




Community Connections

June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 - 10:45 am Disc Golf @ Knox Mtn disc golf course (Joel)	4 9:00 - 10:30 am Tone & Fit @ Rutland YMCA (Joel) 9:45 Track Walk or Water Walking @ PRC (Lindsay) 1:30 - 2:30 Art Class with Sarah Parsons @ CCSS \$10 (Diane) Sign Up Required 3:30 pm Dinner Club @ Boston Pizza \$ 20 (Talia/Diane)	5 9:45 am Coffee Group @ Timmies (Lindsay) 1:00 - 2:30 Pool @ Rusty's (Joel) 5:00 - 9:00 pm Dinner & Movie @ McCurdy Grand 10 (Kathy)	6 9:00 - 10:30 am Tone & Fit @ Rutland YMCA (Joel) 3:30 - 5:00 pm Men's Group @ Scandia \$ 20	7 9:30 - 11:15 Hiking Group with Lindsay @ Location TBA
10 9:00 - 10:45 am Bocce in the park @ Ben Lee park (Joel)	11 9:00 - 10:30 am Tone & Fit @ Rutland YMCA (Joel) 9:45 Track Walk or Water Walking @ PRC (Lindsay) 1:30 - 2:30 Art Class with Sarah Parsons @ CCSS \$10 (Diane) Sign Up Required 3:30 pm Bowling and Yum Yums @ Capri \$ 20 (Lindsay)	12 9:45 am Coffee Group @ Timmies (Lindsay) 1:00 - 2:30 Pool @ Rusty's (Joel) 7:00 pm City Band @ Guischigan Heritage Park (Kathy)	13 9:00 - 10:30 am Tone & Fit @ Rutland YMCA (Joel) 3:30 - 5:00 pm Men's Group @ CCSS - Smokies and salad \$ 10	14 9:30 - 11:15 Hiking Group with Lindsay @ Location TBA
17 	18  Naramata Camp Retreat	19 11:30 - 1:30 Community Council Free BBQ @ Ben Lee Park - Rain or Shine- All Welcome 7:00 pm City Band @ Island Stage (Kathy)	20 	21 9:30 - 11:15 Hiking Group with Lindsay @ Location TBA
24 9:00 - 10:45 am Disc Golf @ Knox Mtn disc golf course (Joel)	25 9:00 - 10:30 am Tone & Fit @ Rutland YMCA (Joel) 9:45 Track Walk or Water Walking @ PRC (Lindsay) 1:30 - 2:30 Art Class with Sarah Parsons @ CCSS \$10 (Diane) Sign Up Required 3:30 pm Ladies Night @ CCSS \$ 10 (Diane/Talia/Melanie)	26 9:45 am Coffee Group @ Timmies (Lindsay) 1:00 - 2:30 Pool @ Rusty's (Joel) 7:00 pm Falcons Baseball @ Elk Stadium \$ 20 (Kathy)	27 9:00 - 10:30 am Tone & Fit @ Rutland YMCA (Joel) 3:30 - 5:00 pm Men's Group @ O'Flannagans Pub \$ 20	28 9:30 - 11:15 Hiking Group with Lindsay @ Location TBA 12:00 - 2:00 pm Lunch group @ My Neighbourhood Restaurant \$ 20 (Diane/Melanie)

Please call Joel, Kathy, Lindsay, Diane, Talia, Ethan, Melanie or Thomas if you have any questions.
Community Connections Support Services is located at 275 North Rutland Road 250-491-2907