




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><i>☞The Change Room presents ☞ Thursday, JUNE 15 2017- 1:45-3pm WORRY & ANXIETY At The 519 Church St</i></p>			<p>1 2:30 Spa 3-6 Clinic by apt</p>	<p>2 11 Chair Exercise 2 Art-O-Rama 1:30 Karaoke</p>	<p>3 Cards & Board Games 10 Get Crafty 1:30 Movie</p>
<p>4 Cards & Board Games 10 Art Group 1:30 Movie</p>	<p>5 10 Knitting 2 Beading</p>	<p>6 9- 5 Housing Help 10 Craft Group 2:00 Art Group 2:30-5 Clinic by apt</p>	<p>7 9:30 Gardening 9:30 Embroidery 2:00 Curiosity Club 2:45 Acu Detox 3:30 Chair Yoga</p>	<p>8 2:30 Spa 3-6 Clinic by apt</p>	<p>9 11 Chair Exercise 2 Art-O-Rama 1:30 Karaoke</p>	<p>10 Cards & Board Games 10 Get Crafty 1:30 Movie</p>
<p>11 Cards & Board Games 10 Tea Party 10 Art Group 1:30 Movie</p>	<p>12 10 Knitting 2 Beading</p>	<p>13 9- 5 Housing Help 10 Craft Group 2:00 Art Group 2:30-5 Clinic by apt</p>	<p>14 9:30 Gardening 9:30 Embroidery 2:00 Curiosity Club 2:45 Acu Detox 3:30 Chair Yoga</p>	<p>15 2:30 Spa 3-6 Clinic by apt</p>	<p>16 11 Chair Exercise 2 Art-O-Rama 1:30 Karaoke 4-6 Open Mic</p>	<p>17 Cards & Board Games 10 Reiki 10 Get Crafty 1:30 Movie</p>
<p>18 Cards & Board Games 10 Art Group 1:30 Movie</p>	<p>19 10 Knitting 2 Beading</p>	<p>20 9- 5 Housing Help 10 Craft Group 2:00 Art Group 2:30-5 Clinic by apt</p>	<p>21 9:30 Gardening 9:30 Embroidery 2:00 Curiosity Club 2:45 Acu Detox 3:30 Chair Yoga</p>	<p>22 2:30 Spa 3-6 Clinic by apt</p>	<p>23 11 Chair Exercise 2 Art-O-Rama 1:30 Karaoke</p>	<p>24 Cards & Board Games 10 Get Crafty 2 Band Stand</p>
<p>25 Cards & Board Games 10 Art Group 1:30 Movie</p>	<p>26 10 Knitting 2 Beading</p>	<p>27 9- 5 Housing Help 10 Craft Group 2:00 Art Group 2:30-5 Clinic by apt</p>	<p>28 9:30 Gardening 9:30 Embroidery 2:00 Curiosity Club 2:45 Acu Detox 3:30 Chair Yoga</p>	<p>29 2:30 Spa 3-6 Clinic by apt</p>	<p>30 11 Chair Exercise 2 Art-O-Rama 1:30 Karaoke</p>	<p>416 Dundas St. E Ph. 416-928-3334 Fax. 416-928-2044 Open daily8:30-4:30 Breakfast 8:30-10 Lunch 12-2</p>