

# MHSP - The LINK August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Ver. #3	<b>For Bus &amp; Trip Information</b>	<b>please call Matt at</b>		<b>613 283-2170 ext 241</b>
	<p><b>OPEN at 11 am</b> <span style="float: right;"><b>6</b></span></p> <p>10:00 – 11:00 Brain Injury Group</p> <p>11am Drop /Check In</p> <p>1pm-3:00pm Creative Art</p>	<p><b>7</b></p> <p><b>MOVED TO THUR 29<sup>th</sup></b></p> <p>Ottawa Champions Baseball vs Sussex County Miners</p> <p>7-9:30 pm</p> <p><b>SIGN UP Required</b> <b>BUS Provided</b></p>	<p>LINK CLOSED</p> <p>LANARK Art Expressions</p>	<p><b>Open at 9:30 am</b> <span style="float: right;"><b>9</b></span></p> <p>9:30 – 11 Drop /Check In</p> <p>10:30 -11:30am Tomato Time</p> <p>1:00 – 1:30pm Members Meeting</p> <p>1:30 – 3:30 Link Bingo</p>
	<p><b>OPEN at 11 am</b> <span style="float: right;"><b>13</b></span></p> <p>11am Drop /Check In</p> <p>1pm-3:00pm Creative Art</p>	<p><b>Open at 9:30 am</b> <span style="float: right;"><b>14</b></span></p> <p>9:30 – 11 Drop /Check In</p> <p>10:30 -11:30am Tomato Time</p> <p>1:30 – 3:00 Cooking Class Something with Chocolate</p> <p>2:00 – 3:00 "Share Ideas with Jeff" "Men's Time "</p>	<p>LINK CLOSED</p> <p>LANARK Art Expressions</p>	<p><b>Open at 9:30 am</b> <span style="float: right;"><b>16</b></span></p> <p>10:30 – 11:30 Drop / Check in</p> <p>11:30 pm – 3pm <b>Bar-B-Que Lunch at Link</b> <b>With afternoon of music and fun.</b></p>
	<p><b>OPEN at 11 am</b> <span style="float: right;"><b>20</b></span></p> <p>11:00am Drop/Check In</p> <p>1pm-3:00pm Creative Art</p>	<p><b>Open at 9:30 am</b> <span style="float: right;"><b>21</b></span></p> <p>9:30 – 11 Drop /Check In</p> <p>10:30 -11:30 Tomato Time</p> <p>1:00 – 3:30 "New Activity" Drumming Plus Circle with Jeff</p>	<p>LINK CLOSED</p> <p>LANARK Art Expressions</p>	<p><b>Open at 4:30</b> <span style="float: right;"><b>23</b></span></p> <p>"LIVE Concert Series" Night An Evening of Live Music</p> <p>Includes Dinner, coffee or tea, Live Entertainment &amp; Plenty of Fun Cost \$ 4.00</p> <p><b>BUS Provided</b> <span style="float: right;"><b>6:00 to 9:30</b></span></p>
	<p><b>OPEN at 11 am</b> <span style="float: right;"><b>27</b></span></p> <p>11:00am Drop/Check In</p> <p>1pm-3:00 pm Creative Art</p>	<p><b>Door Opens at 9:30</b> <span style="float: right;"><b>28</b></span></p> <p>Friends Sport Fishing &amp; Lakeside BBQ (John's Marina)</p> <p>Depart LINK at 10am</p> <p><b>SIGN UP Required</b> <b>Note: Pop \$1.00 &amp; Hot Dogs \$0.75</b></p>	<p>LANARK Art Expressions</p> <p>Ottawa Champions Baseball 7-9:30 pm</p> <p><b>SIGN UP Required</b> <b>BUS Provided</b></p>	<p><b>Open at 9:30 am</b> <span style="float: right;"><b>30</b></span></p> <p>9:30 – 11 Drop/Check in</p> <p>10:30 – 11:30 <b>Gardening out Back</b></p> <p>1pm – 3pm "Games Afternoon" Pictionary</p>
