

Partners in providing a better quality of life for the people we serve.

Group Schedule
 Volunteer Program

 Halton North

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10 1:30–3:00 pm Acton Writing Group	11	12
13	14 10:00 – 11:30 am Wellness Walk Mt. Nemo	15 10:00 am–Noon Acton Coffee & Crafts	16	17 1:30–3:00 pm Acton Writing Group	18 10:00–11:00 am Milton Yoga	19
20	21 10:00 – 11:30 am Wellness Walk Crawford Lake	22 10:00 am–Noon Acton Coffee & Crafts	23	24 1:30–3:00 pm Acton Writing Group	25	26
27	28 10:00 – 11:30 am Wellness Walk Hilton Falls	29 10:00 am–Noon Acton Coffee & Crafts	30			



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Group Schedule
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October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 1:30–3:00 pm Acton Writing Group	2 10:00–11:00 am Milton Yoga 1:00–3:30 pm Milton Scrapbooking 10:00-1:00 pm Acton Cooking Group	3
4	5 10:00 – 11:30 am Wellness Walk Kelso	6 10:00 am–Noon Acton Coffee & Crafts	7	8 10:00– Noon Client Advisory Burlington 1:30–3:00 pm Acton Writing Group	9 10:00-1:00 pm Acton Cooking Group	10
11	12 CLOSED Happy Thanksgiving	13 10:00 am–Noon Acton Coffee & Crafts	14	15 1:30–3:00 pm Acton Writing Group	16 10:00–11:00 am Milton Yoga 1:00–3:30 pm Milton Scrapbooking 10:00-1:00 pm Acton Cooking Group	17
18	19 10:00 – 11:30 am Wellness Walk Mountsburg	20 10:00 am–Noon Acton Coffee & Crafts	21	22 1:30–3:00 pm Acton Writing Group	23 10:00-1:00 pm Acton Cooking Group	24
25	26 10:00 – 11:30 am Wellness Walk Mount Nemo	27 10:00 am–Noon Acton Coffee & Crafts	28	29 1:30–3:00 pm Acton Writing Group	30 10:00–11:00 am Milton Yoga 1:00–3:30 pm Milton Scrapbooking 10:00-1:00 pm Acton Cooking Group	31



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Group Schedule
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November 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:00 – 11:30 am Wellness Walk Crawford Lake	3 10:00 am—Noon Acton Coffee & Crafts	4	5 1:30—3:00 pm Acton Writing Group	6 10:00-1:00 pm Acton Cooking Group	7
8	9 10:00 – 11:30 am Wellness Walk Kelso	10 10:00 am—Noon Acton Coffee & Crafts	11	12 1:30—3:00 pm Acton Writing Group	13 10:00—11:00 am Milton Yoga 1:00—3:30 pm Milton Scrapbooking 10:00-1:00 pm Acton Cooking Group	14
15	16 10:00 – 11:30 am Wellness Walk Hilton Falls	17 10:00 am—Noon Acton Coffee & Crafts	18	19 1:30—3:00 pm Acton Writing Group	20 10:00-1:00 pm Acton Cooking Group	21
22	23 10:00 – 11:30 am Wellness Walk Mountsberg	24 10:00 am—Noon Acton Coffee & Crafts	25	26 1:30—3:00 pm Acton Writing Group	27 10:00—11:00 am Milton Yoga 1:00—3:30 pm Milton Scrapbooking 10:00-1:00 pm Acton Cooking Group	28
29	30 10:00 – 11:30 am Wellness Walk					

