## **Community Connections**

community connections				<u>May 2019</u>
Monday	Tuesday	Wednesday	Thursday	Friday
Please call Joel, Keith, Kathy, Lindsay, Diane, Talia, Melanie or Ethan if you have any questions. Community Connections Support Services is located at 275 North Rutland Road 250-491-2907		1 9:45 am Coffee Group @ Timmies (Lindsay) 1:00 - 2:30 Pool @ Rusty's (Joel)	2 9:00 - 11:00 am Tone & Fit @ Rutland YMCA (Joel) 3:30 - 5:00 pm Men's Group @ CCSS - Smokies \$ 10 (Keith)	
	6 9:00 - 11:00 am Tone & Fit @ Rutland YMCA (Joel) 9:45 Track Walk or Water Walking @ PRC (Lindsay) 11:00 Pool Group @ Packinghouse Pub \$5 (Keith) 3:30 pm Dinner Club @ Post Haus Pub \$ 20 (Talia/Diane)	7 8 9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Keith) 9:45 am Coffee Group @ Timmies (Lindsay) 1:00 - 2:30 Pool @ Rusty's (Joel) 5:00 - 9:00 pm Dinner & Movie @ TBA (Kathy)	9 9:00 - 11:00 am Tone & Fit @ Rutland YMCA (Joel) 3:30 - 5:00 pm Men's Group @ Denny's \$ 20 (Keith)	1
	14 9:00 - 11:00 am Tone & Fit @ Rutland YMCA (Joel) 9:45 Track Walk or Water Walking @ PRC (Lindsay) 11:00 Pool Group @ Packinghouse Pub \$5 (Keith) 3:30 pm Ladies Night @ CCSS \$ 10 (Diane/Talia/Melanie)	<ul> <li>15</li> <li>9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Keith)</li> <li>9:45 am Coffee Group @ Timmies (Lindsay)</li> <li>1:00 - 2:30 Pool @ Rusty's (Joel)</li> <li>5:00 - 9:00 pm Dinner &amp; Movie @ TBA (Kathy)</li> </ul>	16 9:00 - 11:00 am Tone & Fit @ Rutland YMCA (Joel) 3:30 - 5:00 pm Men's Group @ CCSS - Pizza \$ 10 (Keith)	
20 Victoria Day	20 22: 9:00 - 11:00 am Tone & Fit @ Rutland YMCA (Joel) 9:45 Track Walk or Water Walking @ PRC (Lindsay) 11:00 Pool Group @ Packinghouse Pub \$5 (Keith) 3:30 pm Bowling and Yum Yums @ Capri \$ 20 (Lindsay)	22 9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Keith) 9:45 am Coffee Group @ Timmies (Lindsay) 1:00 - 2:30 Pool @ Rusty's (Joel) 5:00 - 9:00 pm Dinner & Movie @ TBA (Kathy)	23 9:00 - 11:00 am Tone & Fit @ Rutland YMCA (Joel) 3:30 - 5:00 pm Men's Group @ Mission Greenway - Bocce and Pizza \$ 10 (Keith)	2 12:00 - 2:00 pm Lunch group @ Old Spaghetti Factory \$ 20 (Diane/Melanie)
:	<ul> <li>27</li> <li>9:00 - 11:00 am Tone &amp; Fit @ Rutland YMCA (Joel)</li> <li>9:45 Track Walk or Water Walking @ PRC (Lindsay)</li> <li>11:00 Pool Group @ Packinghouse Pub \$5 (Keith)</li> <li>3:30 pm Ladies Night @ CCSS \$ 10 (Diane/Talia/Melanie)</li> </ul>	29 9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Keith) 9:45 am Coffee Group @ Timmies (Lindsay) 1:00 - 2:30 Pool @ Rusty's (Joel) 5:00 - 9:00 pm Dinner & Movie @ TBA (Kathy)	30 9:00 - 11:00 am Tone & Fit @ Rutland YMCA (Joel) 9:00 am - Roy's Breakfast Club @ CCSS \$5 (Diane) - <b>Please sign up by May 22</b> 3:30 - 5:00 pm Men's Group @ Kettle River Brewing Co. and Crasian Food Truck \$ 20 (Keith)	3 9:00 - 3:00 pm Kamloops Wildlife Pai \$25 - Bring your own lunch, snack an drinks. (Joel) <b>-Please sign up before May 24</b>