

INFO	Tuesday	Wednesday	Thursday	Friday
<p>For bus information please call Matt Fenton at LCMH: (613) 283-2170 (ext. 241)</p>	<p>4 LINK Opens at 9:30 9:30 - 12:30 Drop-In 11 –12 “Cribbage Card” Game 1:00 - 3:00 Creative Art</p>	<p>5 LINK Opens at 9:30 9:30 – 11:00 Drop-In 1:30 – 3:00 Post W.R.A.P. Group (back room) 1:30 – 3:00 LINK Lawn Bowling</p>	<p>6 LINK Opens at 11:00 11:00-12:00 Drop-In 1:30-3:30 “Drumming Circle” With Matt & Jeff (No Bus)</p>	<p>7 LINK OPENS at 4:30 PM 5:00 – 9:30 Two in One Karaoke On-Stage Party & Live Concert Series (An evening of live music. Includes Dinner, coffee, tea and fun) COST: \$ 4.00 Bus Pick-Up: Perth (4:00) / Smiths Falls (4:30)</p>
	<p>11 LINK Opens at 9:30 9:30 – 11:00 Drop-In 11 –12 “Cribbage Card” Game 1:00 – 3:00 Creative Art</p>	<p>12 SIGN Up Required Canadian Museum of Nature Cost: \$10 includes Brown Bag Lunch Bus Pick-Up: Perth (10:00) / Smiths Falls (10:30) BUS Departs LINK 11:00 am Sharp</p>	<p>13 LINK Opens at 11:00 11:00-12:00 Drop-In 1-1:30 Members’ Meeting 1:30-3:30 “Armchair Travels” Travel to India with Jeff (slides)</p>	<p>14 LINK Opens at 9:30 9:30 – 12:30 Drop-In 12:30 – 1:30 “Karaoke Song Practice” 1:30 – 3:00 Cooking Class</p>
<p>Check out www.mhsp-links.ca For links and other great info</p>	<p>18 LINK Opens at 9:30 9:30 – 11:00 Drop-In 11 –12 “Cribbage Card” Game 1:00 – 3:00 Creative Art</p>	<p>19 LINK Opens at 9:30 9:30 – 11:00 Drop-In 1:30 – 3:00 Post W.R.A.P. Group (back room) 1:00 – 3:00 Card & Board Game Afternoon</p>	<p>20 LINK Opens at 11:00 11:00-12:00 Drop-In 1:30-3:30 “Song Circle” With Matt & Jeff (No Bus)</p>	<p>21 LINK OPENS at 5pm Bears’ Hockey Game vs Navan 7:30 start & Tailgate Party at LINK 6:30 – 7:15 Tickets, Hot Dogs, Pop COST: \$ 6.00 Bus Pick-Up: Perth (5:30) / Smiths Falls (6:10-6:25)</p>
	<p>25 LINK Opens at 9:30 9:30 – 11:00 Drop-In 11 –12 “Cribbage Card” Game 1:00 – 3:00 Creative Art</p>	<p>26 LINK Opens at 9:30 9:30 - 12:30 Drop-In 1:30 - 4:00 Matinee Film Afternoon With Matt No Admission fee! Drinks \$1 & Popcorn \$1 “ NO BUS “</p>	<p>27 LINK Opens at 11:00 11:00 – 12:00 Drop-In 1:30 – 3:00 Introduction to “Mindfulness Meditation”</p>	<p>28 LINK Opens at 9:30 9:30 – 11:00 Drop-In 1:30 – 3:00 “Karaoke Song Practice”</p>

