October 2023





September '23 S M T W T F S S M T W T F S 1 2 1 1 2 3 4 3 4 5 6 7 8 9 5 6 7 8 9 10 11 10 11 12 13 14 15 16 12 13 14 15 16 17 18 17 18 19 20 21 22 23 19 20 21 22 23 24 25 24 25 26 27 28 29 30 26 27 28 29 30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Walk & Talk 3 - 4 pm	Halloween Sign Painting 12:30 - 1:30 pm	4 Computer Lab Drop-In 12:30 - 1:30 pm	Pictionary 12:30 - 1:30 pm Walk & Talk 3 - 4 pm	6 All About Boundaries Group 12:30 - 1:30 pm	7
8	9 Closed for Thanksgiving	Spiderweb Wreaths 12:30 - 1:30 pm	11 Computer Lab Drop-In 12:30 - 1:30 pm	Pool @ The Pool Hall 3 - 4 pm	All About Boundaries Group 12:30 - 1:30 pm	14
15	Walk & Talk 3 - 4 pm	Tide Pod Container Pumpkins 12:30 - 1:30 pm	18 Computer Lab Drop-In 12:30 - 1:30 pm	S'more Mental Health 12:30 - 1:30 pm Walk & Talk 3 - 4 pm	All About Boundaries Group 12:30 - 1:30 pm	21
22	23 Walk & Talk 3 - 4 pm	Pumpkin Decorating 12:30 - 1:30 pm Mental Health Support Group 5 - 6 pm	25 Computer Lab Drop-In 12:30 - 1:30 pm	Pollow Along Painting 12:30 - 1:30 pm Walk & Talk 3 - 4 pm	All About Boundaries Group 12:30 - 1:30 pm	28
29	30 Walk & Talk 3 - 4 pm	31 Halloween Activity 12:30 - 1:30 pm				
		To register for groups please call (705) 526-4569 Walk & Talk meeting places: Monday's Midland Tim Horton's, Thursday's Penetang Tim Horton's Please note* There will be no Walk & Talk for the week of Oct 9-13 **if needing transportation to Pool @ The Pool Hall, please advise PCFC staff				