



## Winter Wellness Activities

|                              | <b>Richmond Hill location: 10121 Yonge Street</b>  | <b>Alliston location: 17 Paris Street</b>   | <b>Newmarket location: 102 Main Street, South (LOFT Crosslinks building)</b>              | <b>THURS</b><br>December 28th  | <b>FRI</b><br>December 29th  | <b>SAT</b><br>December 30th  |
|------------------------------|--|---|---|--|--|--|
|                              |  |   |   | Drop-In: 11am-4pm<br><br><b>12:00pm Winter Wellness Tools Discussion &amp; Hot Lunch</b><br><br><b>*Richmond Hill*</b>   | Drop-in: 11am-4pm<br><br><b>12:00pm: Winter Wellness Tools Discussion &amp; Hot Lunch</b><br><br><b>*Richmond Hill*</b>  | Drop-in: 11am-4pm<br><br><b>12:30: 'Art of Recovery' &amp; Hot Lunch</b>   |
| <b>December 31st— closed</b> | <b>MON</b><br>January 1st  | <b>TUES</b><br>January 2nd  | <b>WED</b><br>January 3rd   | <b>THURS</b><br>January 4th  | <b>FRI</b><br>January 5th  | <b>SAT</b><br>January 6th  |
|                              | Drop-in: 11am-4pm<br><br><b>12:00: Board Games Day and Hot Lunch</b><br><br><b>*Richmond Hill*</b> | Drop-In: 10:30am-5pm<br><br><b>11:30am Mindfulness for Addictions (anyone can attend) followed by a Hot Lunch</b><br><br><b>*Richmond Hill*</b> | Drop-in: 12pm-5pm<br><br><b>12:30 Karaoke and Hot Lunch</b><br><br><b>*Richmond Hill*</b> | Drop-in:<br>(RH: 2pm-9pm)<br><b>Alliston: 11am-4pm</b><br><br><b>11am: Creative Activity</b><br><b>12pm: Hot Lunch</b><br><b>2-3pm: Self-Compassion</b><br><br><b>*Alliston*</b> | Drop-in:<br>(RH: 10:30am-5pm)<br><b>Newmarket: 11am-5pm</b><br><br><b>12:00pm: Mindfulness Group</b><br><br><b>1:00pm: Hot Lunch</b><br><br><b>*Newmarket*</b> | Drop-in: 11am-4pm<br><br><b>11:30 Mindfulness for Addictions (anyone can attend) followed by a Hot Lunch</b><br><br><b>*Richmond Hill*</b> |