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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Centre closed  Mental Health Week May 1 - 7, 2017	1  11 Building Blocks of Mental Health 12:30 Play for Mental Health 1 Anxiety Support group 3 Ready for VOICE awards	2  VOICE Awards Jr Farmer's Building Everyone welcome Open at 11:30, lunch at noon, Award presentations at 12:30	3 7:30 Pat Capponi speaks (see details on back)  Centre closed so everyone who would like to attend can hear Pat speak - lunch included	4 10 Sort and organize for garage sale  1 Make cupcake treats for Mental Health BBQ 1 All in the Presentation	5 Spotlight on Mental Health  12 BBQ & activities Dress in loud, bright, colourful clothing	6 8 Garage Sale - WRC 
7 Centre closed  Lunch dues \$3	8 All day - Creative Crafts we provide the craft supplies - you provide imagination  1 Anxiety Support group	9 11 Brain fit 12 Lunch 1:30 Member's Meeting 3 Birthday club 3:30 Camping meeting 	10 Admin Day - open at 1 1:30 Canada 150 - art & artists 3:30 WRC lighthouse plan Visit Boston Pizza fundraiser between 5 - 8 pm in support of 'Hope Survives' \$20 (details on back)	11 10:30 Classic stories book group 11 High? Low? All about blood pressure  1 All in the Presentation 1 Disney Classics movies and munchies	12 11 Train Day - a train ride through the rockies (video) 12 Lunch 1:30 Wellness & Recovery - open group 	13 Centre closed
14 Centre closed 	15 10 Photo outing - sign up 11 How to manage stress 1 Make your own stress ball 11 Anxiety Group Check in 1 Anxiety Support group 3 Crank the tunes	16 Wear purple for peace day 11 Laughter club 12 Lunch 1 Recovery Happens 2 Bingo 	17 Administrative Day Centre opens at 1pm 1:30 Lessons we learned from Disney movies 3 Make your own stress ball (2) 	18 10:30 Classic stories book group 1 All in the Presentation 1 Disney Classics movies and munchies 	19 Appreciation BBQ to mark Police Week Back the Blue, Say Thank You 11 am to 1pm BBQ	20 Centre closed
21 Centre closed	22 Centre closed 	23 11 What is a gyro? 12 Lunch 1:30 Food Stop - what is that? New things to try 	24 9 Woodland Cultural Centre - museum tour, craft activity. Followed by lunch and trip to Iroqrafts \$10 10 Clean up day at WRC 	25 10:30 Classic stories group 11 Sunscreen  1 All in the Presentation 1 Disney movies and munchies	26 11 Hollywood theme BBQ and activities 	27 10 Hearts for Hooves  Sign up \$7 music, artists, bbq, demos, activities and games
28 Centre closed	29 11 All about composting 1 Build a 'recycled' birdhouse 1 Anxiety Support group 	30 11 Brain Fit 12 Lunch 1:30 Bingo 	31 Administrative Day Centre opens at 1pm 1:30 Save your hearing day - guest speaker 3 Outdoor games 	Achieve Mental Health Wellness & Recovery Centre 50 Orchard Avenue, Simcoe, N3Y 3H1 Phone: 519-428-0580 x 5 or 1-877-909-4357 x 5 Fax: 1-519-428-5603 Monday, Tuesday, Thursday, Friday 10am - 4:30pm and Wednesday 1 - 4:30		