

PEPP CONNECTIONS -SEPTEMBER 2018

PLEASE SEE ATTACHED PROGRAM DESCRIPTION FOR DETAILS Contact: Josie, Recreation Therapist 519-685-8500 X74746 or cell#226-927-8948

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 CLINIC CLOSED  | 4 RAP GROUP – 1:00-2:30  | 5 11:00-12:00 Energy Break @ YMCA <u>OUTPATIENTS ONLY</u> 1:00 – 2:30 Drop in @ YMCA <u>OUTPATIENTS ONLY</u> | 6 10:30 – 11:30 “Start Me Up Group” | 7 1:00-2:30 “Drop in” basketball at Parkwood Institute gym with Luke <u>Outpatients only</u>  |
| 10 1:00-3:00 Rec Group Games Day at PEPP!  | 11 RAP GROUP – 1:00-2:30  2:30-4:00 Dance and Groove with Cassandra** | 12 11:00-12:00 Energy Break @ YMCA <u>OUTPATIENTS ONLY</u> 1:00 – 2:30 Drop in @ YMCA <u>OUTPATIENTS ONLY</u> 1:00-3:00 Women’s Group | 13 10:30 – 11:30 “Start Me Up Group” 2:00-4:00 ROCK TALK BEGINS!!! 534 QUEENS AVE.-@ CMHA 6:00-8:00 Jam night with Marc | 14 1:00-2:30 “Drop in” basketball at Parkwood Institute gym with Luke <u>Outpatients Only</u>  |
| 17 1:00-3:00 REC GROUP Community Hike and Ice Cream  | 18 RAP GROUP 1:00–2:30  2:30-4:00 Dance and Groove with Cassandra | 19 11:00-12:00 Energy Break @ <u>YMCA OUTPATIENTS ONLY</u> 1:00 – 2:30 Drop in @ YMCA <u>OUTPATIENTS ONLY</u> 7:00-11:00 PM- Chil Frozen Yogurt Bar Musical fundraiser (620 Richmond Street) 7:00-9:00pm Parent Support Group Meeting for Parents @CMHA 534 Queens Ave. | 20 10:30 – 11:30 “Start Me Up Group” 2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA | 21 1:00-2:30 “Drop in” basketball at Parkwood Institute gym with Luke <u>Outpatients Only</u>  |
| 24 1:00-3:00 REC GROUP Floor Hockey @ Parkwood Institute gym  | 25 RAP GROUP 1:00 –2:30 “September birthdays”  2:30-4:00 Dance and Groove with Cassandra ** | 26 11:00-12:00 Energy Break @ <u>YMCA OUTPATIENTS ONLY</u> 1:00 – 2:30 Drop in @ YMCA <u>OUTPATIENTS ONLY</u> 1:00-2:30 Art Group with Melissa | 27 10:30 – 11:30 “Start Me Up Group” 2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA 6:00-8:00 Jam night with Marc | 28 1:00-2:30 “Drop in” basketball at Parkwood Institute gym with Luke <u>Outpatients Only</u>  |

*****SAVE THE DATE- RUN/WALK FOR BRAIN HEALTH ON OCTOBER 14, 2018*****