



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>416 Dundas St. E</b> <b>Ph. 416-928-3334</b> <b>Fax. 416-928-2044</b> <b>Mon-Fri 8:30-4:00</b> <b>Sat- Sun 8.30-2.00</b> <b>Breakfast 8:30-10</b>		<b>1</b> <b>OPEN AT 10 AM</b> <b>10 Psychoeducation Group</b> <b>2 Embroidery</b> <b>2:30-5 Clinic</b>	<b>2</b> <b>10 Women's wellness</b> <b>2:00 Curiosity Club</b> <b>2:45 Acu Detox</b> <b>3:30 Chair Yoga</b>	<b>3</b> <b>10 Knitting</b> <b>1.30 Creative Expressions</b> <b>2:30 Spa</b> <b>3-6 Clinic by apt</b>	<b>4</b> <b>11 Chair Exercise</b> <b>2 Art-O-Rama</b> <b>1:30 Karaoke</b>	<b>5</b> <b>10: Get Crafty</b> <b>Closing At 2</b>
<b>6</b> <b>10 Art Group</b> <b>Closing At 2 pm</b>	<b>7</b> <b>10 Discussion Group</b> <b>2 Beading</b>	<b>8</b> <b>10 Psychoeducation Group</b> <b>2 Embroidery</b> <b>2:30-5 Clinic</b>	<b>9</b> <b>10 Women's wellness</b> <b>2:00 Curiosity Club</b> <b>2:45 Acu Detox</b> <b>3:30 Chair Yoga</b>	<b>10</b> <b>10 Knitting</b> <b>1.30 Creative Expressions</b> <b>2:30 Spa</b> <b>No Clinic</b>	<b>11</b> <b>11 Chair Exercise</b> <b>2 Art-O-Rama</b> <b>1:30 Karaoke</b>	<b>12</b> <b>10: Get Crafty</b> <b>Closing At 2</b>
<b>13</b> <b>10 Tea Party</b> <b>10 Art Group</b> <b>Closing At 2 pm</b>	<b>14</b> <b>10 Discussion Group</b> <b>2 Beading</b>	<b>15</b> <b>10 Psychoeducation Group</b> <b>2 Embroidery</b> <b>2:30-5 Clinic</b>	<b>16</b> <b>May Birthday Celebration</b> <b>10 Women's wellness</b> <b>2:00 Curiosity Club</b> <b>2:45 Acu Detox</b> <b>3:30 Chair Yoga</b>	<b>17</b> <b>10 Knitting</b> <b>1.30 Creative Expressions</b> <b>2:30 Spa</b> <b>No Clinic</b>	<b>18</b> <b>11 Chair Exercise</b> <b>2 Art-O-Rama</b> <b>1:30 Karaoke</b>	<b>19</b> <b>10:30 Band Stand</b> <b>10: Get Crafty</b> <b>Closing At 2</b>
<b>20</b> <b>10 Art Group</b> <b>Closing At 2 pm</b>	<b>21</b> <b>10 Discussion Group</b> <b>2 Beading</b>	<b>22</b> <b>10 Psychoeducation Group</b> <b>2 Embroidery</b> <b>2:30-5 Clinic</b>	<b>23</b> <b>10 Women's wellness</b> <b>2:00 Curiosity Club</b> <b>2:45 Acu Detox</b> <b>3:30 Chair Yoga</b>	<b>24</b> <b>10 Knitting</b> <b>1.30 Creative Expressions</b> <b>2:30 Spa</b> <b>3-6 Clinic by apt</b>	<b>25</b> <b>11 Chair Exercise</b> <b>2 Art-O-Rama</b> <b>1:30 Karaoke</b>	<b>26</b> <b>10: Get Crafty</b> <b>Closing At 2</b>
<b>27</b> <b>10 Art Group</b> <b>Closing At 2 pm</b>	<b>28</b> <b>10 Discussion Group</b> <b>2 Beading</b>	<b>29</b> <b>10 Psychoeducation Group</b> <b>2 Embroidery</b> <b>2:30-5 Clinic</b>	<b>30</b> <b>10 Women's wellness</b> <b>2:00 Curiosity Club</b> <b>2:45 Acu Detox</b> <b>3:30 Chair Yoga</b>	<b>31</b> <b>10 Knitting</b> <b>1.30 Creative Expressions</b> <b>2:30 Spa</b> <b>3-6 Clinic by apt</b>	<b>Lunch Time Change 12-1.30 pm</b> <b>Week Day Hour 8.30 am – 4.00pm</b> <b>Closing early on Weekends at 2pm</b>	