

◀ June		July 2020					August ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 CANADA DAY	2 Hannah Café Connect 10 a.m. Janice 1 p.m. Self Sabotage Course	3 Mark 6 – 8 p.m. HOUSE PARTY	4	
5	6 Hannah Café Connect 10 a.m. Hannah, 1 p.m. Virtual lunch with Hannah and Gratitude Stones Mark, 6 BINGO	7 Hannah Café Connect 10 a.m. Janice 6 p.m. Staying Healthy, Join Me for a Dress UP Virtual Dinner Party at 6 pm., Fun & Games	8 Hannah Café Connect 10 a.m. Robin 6 Watercolours	9 Hannah Café Connect 10 a.m. Janice 1 p.m. Self Sabotage Course Janice 6 p.m. Yahtzee	10 Mark 6 – 8 p.m. HOUSE PARTY	11	
12	13 Paulette 9-11 JP 1 – 4:30 p.m. Hannah Café Connect 10 a.m. Hannah 1 p.m., Affirmations, "I AM", 30 day writing challenge Mark, 6 p.m. Bingo	14 Paulette 9-11 Dan 3 – 4:30 pm. Hannah Café Connect 10 a.m. Hannah 6 p.m. Self Care Watercolour background, Unconditional Love	15 Paulette 9-11 Dan 3 – 4:30 p.m. Hannah Café Connect 10 a.m. Robin 6 Watercolours	16 Paulette 9-11 JP 1 – 4 p.m. Rose 9 – 12 p.m. Hannah Café Connect 10 a.m. Janice 1 p.m. Self Sabotage Course Janice 6 p.m. Yahtzee	17 Tiffany 10-11:30 Yvonne 1 – 4 p.m. Mark 6 – 8 p.m. HOUSE PARTY	18	
19	20 Paulette 9-11 JP 1 – 4:30 p.m. Hannah Café Connect 10 a.m. Hannah, 1 p.m. Chair Yoga, Bubble writing exercise Mark 6 p.m. Bingo	21 Paulette 9-11 Dan 3 – 4:30 p.m. Hannah Café Connect 10 a.m.	22 Paulette 9-11 Odette 1 – 4 pm. Dan 3 – 4:30 p.m. Hannah Café Connect 10 a.m. Robin 6 Watercolours	23 Paulette 9-11 JP 1 – 4 p.m. Hannah Café Connect 10 a.m. Janice 1 p.m. Self Sabotage Course Janice 6 p.m. Yahtzee	24 Tiffany 10-11:30 Yvonne 1 – 4 p.m. Rose for V. 11 – 2 pm Mark 6 – 8 p.m. HOUSE PARTY	25	
	27 Paulette 9-11 JP 1 – 4 P.M. Hannah Café Connect 10 a.m. Hannah 1 p.m. Free For All Rock Painting, come share your creativity Mark 6 p.m. Bingo	28 Paulette 9-11 Dan 3 – 4:30 p.m. Hannah Café Connect 10 a.m. Hannah 6 p.m., Join virtually making healthy muffins, you supply, a fruit or 3 ripe bananas and an egg, we supply the rest.	29 Paulette 9-11 Dan 3 – 4:30 p.m. Hannah Café Connect 10 a.m. Robin 6 Watercolours	30 Paulette 9-11 JP 1 – 4 p.m. Rose 9 – 12 pm Hannah Café Connect 10 a.m. Janice 1 p.m. Self Sabotage Course Janice 6 p.m. Yahtzee	31 Tiffany 10-11:30 Yvonne 1 – 4 p.m. Mark 6 – 8 p.m. HOUSE PARTY		

The Men's Health and Leisure Group meets on the last Monday of the month via telephone conference. This will continue until physical distancing restrictions are lifted. Our meeting allows our members to stay connected, to brainstorm future activities, and consider new ideas. The discussion is focused on these questions:

What is an example of something you're doing for amusement right now? What is an example of something you're doing for your health right now? If you are interested in participating, you can connect with Joel at 705-526-1305 ext 226.