



# November

**Monday:** 8:30am - 1:30pm

**Tuesday - Friday:** 8:30am - 3:00pm

**(613)594-8861**

Light Breakfast served from 9:00am - 10:00am




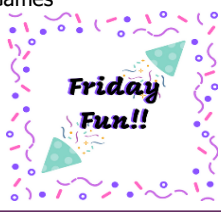



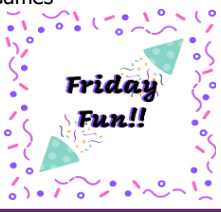










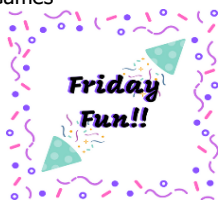
Lunch served from 12:00pm - 1:00pm

**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                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>October 29</b>                                                                                             | <b>October 30</b>                                                                                                                                                   | <b>October 31</b>                                                                                                                                                                                                          | <b>1</b>                                                                                                                                                                                                       | <b>2</b>                                                                                                                                                        |
|                              | 9:00-10:30: Housing Help<br>9:00-11:30: Haircuts<br>10:00-11:00: Chair Massage<br>1:30-2:45: Arts & Crafts                                                          | 10:00-12:00: SASC<br>11:30- ROH Outreach<br>1:15 <b>Halloween Party/Dance</b><br>                                                         | 9:00-11:30: Haircuts<br>11:00-12:00: Multi-Faith Group<br>1:15 Bingo<br>                                                     | 1:00-3:00: Karaoke & Games<br>                                               |
| <b>5</b>                                                                                                      | <b>6</b>                                                                                                                                                            | <b>7</b>                                                                                                                                                                                                                   | <b>8</b>                                                                                                                                                                                                       | <b>9</b>                                                                                                                                                        |
| 10:30 Group Acupuncture<br> | 9:00-10:30: Housing Help<br>9:00-11:30: Haircuts<br>10:00-11:00: Yoga<br>1:30-2:45: Arts & Crafts                                                                   | 10:00 - 11:30 Metis Nation Of Ontario " <b>Don't Catch That Fish Workshop</b> "<br>10:00 SASC<br>11:30 ROH Outreach<br>1:15 - BINGO<br>  | 9:00-11:30: Haircuts<br>10:00 <b>Memorial Service</b><br>1:15-2:15: Emotional Regulation w/ E. Fry<br>1:15 Birthday Tea<br> | 1:00-3:00: Karaoke & Games<br>                                              |
| <b>12</b>                                                                                                     | <b>13</b>                                                                                                                                                           | <b>14</b>                                                                                                                                                                                                                  | <b>15</b>                                                                                                                                                                                                      | <b>16</b>                                                                                                                                                       |
|                            | 9:00-10:30: Housing Help<br>10:30 ( <b>Legal Clinic</b> ) " <b>Tenant Issues</b> "<br>9:00-11:30: Haircuts<br>10:00-11:00:Chair Massage<br>1:30-2:45: Arts & Crafts | 10:00-12:00: SASC<br>11:30 ROH Outreach<br>10:30 <b>Flu Clinic</b><br>1:15 - BINGO<br>                                                  | 9:00-11:30: Haircuts<br>11:00-12:00 Multi-Faith<br><b>The Well Closes@ 1:00 pm for Staff Development</b>                                                                                                       | 12:30-2:00: <b>Community Acupuncture</b><br>1:00-3:00: Karaoke & Games<br> |
| <b>19</b>                                                                                                     | <b>20</b>                                                                                                                                                           | <b>21</b>                                                                                                                                                                                                                  | <b>22</b>                                                                                                                                                                                                      | <b>23</b>                                                                                                                                                       |
|                            | 9:00-10:30: Housing Help<br>9:00-11:30: Haircuts<br>10:00-11:00: Yoga<br>1:30-2:45: Arts & Crafts                                                                   | 9:00 - 2:00 <b>Diabetes Awareness Day</b> hosted by The Metis Nation of Ontario<br>10:00 SASC<br>11:30 ROH Outreach<br>1:15 - BINGO<br> | 9:00-11:30: Haircuts<br>10:00 <b>Laughing Yoga</b><br>11:00-11:45 Multi-Faith<br>1:15 pm <b>Beauty Day</b><br>             | 1:00-3:00: Karaoke & Games<br>                                             |
| <b>26</b>                                                                                                     | <b>27</b>                                                                                                                                                           | <b>28</b>                                                                                                                                                                                                                  | <b>29</b>                                                                                                                                                                                                      | <b>30</b>                                                                                                                                                       |
|                            | 9:00-10:30: Housing Help<br>10:00-11:00 Chair Massage<br>9:00-11:30: Haircuts<br>1:30-2:45: Arts & Crafts                                                           | 10:00-12:00: SASC<br>11:30 ROH Outreach<br>1:15 - BINGO<br>                                                                             | 9:00-11:30: Haircuts<br>11:15 - 11:45<br><b>Retirement Farewell For Christine</b><br>1:15 "No Bake Cookie Class"<br>       | 1:00-3:00: Karaoke & Games<br>                                             |

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