



November

Monday: 8:15 am - 1:30pm

Tuesday - Friday: 8:30am - 3:00pm
(613)594-8861

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


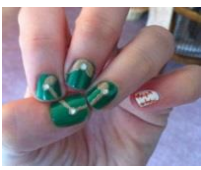

Lunch served from 12:00pm - 1:00pm

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
4	5	6	7	8
  10:30 ACUPUNCTURE	<p>THE WELL IS CLOSED FOR</p> <p>Staff Development</p>	<p>10:00-12:00: SASC 11:30-1:00: ROH Outreach 1:15- : BINGO</p> <p>BINGO!!</p>	<p>9:00-11:30: Haircuts 10:30-Tai Chi</p>  <p>1:30-3:00: Manicures</p>	<p>10:00-Annual Memorial</p>  <p>1:00- Karaoke & Games</p>
11	12	13	14	15
  REMEMBRANCE DAY	<p>9:00: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30-2:45: Arts & Crafts</p> 	<p>10:00-12:00: SASC 11:30-1:00: ROH Outreach 1:15- : BINGO</p> <p>BINGO!!</p>	<p>9:00-11:30: Haircuts 10:30 Laughing Yoga Lunch Time: Birthday Tea</p> 	<p>1:00-3:00: Karaoke & Games</p> <p>Saturday November 16 PANCAKE BRUCH 10:00-12 NOON</p> 
18	19	20	21	22
	<p>9:00: Housing Help 9:00-11:30: Haircuts 10:00- Chair Massage 1:30-2:45: Arts & Crafts</p> 	<p>10:00-12:00: SASC 10:00 Legal Clinic 11:30-1:00: ROH Outreach 1:15- : BINGO</p> <p>BINGO!!</p>	<p>9:00-11:30: Haircuts 10:30 - Tai Chi</p>  <p>1:30-3:00: Manicures</p>	<p>1:00-3:00: Karaoke & Games</p> <p>1:00 pm- CANNING WORKSHOP (Chutney)</p> 
25	26	27	28	29
	<p>9:00: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:00 - Celtic Rathskallions Sing Along</p> 	<p>10:00-12:00: SASC 11:30-1:00: ROH Outreach 1:15- : BINGO</p> <p>BINGO!!</p>	<p>9:00-11:30: Haircuts 10:30 Laughing Yoga 1:30-3:00: Manicures</p> 	<p>12:30 Community Acupuncture</p>  <p>1:00-3:00 Karaoke & Games</p>
December 2	December 3	December 4	December 5	December 6
	<p>9:00: Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30-2:45: Arts & Crafts</p> 	<p>10:00-12:00: SASC 11:30-1:00: ROH Outreach 1:15- : BINGO</p> <p>BINGO!!</p>	<p>9:00-11:30: Haircuts 10:30 Tai Chi</p>  <p>1:30-3:00: Manicures</p>	<p>1:00-3:00: Karaoke & Games</p> 