













Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 Cross Stitch with Anthony 9-12 Navigating Life's Transitions Part 1 1-3	4  Creative Corner 1-3 Conversation with Directors 2:30-3:30	5 Write and Reflect 10-12 Cooking Basics 1-3 	6 Cross Stitch with Anthony 9-12 T-Shirt Cutting Activity 1-3 
9 Morning Walk and Talk  9-12 Diamond Painting 1-3	10 Cross Stitch with Anthony 9-12 Navigating Life's Transitions Part 2 1-3	11 Creative Corner 9-12 One on One - Call to book Movie 1-3	12 Write and Reflect 10-12 Stress management & Relaxation techniques Part 1 1-3	13 Cross Stitch with Anthony 9-12 Improvisation Games 1-3 
16 Morning Walk and Talk  9-12 Diamond Painting 1-3	17 Cross Stitch with Anthony 9-12 Navigating Life's Transitions Part 3 1-3	18  Creative Corner 1-3	19 Write and Reflect 10-12 Cooking Basics 1-3 	20 Cross Stitch with Anthony 9-12 Line Dancing 1-3
23 Morning Walk and Talk  9-12 Diamond Painting 1-3	24 Cross Stitch with Anthony 9-12 Navigating Life's Transitions Part 4 1-3	25 Creative Corner 9-12 One on One - Call to book Karaoke 1-3 	26 Write and Reflect 10-12 Stress management & Relaxation techniques Part 2 1-3	27 Cross Stitch with Anthony 9-12 Men's and Women's Group 1-3
30 				



# September



- Call: 506-857-0014  
 - Email: [hello@ergoninc.ca](mailto:hello@ergoninc.ca)  
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