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Tuesday: 8:00 am - 1:30pm
Mon, Wed, Thurs, Friday: 8:00am - 3:00pm
(613)594-8861
Light Breakfast served from 8:30am - 9:30am
Lunch served from 12:00pm - 1:00pm

Ottawa Distress Centre (613)238-3311
Mental Health Crisis Line (613)722-6914
Emergency Housing After Hours (call after 4pm)
 (613)580-2400
SASC(Sexual Assault Support Centre)
 (613)234-2266

Monday	Tuesday	Wednesday	Thursday	Friday
		January 1, 2020 The Well is closed 	January 2, 2020 HOLIDAY ACTIVITIES TO BE ANNOUNCED 	January 3, 2020 HOLIDAY ACTIVITIES TO BE ANNOUNCED 
January 6	January 7	January 8	January 9	January 10
	9:00: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30-2:45: Arts & Crafts 	10:00-12:00: SASC 11:30-1:00: ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 10-2 Spiritual Care Tai Chi - 10:30  Lunch Time: Birthday Tea	1:00-3:00: Karaoke & Games 
January 13	January 14	January 15	January 16	January 17
 Acupuncture 10:30 Arts and Crafts 1:30	9:00: Housing Help 9:00-11:30: Haircuts 10:00 Massage 10:00-11:00: Yoga 	10:00-12:00: SASC 11:30-1:00: ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 10-2 Spiritual Care 10:00 - Bowling Outing Event  1:30-3:00: Manicures	1:00-3:00: Karaoke & Games 
January 20	January 21	January 22	January 23	January 24
 Arts and Crafts 1:30	9:00: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 	10:00-12:00: SASC 11:30-1:00: ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 10-2 Spiritual Care Tai Chi -10:30  1:30-3:00: Manicures	1:00-3:00: Karaoke & Games 
January 27	January 28	January 29	January 30	January 31
 Arts and Crafts 1:30	9:00: Housing Help 9:00-11:30: Haircuts 10:00 Massage 10:00-11:00: Yoga 	8:30 Rally for Homeless 10:00-12:00: SASC 11:30-1:00: ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 10-2 Spiritual Care 10:00 - Movie Theatre Outing  1:30-3:00: Manicures	Acupuncture 12:30 1:00-3:00: Karaoke & Games 