



Club Friday Spring 2010 Schedule



Date	Activity
April 9th	2651 Windsor Street Sobeys Community Room- Cooking chili with Noelle
April 16th	Coffee Walk(Meet at Church)
April 23rd	Pool at Kempt Road Dooly's
April 30th	"Positive Mental Attitude" Discussion
May 7th	Digital Photography
May 14th	Movie Day
May 21st	Victoria Day Picnic on the Commons(Meet at Church)
May 28th	Acupuncture Session
June 4th	Bowling at Bowlarama
June 11th	Argyle Fine Art Gallery(Meet at Church)
June 18th	Creativity Session
June 25th	Walk on the water front, coffee, HRM ferry ride
July 2nd	Wellness and Recovery
July 9th	Point Pleasant Park (Meet at Church)



Club Friday is a peer support group that meets every Friday from 1:00pm-3:00pm at the All Nations Christian Reformed Church, 2535 Robie Street, Halifax.

For more information please contact Catriona Wallace or Mickie Bowe at Healthy Minds Cooperative: 404-3504