

Monday: 8:15 am - 1:30pm
Tuesday - Friday: 8:15 am - 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
30	1	2	3	4
	1:30-2:45: Arts & Crafts 	10:00-12:00: SASC 11:30-1:00: ROH Outreach 1:15 BINGO 	10:00- Laughing Yoga 1:30-3:00: Manicures 	1:00-3:00: Karaoke & Games 
7	8	9	10	11
  10:30 - ACUPUNCTURE	9:00 Housing Help 10:00- Chair Massage 10:00 Dental Clinic 1:00 - "Feel The Heartbeat" Aboriginal Dance 	10:00 - 12:00 SASC 11:30- ROH Outreach 1:15- : BINGO 	10:30 Tai Chi Workout  Lunch Time: B 	1:00-3:00: Karaoke & Games 
14	15	16	17	18
CLOSED  Happy Thanksgiving	9:00: Housing Help 10:00: Yoga 1:30-2:45: Arts & Crafts 	10:00-12:00: SASC Outreach 11:30-1:00: ROH Outreach 1:15- : BINGO 	10:00 Laughing Yoga 10:30- Movie Outing  1:30 - 3:00 Manicures 	1:00-3:00: Karaoke & Games  12:30 ACUPUNCTURE 
21	22	23	24	25
	9:00: Housing Help 9:00-11:30: Haircuts 10:00: Chair Massage 1:30-2:45: Arts & Crafts 	10:00: SASC Outreach 10:30- Legal Clinic 11:30-1:00: ROH Outreach 1:15- : BINGO 	9:00- 11:30 Haircuts 10:30 - Tai Chi  11:00-Fall Rhapsody Outing 1:30 - Manicures	1:00 -3:00 Karaoke & Games 
28	29	30	31	November 1
	9-10:30 Housing Help 9:00-11:30: Haircuts 10:00-11:00: Yoga 1:30-2:45: Arts & Crafts 	10:00-12:00: SASC Outreach 1:15- : BINGO" <input type="checkbox"/> <input type="checkbox"/>  <input type="checkbox"/> <input type="checkbox"/>	9:00-11:30: Haircuts 10:00- Laughing Yoga HAPPY HALLOWEEN  1:30 - Manicures 	1:00-3:00: Karaoke & Games 