

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

Group Schedule
 Volunteer Program

 Halton South

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11 1:30-2:30 pm Burlington Yoga	12
13	14 10:00 – 11:30 am Wellness Walk Mt. Nemo	15 10:00 am—Noon Oakville Knitting 1:30—3:30 pm Stroll –Paletta Park	16 10:00-Noon Burlington Recycle Art	17	18	19
20	21 10:00 – 11:30 am Wellness Walk Crawford Lake	22 10:00 am—Noon Oakville Knitting 1:30—3:30 pm Stroll –Bronte Heritage Park	23 10:00-Noon Burlington Recycle Art	24	25 1:30-2:30 pm Burlington Yoga	26
27	28 10:00 – 11:30 am Wellness Walk Hilton Falls	29 2:00—6:00 pm South Halton Picnic & Baseball	30 10:00-Noon Burlington Recycle Art			



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Group Schedule
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 Halton South

October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 10:30—Noon Burlington Writing Group	3
4	5 10:00 – 11:30 am Wellness Walk Kelso	6 10:00 am—Noon Oakville Knitting 1:30—3:30 pm Stroll—Tansley Woods	7 10:00-Noon Burlington Recycle Art	8 10:00– Noon Client Advisory Burlington	9 10:30—Noon Burlington Writing 1:30—2:30 pm Burlington Yoga	10
11	12 CLOSED Happy Thanksgiving	13 10:00 am—Noon Oakville Knitting 1:30—3:30 pm Stroll—Beachway Park	14 10:00-Noon Burlington Recycle Art	15	16 10:30—Noon Burlington Writing Group	17
18	19 10:00 – 11:30 am Wellness Walk Mountsburg	20 10:00 am—Noon Oakville Knitting 1:30—3:30 pm Stroll –Paletta Park	21 10:00-Noon Burlington Recycle Art	22	23 10:30—Noon Burlington Writing 1:30—2:30 pm Burlington Yoga	24
25	26 10:00 – 11:30 am Wellness Walk Mount Nemo	27 10:00 am—Noon Oakville Knitting 1:30—3:30 pm Stroll –Lowville Park	28 10:00-Noon Burlington Recycle Art	29	30 10:30—Noon Burlington Writing Group	31



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Group Schedule
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 Halton South

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 Oakville Knitting	4 10:00-Noon Burlington Recycle Art	5	6 10:30—Noon Burlington Writing 1:30—2:30 pm Burlington Yoga	7
8	9 10:00 – 11:30 am Wellness Walk Kelso	10 10:00 am—Noon Oakville Knitting	11 10:00-Noon Burlington Recycle Art	12	13 10:30—Noon Burlington Writing Group	14
15	16 10:00 – 11:30 am Wellness Walk Hilton Falls	17 10:00 am—Noon Oakville Knitting	18 10:00-Noon Burlington Recycle Art	19	20 10:30—Noon Burlington Writing 1:30—2:30 pm Burlington Yoga	21
22	23 10:00 – 11:30 am Wellness Walk Mountsberg	24 10:00 am—Noon Oakville Knitting	25 10:00-Noon Burlington Recycle Art	26	27 10:30—Noon Burlington Writing Group	28
29	30 10:00 – 11:30 am Wellness Walk					



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Group Schedule
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 Halton South

December 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 10:00-Noon Burlington Recycle Art	3	4 10:30–Noon Burlington Writing 1:30–2:30 pm Burlington Yoga	5
6	7	8	9 10:00-Noon Burlington Recycle Art	10	11 10:30–Noon Burlington Writing Group	12
13	14	15	16 10:00-Noon Burlington Recycle Art	17	18 10:30–Noon Burlington Writing 1:30–2:30 pm Burlington Yoga	19
20	21	22	23 10:00-Noon Burlington Recycle Art	24	25	26
27	28	29	30 10:00-Noon Burlington Recycle Art			

