

# February 2011 MHSP—The Link

www.mhsp-links.ca 613-284-4608

S	M	Tue	Wed	Thu	Fri	S
		1 10-12 Drop In /Check In & DIY breakfast 1:30 Re WRAP review 3:30 Exercises	2 10-12 Drop In/ Check In & DIY breakfast 12:30 Yoga stretch class 1:30 BINGO	3 <b>Link closed in a.m.</b> Peer Group in Carleton Place 1:00 Link opens 1:30 Health & Wellness Group 3:30 Exercises/ 6-9 Family Group	4 10-12 Drop In /Check In & DIY breakfast 1:30 Men's & Women's groups 3:30 Exercises	5
6	7	8 10-12 Drop In/ Check In & DIY breakfast 1:30 Re WRAP review 3:30 Exercises	9 10-12 Drop In /Check In & DIY breakfast 12:30 Yoga stretch class <b>1:30 5 pin bowling \$7.50</b>	10 <b>Link closed in a.m.</b> Peer Group in Carleton Place 1:00 Link opens 1:30 Wellness Group 3:30 Exercises	11 10-12 Drop In /Check In & DIY breakfast 1:30 Men's & Women's groups 3:30 Exercises	12
13	14	15 Link closed for painting & floor treatment	16 closed for painting	17 closed for painting	18 10-12 Drop In /Check In & DIY breakfast Put link back together <b>Valentine On Stage 6:00-9 \$1</b>	19
20	21	22 10-12 Drop In /Check In & DIY breakfast 1:30 Re WRAP review 3:30 Exercises	23 10-12 Drop In /Check In & DIY breakfast 12:30 Yoga stretch class <b>1:30 Trivia challenge</b>	24 <b>Link closed in a.m.</b> Peer Group in Carleton Place 1:00 Link opens 1:30 Wellness Group 3:30 Exercises	25 10-12 Drop In /Check In <b>New! Monthly Lunch \$3</b> 2:30 Men's & Women's groups 3:30 Exercises	26
27	28	<b>It's March !</b>		We're trying some changes this month—lunch will only be once a month, but there will be a free do it yourself breakfast each morning.	Our exercise classes vary from cardio, to walking, to stretches. They're beginner classes and all are welcome.	