

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**JULY 2022**



**1**  
**WE'RE CLOSED**

**2**  
**WE'RE CLOSED**

**4**  
**Cooking Group 1-3**

**5**  
**Life Skills (W.A.S.P) 1-3**

**6** Cross Stitch 10-12  
Social Committee 1-2  
Men's and Women's Group 2-4

**7** Book Club 1-2  
Walk Group 2-3:30  
Life Skills (W.A.S.P) 1-3

**8**  
**Movie Day 1-3**  


**9**  
**Mod Podge 1-3**

**11**  
**Team project Activity 1-3**

**12**  
**Life Skills (A.D.H.D) 1-3**

**13** Cross Stitch 10-12  
Centennial Park 1-3

**14**  
**Bocce Ball Tournament 1-3**

**15**  
**Outdoor Paint 1-3**

**16**  
**Board Game Day 1-3**

**18**  
**Cooking Group 1-3**  


**19**  
**Life Skills (A.D.H.D) 1-3**

**20** Cross Stitch 10-12  
Puzzle Hunt 1-3

**21** Book Club 1-2  
Walk Group 2-3:30

**22**  
**Mosaïq Festival 1-3**

**23**  
**Grounding Painting Activity 1-3**

**25**  
**Team project Activity 1-3**

**26**  
**Life Skills (A.D.H.D) 1-3**

**27** Cross Stitch 10-12  
  
1-3

**28** Sensory Drawing 1-3  
Life Skills (Self Esteem) 1-3

**29**  
**Sailboats Competition (Garden Hill Park) 1-3**

**30**  
**WE'RE CLOSED**

Sign up for activities  
Calling: 857.0014

Emailing: [hello@ergoninc.ca](mailto:hello@ergoninc.ca)

Commenting on 

Online Members Portal

[my.powerdiary.com/clientportal/ergonlifecentre](http://my.powerdiary.com/clientportal/ergonlifecentre)

Don't forget to sign up to our PRIVATE Facebook group, just for members.

**M.I.N.D Members**

If you provide us with an email address, we can send you reminders of activities you signed up for.

**M.I.N.D**  
My Mind. My Move.