

WEEK OF APRIL 29 - MAY 4



MONDAY 29

- **9:00am - 12:00pm Learning Studios Open to our community**
- **9:30am - 11:30am Toast and Toppings & Community Navigation Drop-in &**
- **10:00am - 3:00pm Thrift Shoppe Open**
 - Donations accepted from 10am-3pm
- **1:30pm - 3:00pm Music Monday**

TUESDAY 30

- **9:00am - 12:00pm Learning Studios Open to our community**
- **10:00am - 3:00pm Thrift Shoppe Open**
- **1:00pm - 2:30PM Cooking with S.IS** (Sign up required)

WEDNESDAY 1

- **9:00am - 12:00pm Learning Studios Open to our community**
- **9:30 - 10:00 Wellness wednesday** Chair workout (sign up required)
- **10:00am - 3:00pm Thrift Shoppe Open**
- **2:00pm - 4:00pm Homeless Outreach drop in & Ministry of Social Development drop in**

THURSDAY 2

- **9:00am - 12:00pm Learning Studios Open to our community**
- **10:00am - 3:00pm Thrift Shoppe Open**
- **12:00 pm- 1:00 pm BBQ Beef dip & salad** (sign up required before wed 11am 250 832 8477 ext 10)
- **1:00pm - 3:00pm Art:** Sketching 4 week series) Sign up required before May 1st

FRIDAY 3

- **9:00am - 12:00pm Learning Studios Open to our community**
- **10:00am - 3:00pm Thrift Shoppe is open**
- **11:30am - 12:30pm Friends Who Flex**
- **2:00pm - 3:30pm CMHA Housing Drop-in**



SATURDAY 4

10:00 am - 2:00 pm - Thrift Shoppe Open

Donations Accepted from 10 am - 2 pm

