



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
						1
2 *Int'l Sex Workers Day	3 EXHALE: A Mindful Walk 11-12pm	4 Women's Self Defense Class (register at reception) 10:30-11:45pm Right here, Right now Counselling 12-7pm	5 Right here, Right now Counselling 12-5pm	6 Tea Time 1-3pm Boutique 1-3pm	7 10am-1130am Sea Glass/Driftwood Art w/ Jane (register at reception) Boutique 10am-12pm & 1-3:30pm	8
9	10 EXHALE: 11-12pm Zumba w/ Nicole Darbaz	11 Right here, Right now Counselling 12-7pm	12 Right here, Right now Counselling 12-5pm	13 Tea Time 1-3pm Boutique 1-3pm	14 Boutique 10-12pm *National Day of Action for Sex Workers Rights	15 *Elder Abuse Aware- ness Day
16	17 EXHALE: 11-12pm Gentle Movement NIA w/ Elaine Dunphy	18 Right here, Right now Counselling 12-7pm	19 Right here, Right now Counselling 12-5pm	20 Tea Time 1-3pm Boutique 1-3pm	21 10am-11:30am Button Art w/ Jane (register@ reception) Boutique 10-12pm & 1-3:30pm *National Indigenous Peoples Day	22
23 30	24 EXHALE: 11-12pm Yoga session w/ Marie from Nova Yoga	25 Right here, Right now Counselling 12-7pm	26 Right here, Right now Counselling 12-5pm	27 Tea Time 1-3pm Boutique 1-3pm *Multiculturalism Day	28 10-11:30am Lester's Gardening (register@ reception) Boutique 10-12pm & 1-3:30pm	29

EXHALE program: Please register with reception for each week you are interested in. Boutique: Call to make appointment. No registration for all other programs.