



Community Connections

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please call Joel, Keith, Kathy, Lindsay, Diane, Talia, Samantha, Brittany or Ethan if you have any questions.</p> <p>Community Connections Support Services is located at 275 North Rutland Road 250-491-2907</p>				<p>1 9:30 - 11:00 am Café and Walking Group @ Mall Timmies \$ 5 (Samantha) 1:00 - 2:30 Bingo Group @ CCSS (Melanie) 3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel)</p>
<p>4 10:00 - Noon Samantha's Gym & Swim @ PRC 12:30 - 1:30 Samantha's Lunch Group @ TBA 3:30 - 5:30 pm Games Night & Appies @ CCSS (Joel)</p>	<p>5 9:45 Track Walk or Water Walking @ Rutland Y (Lindsay) 11:00 Pool Group @ Packinghouse Pub \$5 (Keith) 12:30 - 2:00 Samantha's Work Out @ Mall - Meet at Old Navy 4:00 pm Dinner Club @ Blue Tail Sushi \$20 (Talia/Samantha/Diane)</p>	<p>6 9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Keith) 9:45 am Coffee Group @ TBA (Lindsay) 1:00 - 2:30 Pool @ Rusty's (Joel) 3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel) 3:15 - 4:15 pm Art/Colouring Group @ CCSS (Samantha) 5:00 - 9:00 pm Dinner & Rockets Game \$ 30 (Lindsay)</p>	<p>7 1:00 - 2:30 pm Swim Club @ H20 (Diane) 3:30 - 5:00 pm Men's Group @ CCSS - Smokies \$ 10 (Keith)</p>	<p>8 3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel)</p>
<p>11 10:00 - Noon Samantha's Gym & Swim @ PRC 12:30 - 1:30 Samantha's Lunch Group @ TBA</p>	<p>12 9:45 Track Walk or Water Walking @ Rutland Y (Lindsay) 11:00 Pool Group @ Packinghouse Pub \$5 (Keith) 12:30 - 2:00 Samantha's Work Out @ PRC 4:00 pm Ladies Night @ CCSS Valentine Baking/Craft \$ 10 (Talia/Samantha/Diane)</p>	<p>13 9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Keith) 9:45 am Coffee Group @ TBA (Lindsay) 11:15 - 2:45 Valentine Baking / Craft @ CCSS \$5 (Diane) 1:00 - 2:30 Pool @ Rusty's (Joel) 3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel) 3:15 - 4:15 pm Art/Colouring Group @ CCSS (Samantha) 5:00 - 9:00 pm Dinner & Movie @ TBA (Kathy)</p>	<p>14  1:00 - 2:45 pm Valentine Baking / Craft \$5 (Diane) 3:30 - 5:00 pm Men's Group @ Old Spaghetti Factory \$20 (Keith)</p>	<p>15 9:30 - 11:00 am Café and Walking Group @ Mall Timmies \$ 5 (Samantha) 12:00 - 2:00 pm Lunch Group @ The Old Spaghetti Factory \$ 20 (Samantha) 3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel)</p>
<p>18 Family Day </p>	<p>19 9:45 Track Walk or Water Walking @ Rutland Y (Lindsay) 11:00 Pool Group @ Packinghouse Pub \$5 (Keith) 12:30 - 2:00 Samantha's Work Out @ Mall - Meet at Old Navy 4:00 pm Bowling and Yum Yums @ Capri \$ 20 (Lindsay)</p>	<p>20 9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Keith) 9:45 am Coffee Group @ TBA (Lindsay) 11:30 - 2:30 Swim Club @ H20 (Diane) 1:00 - 2:30 Pool @ Rusty's (Joel) 3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel) 3:15 - 4:15 pm Art/Colouring Group @ CCSS (Samantha) 5:00 - 9:00 pm Dinner & Movie @ TBA (Kathy)</p>	<p>21 1:00 - 2:30 pm Swim Club @ H20 (Diane) 3:30 - 5:00 pm Men's Group @ CCSS - Stew and Buns \$ 10 (Keith)</p>	<p>22 9:30 - 11:00 am Knitting Group @ CCSS (Samantha) 3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel)</p>
<p>25 10:00 - Noon Samantha's Gym & Swim @ PRC 3:30 - 5:30 pm Games Night & Appies @ CCSS (Joel)</p>	<p>26 9:45 Track Walk or Water Walking @ Rutland Y (Lindsay) 11:00 Pool Group @ Packinghouse Pub \$5 (Keith) 12:30 - 2:00 Samantha's Work Out @ PRC 4:00 pm Ladies Night @ CCSS \$ 10 (Talia/Samantha/Diane)</p>	<p>27 9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Keith) 9:45 am Coffee Group @ TBA (Lindsay) 11:30 - 2:30 Swim Club @ H20 (Diane) 1:00 - 2:30 Pool @ Rusty's (Joel) 3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel) 3:15 - 4:15 pm Art/Colouring Group @ CCSS (Samantha) 5:00 - 9:00 pm Dinner & Movie @ TBA (Kathy)</p>	<p>28 9:00 am Roy's Breakfast @ CCSS \$ 5 (Diane) 1:00 - 2:30 pm Swim Club @ H20 (Diane) 3:30 - 5:00 pm Men's Group @ Perkins \$20 (Keith)</p>	