



Community Connections

March 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>				1
4	5	6	7	8
<p>10:00 - Noon Samantha's Gym & Swim @ PRC</p> <p>12:00 - 1:30 Samantha's Lunch Group @ TBA</p> <p>3:15 - 5:15 pm Games Night @ CCSS (Joel)</p>	<p>9:45 Track Walk or Water Walking @ PRC (Lindsay)</p> <p>11:00 Pool Group @ Packinghouse Pub \$5 (Keith)</p> <p>12:30 - 2:00 Samantha's Work Out @ Mall - Meet at Old Navy</p> <p>3:30 pm Dinner Club @ Doc Willoughby's Pub \$20 (Talia)</p>	<p>9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Keith)</p> <p>9:45 am Coffee Group @ Timmies (Lindsay)</p> <p>1:00 - 2:30 Pool @ Rusty's (Joel)</p> <p>3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel)</p> <p>5:00 - 9:00 pm Dinner & Movie @ TBA (Kathy)</p>	<p>9:30 am - Roy's Breakfast Club @ CCSS \$5 (Diane)</p> <p>1:00 - 2:30 pm Swim Club @ H20 (Diane)</p> <p>3:30 - 5:00 pm Men's Group @ CCSS - Games and Appies \$ 10 (Keith)</p> <p>7:00 pm TCS play @ PRC</p>	<p>9:30 - 11:00 am Café and Walking Group @ Mall Timmies \$ 5 (Samantha)</p> <p>1:00 - 2:30 Swimming @ H20 (Melanie)</p> <p>3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel)</p>
11	12	13	14	15
<p>10:00 - Noon Samantha's Gym & Swim @ PRC</p> <p>12:00 - 1:30 Samantha's Lunch Group @ TBA</p> <p>3:15 - 5:15 pm Games Night and Pizza @ CCSS (Joel)</p>	<p>9:45 Track Walk or Water Walking @ PRC (Lindsay)</p> <p>11:00 Pool Group @ Packinghouse Pub \$5 (Keith)</p> <p>12:30 - 2:00 Samantha's Work Out @ PRC</p> <p>3:30 pm Ladies Night @ CCSS Talk about Hygiene \$ 10 (Talia/Samantha/Diane)</p>	<p>9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Keith)</p> <p>9:45 am Coffee Group @ Timmies (Lindsay)</p> <p>11:30 am Bowling @ McCurdys \$ 5 (Melanie)</p> <p>11:30 - St. Patrick's day craft @ CCSS \$5 (Diane)</p> <p>1:00 - 2:30 Pool @ Rusty's (Joel)</p> <p>3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel)</p> <p>3:15 - 4:15 pm Art/Colouring Group @ CCSS (Samantha)</p> <p>5:00 - 9:00 pm Dinner & Movie @ TBA (Kathy)</p>	<p>1:00 - 2:30 pm Swim Club @ H20 (Diane)</p> <p>3:30 - 5:00 pm Men's Group @ MGW Walk with Hot Chocolate and cookies \$ 10 (Keith)</p>	<p>9:30 - 11:00 am Café and Walking Group @ Mall Timmies \$ 5 (Samantha)</p> <p>1:00 - 2:30 Swimming @ H20 (Melanie)</p> <p>3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel)</p>
18	19	20	21	22
<p>10:00 - Noon Samantha's Gym & Swim @ PRC</p> <p>12:00 - 1:30 Samantha's Lunch Group @ TBA</p> <p>3:15 - 5:15 pm Games Night @ CCSS (Joel)</p>	<p>9:45 Track Walk or Water Walking @ PRC (Lindsay)</p> <p>11:00 Pool Group @ Packinghouse Pub \$5 (Keith)</p> <p>12:45 - 2:00 Samantha's Work Out @ Mall - Meet at Old Navy</p> <p>3:30 pm Bowling and Yum Yums @ Capri \$ 20 (Lindsay)</p>	<p>9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Keith)</p> <p>9:45 am Coffee Group @ Timmies (Lindsay)</p> <p>11:30 - 2:30 Swim Club @ H20 (Diane)</p> <p>1:00 - 2:30 Pool @ Rusty's (Joel)</p> <p>3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel)</p> <p>3:15 - 4:15 pm Art/Colouring Group @ CCSS (Samantha)</p> <p>5:00 - 9:00 pm Dinner & Movie @ TBA (Kathy)</p>	<p>9:30 am - Michelle's Breakfast Club @ CCSS \$5 (Melanie)</p> <p>1:00 - 2:30 pm Swim Club @ H20 (Diane)</p> <p>3:30 - 5:00 pm Men's Group @ Scandia with supper \$ 20 (Keith)</p>	<p>9:30 - 11:00 am Knitting Group @ CCSS (Samantha)</p> <p>1:00 - 2:30 Swimming @ H20 (Melanie)</p> <p>3:00 - 5:00 pm Tone & Fit (Pool) @ Rutland YMCA (Joel)</p>
25	26	27	28	29
<p>10:00 - Noon Samantha's Gym & Swim @ PRC</p> <p>12:00 - 1:30 Samantha's Lunch Group @ TBA</p> <p>3:15 - 5:15 pm Games Night & Sports @ CCSS (Joel)</p>	<p>9:45 Track Walk or Water Walking @ PRC (Lindsay)</p> <p>11:00 Pool Group @ Packinghouse Pub \$5 (Keith)</p> <p>12:30 - 2:00 Samantha's Work Out @ PRC</p> <p>3:30 pm Ladies Night @ CCSS \$ 10 (Talia/Samantha/Diane)</p>	<p>9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Keith)</p> <p>9:45 am Coffee Group @ Timmies (Lindsay)</p> <p>11:30 - 2:30 Swim Club @ H20 (Diane)</p> <p>1:00 - 2:30 Pool @ Rusty's (Joel)</p> <p>3:15 - 4:15 pm Art/Colouring Group @ CCSS (Samantha)</p> <p>5:00 - 9:00 pm Dinner & Movie @ TBA (Kathy)</p>	<p>1:00 - 2:30 pm Swim Club @ H20 (Diane)</p> <p>3:30 - 5:00 pm Men's Group @ Red Robin \$20 (Keith)</p>	<p>9:30 - 11:00 am Café and Walking Group @ Mall Timmies \$ 5 (Samantha)</p> <p>1:00 - 2:30 Swimming @ H20 (Melanie)</p> <p>3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel)</p>