,1-3pm</p>	<p>23 Dominoe Tournament 10:30am -11:30am</p>  <p>1:30pm -3pm</p> <p>Drop-in Computer 10m - 11:30am, 1pm - 3pm</p>	<p>24 Embroidery circle 10:30M-11:30am</p> <p>Drop-in Computer 10am-11:30am</p> <p>Dental Bus Appointment Day 9:30am – 2:30pm 1:30pm – 3pm</p> 
<p>27 Sewing/knitting group 10:30am – 11:30am</p> <p>Drop-in Computer 10am-11:30am</p> <p>Bingo in the Drop-in 1:30pm – 2:30pm</p>	<p>28 Nutrition Workshop – Mindful Eating With DPNC Dietician 10:30am – 11:30am</p> <p>Emotional Wellness Pop up Craft Café 1:30pm – 3pm</p> <p>Drop-in Computer 10-11:30am,1-3pm</p>	<p>29 Emotional Wellness Peer Support Group</p> <p>Free style art Morning and afternoon</p> <p>Drop-in Computer 10m - 11:30am, 1pm - 3pm</p>	<p>30 Embroidery circle 10:30M-11:30am</p> <p>Drop-in Computer 10am-11:30am, 1pm - 3pm</p> <p>Movie screening 1:30pm</p>

