



**Tuesday:** 8:00 am - 1:00pm  
**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*

# March

**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
March 2	March 3	March 4	March 5	March 6
 <b>10:00 Acupuncture</b> 1:30 Arts and Crafts Women's posters	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 	11:00-2:00 St. Joe's The Well is closed at 10:00 	1:00-3:00: Karaoke & Games 
March 9	March 10	March 11	March 12	March 13
 1:30 Arts and Crafts St. Patrick Craft	9:00: Housing Help 9:00-11:30: Haircuts 10-11:30 Chair 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 Lunch Time: Birthday Tea  1:30-3:00 Manicures	1:00-3:00: Karaoke & Games 
March 16	March 17	March 18	March 19	March 20
 1:30 Arts and Crafts Velvet Flowers and Assorted Colouring	9:00: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga Closed at 1:00 pm 	10:00-12:00: SASC <b>10:30 Legal Clinic - Introduction to Human Rights</b> 11:30-1:00: ROH Outreach 1:15- : BINGO 	9:00-11:30: Haircuts 10-2: Spiritual Care 10:30-11:30: Tai Chi  1:30-3:00: Manicures	<b>12:30 Acupuncture</b> 1:00-3:00: Karaoke & Games 
March 23	March 24	March 25	March 26	March 27
 1:30 Arts and Crafts Pom Pom Animals	9:00: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 10-11:30 Chair Massage <b>10:00 Pet Wellness</b> 	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 Laughing Exercises 1:30-3:00 Manicures 	<b>10:30 Crafts with Kat</b> 1:00-3:00: Karaoke & Games 
March 30	March 31	April 1	April 2	April 3
 1:30 Arts and Crafts Surprise Craft	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 10:30-11:30 Tai Chi  1:30-3:00: Manicures	The Well is closed for an Outing. 