














# PEPP CONNECTIONS -November 2019

Contact: Josie, Recreation Therapist 519-685-8500 X74746 or Cell 226-927-8948

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> 1:00-2:30 "Drop in" basketball at Parkwood Institute gym with Luke <u>Outpatients Only</u> 
<b>4</b> 1:00-3:00 REC GROUP Floor Hockey @ Parkwood Institute gym 	<b>5</b> RAP – 1:00 – 2:30  2:30-3:30 Growing Minds Indoor Garden group 	<b>6</b> 11:00-12:00 Energy Break @ YMCA 1:00 – 2:30 Drop in @ YMCA <u>OUTPATIENTS ONLY</u>	<b>7</b> 10:30 – 11:30 "Start Me Up Group" 2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA 6:00-8:00 PM JAM Night with Marc	<b>8</b> 1:00-2:30 "Drop in" basketball at Parkwood Institute gym with Luke <u>Outpatients Only</u> 
<b>11</b> <b>NO GROUPS</b> <b>Clinic closed today!</b>	<b>12</b> RAP – 1:00 – 2:30  2:30-3:30 Growing Minds Indoor Garden group 	<b>13</b> 11:00-12:00 Energy Break @ YMCA 1:00 – 2:30 Drop in @ YMCA <u>OUTPATIENTS ONLY</u> 1:00-3:00 Women's Group	<b>14</b> 10:30 – 11:30 "Start Me Up Group" 2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA	<b>15</b> 1:00-2:30 "Drop in" basketball at Parkwood Institute gym with Luke <u>Outpatients Only</u> 
<b>18</b> 1:00-3:00 REC GROUP Floor Hockey @ Parkwood Institute gym 	<b>19</b> RAP – 1:00 – 2:30  2:30-3:30 Growing Minds Indoor Garden group 	<b>20</b> 11:00-12:00 Energy Break @ YMCA 1:00 – 2:30 Drop in @ YMCA <u>OUTPATIENTS ONLY</u> 7:00-9:00pm Parent Support Group Meeting for Parents @CMHA 534 Queens Ave.	<b>21</b> 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	<b>22</b> 1:00-2:30 "Drop in" basketball at Parkwood Institute gym with Luke <u>Outpatients Only</u> 
<b>25</b> 1:00-3:00 REC GROUP Community Hike and Hot chocolate 	<b>26</b> RAP – 1:00 – 2:30 "November Birthdays" 2:30-3:30 Growing Minds Indoor Garden group 	<b>27</b> 11:00-12:00 Energy Break @ YMCA 1:00 – 2:30 Drop in @ YMCA <u>OUTPATIENTS ONLY</u>	<b>28</b> 10:30 – 11:30 "Start Me Up Group" 2:00-4:00 ROCK TALK 534 QUEENS AVE.-@ CMHA	<b>29</b> 1:00-2:30 "Drop in" basketball at Parkwood Institute gym with Luke <u>Outpatients Only</u> 