

S	Monday	Tuesday	Wednesday	Thursday	Friday	S
<h1>July 2010</h1>					Mental Health ( R.E.A.C.H.) Centre Reception: 452-2753 Activity Room 451-8414 reachcentre@nb.aibn.com	
				1 <b>Centre Closed Canada Day</b>	2 <b>Centre Closed</b>	
5 10:00 Well-ness class 1:00 Gardening 1:00 Crochet class	6 9:00 Drop-In 10:00 Bicycling 12:00 Knitting 1:00 Bingo \$1.50 ea	7 9:00 Day trip to St.John Museum \$10.00 each. Don't forget spending money for Tim's and your sun screen. See sign-up sheet	8 9:00 Drop-In 10:00 Art Class 1:00 Bowling see sign-up sheet	9 10:00 Craft Fair 10:00 Nutrition & Me 1:00 Centre closed to members		
12 10:00 Well-ness class 1:00 Gardening 1:00 Crochet class	13 9:00 Drop-In 10:00 Bicycling 12:00 Knitting 1:00 Bingo \$1.50 ea.	14 9:00 Day trip Kouchibouquac National Park \$10.00 ea. Don't forget spending money for Tim's and your sun screen	15 9:00 Drop-In 10:00 Art Class 1:00 Value Village see sign-up sheet	16 9:00 Day trip to St. John Irving Park \$10.00 ea. Don't forget money for Tim's and your sun screen		
19 10:00 Well-ness class 1:00 Gardening 1:00 Crochet class	20 9:00 Drop-In 10:00 Bicycling 12:00 Knitting 1:00 Bingo \$1.50 ea.	21 10:00 Canoeing consult Jean-Pierre or Michael see sign-up sheet	22 9:00 Drop-In 10:00 Art Class 1:00 Movie with Popcorn & Drink see sign-up sheet	23 10:00 Craft Fair 10:00 Computer 1 1:00 Centre closed to members		
26 <b>No Classes</b>	27 9:00 Drop-In 10:00 to 12:00 Sign-up for next classes 12:00 Knitting 1:00 Bingo \$1.50 ea.	28 9:00 Magic Mountain \$12.00 each. Don't forget spending money for Tim's and your sun screen see sign-up sheet <b>No Classes</b>	29 9:00 Drop-In 10:00 Art Class 1:00 Beaverbrook Art Gallery see sign-up sheet	30 9:00 Shediac Day trip \$10.00 each. Don't forget money for Tim's and your sun screen <b>No Classes</b>		

Attention: Members attending day trips are asked to meet in the Activity Room at 8:30 a.m. on the day of the trip we leave at 9:00 a.m. sharp.