

WEEK OF OCT 7TH - 12TH

MONDAY 07

CMHA Learning Studios Closed

TUESDAY 08

- **9:00am - 12:00pm Learning Studios Open to our community**
- **10:00am - 12:00pm Thrift Shoppe Open**
- **1:00pm - 2:30pm Social Rec - Halloween Movie & Popcorn at CMHA**



WEDNESDAY 09

- **9:00am - 12:00pm Learning Studios Open to our community**
- **10:00am - 11:00am Wellness wednesday- Laughing Yoga (sign up required)**
- **10:00am - 3:00pm Thrift Shoppe Open**
- **2:30pm - 4:00pm Homeless Outreach Drop-in & Ministry of Social Development Drop-in**

THURSDAY 10

- **9:00am - 12:00pm Learning Studios Open to our community**
- **10:00am - 3:00pm Thrift Shoppe is open Donations accepted from 10:00am-3:00pm**
- **12:00pm - 1:00pm Ham & Scalloped Potatoes (sign up required before Wed 11:00am)**
- **1:00pm - 2:30pm Art: Halloween wreath with Melissa Nasby (Sign up required)**



FRIDAY 11

- **9:00am - 12:00pm Learning Studios Open to our community**
- **10:00am - 3:00pm Thrift Shoppe Open**
- **1:00pm - 2:00pm Friends Who Flex**



SATURDAY 12

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

Donations Accepted from
10:00am - 2:00pm