



## Club Friday Winter 2009 Schedule

Date	Activity
January 9	Alternative Approaches to Health
January 16	Sobey's to make a meal
January 23	Involuntary Treatment Act – Empowerment Connection (Don Roper)
January 30	Karaoke
February 6	Mid Winter Blues (Roy Muisse)
February 13	Bowling
February 20	Art Group with Gerard Blum
February 27	Winter Social
March 6	Nutrition on a budget
March 13	Pool at Dooley's
March 20	Acupuncture (Joe)
March 27	Shopping at Frenchie's (Bring Money)



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

For more information please contact: John Cox and Mickie Bowe at Healthy Minds Cooperative: 404-3504