



TO REGISTER, PLEASE CALL 705-435-7218

Monday:

Weekly
Sept. 15
Sept. 22

Afternoon Tea Kitchen 2:00 - 3:00PM
Spousal Loss Support Group 2nd Floor Library 2:00 - 3:30PM
Continuing The Journey: Spousal Loss Support Group 2nd Floor Library 2:00 - 3:00PM

Tuesday:

Weekly
Sept. 2, 9, 16, 30
Sept. 2, 16
Sept. 2, 16
Sept. 9
Sept. 9, 23
Sept. 23
Sept. 23

Therapy Dogs Residence 1:45 - 2:45PM
Meditation 2nd Floor Library 1:00 - 3:00PM
Men's Group Merkley Room 12:00 - 1:30PM
WAY 2nd Floor Library 6:00 - 7:30PM
Cancer Support Group 2nd Floor Library 10:30AM - 12:00PM
Drumming 2nd Floor Great Room 4:00 - 5:00PM
Parkinson's Disease Support Group Merkley 1:30 - 3:00PM
Connecting Caregivers 2nd Floor Library 12:30 - 2:00PM

Wednesday:

Weekly
Sept. 10, 17, 24
Sept. 10, 17, 24
Sept. 17
Sept. 17

Walking Group Glass Room 10:30 - 12:00PM
Therapeutic Touch Residence/Wellness Room 11:30AM - 1:30PM
Mindfulness Ambassador Program 2nd Floor Library 3:30 - 4:30PM
Day Program Caregiver Support Group 2nd Floor Library 9:30 - 11:00AM
Community Dinner 2nd Floor Great Room 5:00 - 7:00PM

Thursday:

Weekly
Weekly
Sept. 11

Reiki Residence/Wellness Room 9:00AM - 12:00PM
Meditation 2nd Floor Library 6:30 - 8:00PM
Caregiver Support Group 2nd Floor Library 1:00 - 3:00PM

Friday:

Weekly
Weekly
Sept. 12
Sept. 26

Friday Social Group 2nd Floor Library 10:00AM - 12:00PM
Gentle Aroma Touch Therapy Room/Residence 2:00 - 4:00PM
Multiple Sclerosis & Neuromotor Group Somerville Room 1:00 - 2:30PM
Cancer Support Group 2nd Floor Library 1:30 - 3:00PM

September 2025