

APRIL 2019

Tuesday	Wednesday	Thursday	Friday
2 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch 12.30 —1.30 Expression Employment	3 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 2:30—3:30 Coffee & Cake	4 10:30—4 DWF appointments 4—5 Yoga 3—7:15 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	5 10—12:45 Massage 11—12 Pilates
9 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch 6—9 Str.Arrows Cook'N'Chat	10 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11—3 Straight Arrows Outrch 11:30—3:30 Pantry 11—2 Ostara Employment	11 10:30—4 DWF appointments 11—4 Pos. Women Outreach 11.30—7.30 Pantry 4—5 Yoga 3—7:15 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	12 11—12 Pilates 11:30—3:30 Pantry
16 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	17 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 2:30—3:30 Coffee & Cake	18 10:30—4 DWF appointments 4—5 Yoga 3—7:15 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	19 BUILDING CLOSED
23 BUILDING CLOSED	24 10—12.30 Art Class 10—4 Launch Housing 10:30—2 Massage 11—3 Straight Arrows Outrch 11:30—3:30 Pantry 11—2 Ostara Employment	25 BUILDING CLOSED	26 11—12 Pilates 11:30—3:30 Pantry
30 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch			

MAY 2019

Tuesday	Wednesday	Thursday	Friday
	1 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 2:30—3:30 Coffee & Cake	2 10:30—4 DWF appointments 4—5 Yoga 3—7:15 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	3 10—12:45 Massage 11—12 Pilates
7 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch 12.30 —1.30 Expression Employment	8 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11—3 Straight Arrows Outrch 11:30—3:30 Pantry 11—2 Ostara Employment	9 10:30—4 DWF appointments 11—4 Pos. Women Outreach 11.30—7.30 Pantry 4—5 Yoga 3—7:15 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	10 11—12 Pilates 11:30—3:30 Pantry
14 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch 6—9 Str.Arrows Cook'N'Chat	15 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 2:30—3:30 Coffee & Cake	16 10:30—4 DWF appointments 3—7 Barber Shop 4—5 Yoga 3—7:15 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	17 10—12:45 Massage 11—12 Pilates
21 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	22 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11—3 Straight Arrows Outrch 11:30—3:30 Pantry 11—2 Ostara Employment	23 10:30—4 DWF appointments 11—4 Pos. Women Outreach 11.30—7.30 Pantry 4—5 Yoga 3—7:15 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	24 11—12 Pilates 11:30—3:30 Pantry
28 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	29 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 2:30—3:30 Coffee & Cake	30 10:30—4 DWF appointments 4—5 Yoga 3—7:15 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	31 10—12:45 Massage 11—12 Pilates

JUNE 2019

Tuesday	Wednesday	Thursday	Friday
4 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch 12.30 —1.30 Expression Employment	5 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11—3 Straight Arrows Outrch 11:30—3:30 Pantry 11—2 Ostara Employment	6 10:30—4 DWF appointments 11—4 Pos. Women Outreach 11.30—7.30 Pantry 4—5 Yoga 3—7:15 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	7 11—12 Pilates 11:30—3:30 Pantry
11 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch 6—9 Str.Arrows Cook'N'Chat	12 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 2:30—3:30 Coffee & Cake	13 10:30—4 DWF appointments 4—5 Yoga 3—7:15 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	14 10—12:45 Massage 11—12 Pilates
18 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	19 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11—3 Straight Arrows Outrch 11:30—3:30 Pantry 11—2 Ostara Employment	20 10:30—4 DWF appointments 11—4 Pos. Women Outreach 11.30—7.30 Pantry 3—7 Barber Shop 4—5 Yoga 3—7:15 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	21 11—12 Pilates 11:30—3:30 Pantry
25 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	26 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 2:30—3:30 Coffee & Cake	27 10:30—4 DWF appointments 4—5 Yoga 3—7:15 Naturopath 6—7:30 Dinner 7—9 HALC (Legal) appoints	28 11—12 Pilates