


























# MARCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>Meals:</b> 2:30-5:00 </p> <p><b>Art Group w/ Amiya:</b> 12:30</p> <p><b>Community Meeting:</b> 3:00</p> <p><b>Anger Management w/Li (W):</b> 3:30-4:30</p>	<p>4</p> <p><b>Meals:</b> 2:30-5:00</p> <p><b>Bingo:</b> 1:00-2:15</p> <p><b>Pool Tournament:</b> 3:30 </p>	<p>5</p> <p><b>Meals:</b> 2:30-5:00</p> <p><b>Music Group:</b> 1:00-2:15</p> <p><b>Karaoke:</b> 4:00-5:45 </p>	<p>6</p> <p><b>Meals:</b> 2:30-5:00 </p> <p><b>Peer Support:</b> 3:00-4:00</p> <p><b>Charades Night:</b> 4:30-5:30</p>	<p>7 <i>Drop-in: 12:00-5:00pm</i></p> <p><b>Meals:</b> 2:30-5:00</p> <p><b>Writing Group w/ Peter:</b> 1:30</p> <p><b>Guided Journalling w/Nate &amp; Nyoka:</b> 4:00 </p>
<p>10</p> <p><b>Meals:</b> 2:30-5:00</p> <p><b>Art Group w/ Amiya:</b> 12:30</p> <p><b>Anger Management w/Li (M):</b> 3:30-4:30 </p>	<p>11</p> <p><b>Meals:</b> 2:30-5:00</p> <p><b>Bingo:</b> 1:00-2:15</p> <p><b>Trivia Tournament:</b> 3:30 </p>	<p>12</p> <p><b>Meals:</b> 2:30-5:00</p> <p><b>Music Group:</b> 1:00-2:15</p> <p><b>Karaoke:</b> 4:00-5:45 </p>	<p>13</p> <p><b>Meals:</b> 2:30-5:00 </p> <p><b>Peer Support:</b> 3:00-4:00</p> <p><b>Trivia Night:</b> 4:00-5:30 </p>	<p>14</p> <p><b>Meals:</b> 2:30-5:00 </p> <p><b>Clothing Drive:</b> 12:15</p> <p><b>Writing Group w/ Peter:</b> 1:30</p> <p><b>Guided Journalling w/Nate:</b> 4:00</p>
<p>17</p> <p><b>Meals:</b> 2:30-5:00 </p> <p><b>Art Group w/ Amiya:</b> 12:30</p> <p><b>Anger Management w/Li (W):</b> 3:30-4:30</p> <p><b>St. Patty's Day Milkshakes!</b> 4:30</p>	<p>18 <b>St. Patty's Day Meal</b></p> <p><b>Meals:</b> 2:30-5:00</p> <p><b>Bingo:</b> 1:00-2:15</p> <p><b>Euchre Tournament:</b> 3:30 </p>	<p>19</p> <p><b>Meals:</b> 2:30-5:00</p> <p><b>Music Group:</b> 1:00-2:15</p> <p><b>Karaoke:</b> 4:00-5:45 </p>	<p>20</p> <p><b>Meals:</b> 2:30-5:00 </p> <p><b>Peer Support:</b> 3:00-4:00</p> <p><b>St. Patty's Dance:</b> 4:00-6:00 </p>	<p>21 <i>Drop-in: 12:00-5:00pm</i></p> <p><b>Meals:</b> 2:30-5:00</p> <p><b>Writing Group w/ Peter:</b> 1:30</p> <p><b>Guided Journalling w/Nate &amp; Nyoka:</b> 4:00 </p>
<p>24</p> <p><b>Meals:</b> 2:30-5:00</p> <p><b>Art Group w/ Amiya:</b> 12:30</p> <p><b>Anger Management w/Li (M):</b> 3:30-4:30 </p>	<p>25</p> <p><b>Meals:</b> 2:30-5:00</p> <p><b>Bingo:</b> 1:00-2:15</p> <p><b>Crazy Eights Tournament:</b> 3:30 </p>	<p>26</p> <p><b>Meals:</b> 2:30-5:00</p> <p><b>Music Group:</b> 1:00-2:15</p> <p><b>Karaoke:</b> 4:00-5:45 </p>	<p>27</p> <p><b>Meals:</b> 2:30-5:00 </p> <p><b>Peer Support:</b> 3:00-4:00</p> <p><b>Bonus Bingo:</b> 4:00-5:30 </p>	<p>28 <i>March Birthday Celebration</i></p> <p><b>Meals:</b> 2:30-5:00</p> <p><b>Writing Group w/ Peter:</b> 1:30</p> <p><b>Guided Journalling w/Nate:</b> 4:00 </p>
<p>31</p> <p><b>Meals:</b> 2:30-5:00 </p> <p><b>Art Group w/Amiya:</b> 12:30</p> <p><b>Anger Management w/Li (W):</b> 3:30-4:30</p>		<p><b>Drop-in Hours:</b></p> <p><b>Monday- Thursday:</b> 12:00-6:00pm</p> <p><b>Friday:</b> 12:00-5:00pm</p>	<p><b>Meals:</b></p> <p><b>Monday-Friday:</b> 2:30-5:00pm</p> <p><i>If you require a takeout meal, please bring a clean container.</i></p>	<p><b>Call us at (416) 598-2919 if you have any questions or suggestions!</b></p>

