

August 2018

Mon	Tue	Wed	Thu	Fri
		1	2	3 10:15 – 11am Walking Club at the Rec Centre
6 Civic Holiday Ark Closed	7 1:45-2:45 Music Therapy \$7	8 10:30 – 11:30 – Summer Walking Club 1 – 3pm Games in the Park (Upper Queen's Park)	9	10 10:15 – 11am Walking Club at the Rec Centre
13 1:30-2:30 Music Club at ELC \$1	14 1:45-2:45 Music Therapy \$7	15 10:30 – 11:30 – Summer Walking Club 1 – 3pm Games in the Park (Upper Queen's Park)	16	17 10:15 – 11am Walking Club at the Rec Centre
20 1:30-2:30 Music Club at ELC \$1	21 1 – 3 Band Jam	22 10:30 – 11:30 – Summer Walking Club 1 – 3pm Bowling at Mike's Lanes \$5	23	24 10:15 – 11am Walking Club at the Rec Centre
27 1:30-2:30 Music Club at ELC \$1	28 1:45-2:45 Music Therapy \$7	29 10:30 – 11:30 – Summer Walking Club 1 – 3pm Bowling at Mike's Lanes \$5	30	31 10:15 – 11am Walking Club at the Rec Centre