

# Picton Community Connections

## FEBRUARY 2019



Hours: Individuals arrive at 0900 and are picked up at 1500

Friday lunches are \$4

Contact: Paula or Brock at 613-476-1850

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Science Experiment Movie	2
	3	4 Fitness Classes Crafts & Decorating	5 Yoga and Meditation Community Volunteering	6 Shopping and Cooking class Bowling	7 Volunteering Community Chilli cook off (PFAC)	8 Qigong Chinese New year lunch(\$4)	9
	10	11 Community Meet & Greet Picton Library	12 Yoga and Meditation Community Volunteering	13 Bingo with Friends Bowling	14 Sharing the Love Community Volunteering	15 Walking Club Movie	16
	17	18 Closed for Family Day 	19 Yoga & Meditation Volunteering Therapy Dog	20 Drumming Class Spanish Cooking class	21 Volunteering Pet Therapy (L.H.S.)	22 History & Traditions of Hungary Movie	23
	24	25 Fitness Classes Sensory Stimulation	26 Yoga and Meditation Community Volunteering	27 Community Coffee Club bowling	28 World and local News Community Volunteering		