

MHSP—THE LINK

Tel: 613-284-4608

MARCH 2010

mhsp-links.ca

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 10:00 Check in 11:00 Brunch \$2:00 1:30 Men's recovery grp 1:30 Crafts 2:00 1:1 peer support 3:30 Aerobics class	3 10:00 Journaling 11:30 CP swim 1:00 Bariatric support 1:30 –4:00 Movie 2:00 Staff meeting	10:00 Check in 11:00 Creative expressions all day 6:30-8:30 Bariatric Surgery support group 7-9 Family Support Group	5 10:00– 12:00 MSB Member's meeting 3:30 Women's group 3:30 Exercise & Yoga	6
7	8	9 Link closed for staff training	10 10:00 Journaling 11:30 CP Swim 1:00 Bariatric support 2:00 –4:00 Bingo 2:00 Men's recovery grp	11 10:00 Check in 11:00 Creative expressions all day 6:30-10:30 Rideau Carleton- Raceway Bring own \$\$\$	12 10:00 Check in 12:00 Lunch \$2.00 1:30 Workshop 3:30 Women's group 3:30 Exercise & Yoga	13
14	15	16 10:00 Check in 11:00 Brunch \$2 1:30 Men's recovery grp 1:30 Crafts 2:00 1:1 peer support 3:30 Aerobics class	17 10:00 Journaling ♪ 12:00-4:00 ♪ ♪ St. Paddy's open mic, Dancing, singing and & ♪ Irish stew \$2.00 ♪	18 10:00 Check in 11:00 Creative expressions 1:30 Photography 3:30 Aerobics class	19 10:00 Check in 12:00 Lunch \$2.00 1:30 Workshop 3:30 Women's group 3:30 Exercise & Yoga	20
21	22	23 10:00 Check in 11:00 Brunch \$2 1:30 Crafts 2:00 1:1 peer support 3:30 Aerobics class	24 10:00 Journaling 11:30 CP swim 1:00 Bariatric support 1:30 –4:00 Games afternoon 2:00 Men's recovery	25 10:00 Check in 11:00 Creative expressions 1:30 Photography 3:30 Aerobics class	26 Link Closed for Spirituality Workshop in Carleton Place	27
28	29	30 10:00 Check in 11:00 Brunch \$2 2:00 1:1 peer support 3:30 Aerobics class	31 10:00 Journaling 11:30 CP swim 1:00 Bariatric support 2:00-4:00 Bingo	APRIL 1 12:00 noon Easter Lunch \$3.00	April 2 Link Closed for Good Friday	