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## Program Details

### Writing Group with Peter (Virtual and In-person) – Fridays at 1:30pm

Everyone is welcome to join Writing Group where we have interesting discussions and share our work!

Link: <https://us06web.zoom.us/j/93536287038>

Join by phone, dial: **647-374-4685**; When prompted, enter in the Meeting ID: **935 3628 7038**

**Program Details:** *If you have any questions, give us a call at (416) 598-2919.*

### **Important Changes:**

- ❖ **Drop-in hours** have changed! Our Place will now be open from 12:00pm to 6:00pm from Monday to Thursday. We will be open from 12:00pm to 5:00pm on Fridays.
- ❖ **Meals** will be available from 2:30pm to 5:00pm.

### **Programming Changes:**

- ❖ **Art with Amiya:** Join our fun art group with our lovely student, Amiya! She will be combining various art techniques with mental wellness! Future groups will include collaging & painting.
- ❖ **Tournaments:** All tournaments will now start at 3:30pm to ensure there is enough time to set up and include more folks!
- ❖ **Karaoke:** Karaoke will run on Wednesdays from 4:00pm to 5:45pm to give all our singers a chance to show off their singing skills! Bring your friends and take the stage.
- ❖ **Guided Journalling with Nate and Nyoka:** We will be starting a new guided journalling group with Nate and Nyoka that will focus on mental wellness and mood! An open session will be hosted on Friday March 7<sup>th</sup> at 4:00pm. For following Fridays, registration is required as we will be providing each person with their own journal. We hope to see you there!

### **Events:**

- ❖ **Community Meeting (Monday 3<sup>rd</sup>):** Join at **3:00pm** to discuss future outings and programming! If you'd like to share your opinion with the community and connect.
- ❖ **Clothing Drive (Friday 14<sup>th</sup>):** Come by at 12:15pm to join our clothing giveaway! There will be an 8-item limit per person; more details will be shared on our poster.
- ❖ **St. Patrick's Day Events:**
  - Monday March 17<sup>th</sup>: Milkshakes at 4:30pm
  - Tuesday March 18<sup>th</sup>: Enjoy a special meal with us from 2:30pm-5:00pm!
  - Thursday March 20<sup>th</sup>: Come by and show off your best dance moves from 4:00-6:00pm! Music requests are always taken.
- ❖ **Bonus Bingo (Thursday 27<sup>th</sup>)** Join us from 4:00-5:30pm for some extra bingo fun!
- ❖ **March Birthdays (Friday 28<sup>th</sup>):** Celebrate March Our Place birthdays with us at 2:30pm!



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