



Club Friday Fall Schedule

Date	Activity
October 2 nd	QI JONG with Doug Rigby
October 9th	Karaoke
October 16th	Bowling at the Bowlarama- Bayers Road
October 23rd	Sue Roper Recovery from mood disorders
October 30th	Abbie Lane Gym
November 6th	Holistic Health- Irene Skehen
November 13th	Roy Muisse- Peer Support
November 20th	Pool at Kempt Road Dooly's
November 27th	Spring Garden Road Library
December 4th	John's Adventure in Paris
December 11th	Acupuncture with Joe
December 18th	Christmas Social – Bayers Road
December 25th	Closed



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: John Cox or Mickie Bowe at Healthy Minds Cooperative: 404-3504