

## Friends in Motion

Social Recreation  
Program  
328-2704

### Weekly Coffee Club

Every Wednesday  
from 2-4pm at Tim  
Horton's on Lindsay  
Street. Bring your  
own money!

Contact Jenn at ext.  
258 for more info.

### October 8

Come and join us for  
an annual tradition,  
**Thanksgiving Lunch.**  
At Salvation Army  
Church on Eglinton  
Street. Cost is \$3.00  
Contact Laurie at ext.  
264 to sign up.

### October 27

Ghouls and Goblins,  
come dressed in cos-  
tume for our Hallow-  
een Dance. At Central  
Senior Public School.  
Cost is \$2.00. Con-  
tact Jack at ext. 233  
to sign up.



# 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 	7	8 	9
10	11 	12	13 	14	15 	16
17	18	19	20 	21	22	23
24/31 	25	26	27 	28	29 	30

Cooking Club... at our new kitchen setting at 2 Hamilton Street from  
2-4 pm on **October 15 and 29th.** Cost \$2.00. Contact Jenn at extension 258.



CANADIAN MENTAL  
HEALTH ASSOCIATION  
L'ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE