

November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Peer Group	2
3 - Cooking & Life skills - STEPS+	4	5 Workout for Wellness	6 YOUunity	7 - Mindful Movement - Wellness Workshop Series	8 Game Ready	9
10 Remembrance Day Foundry Closed	11	12 Workout for Wellness	13 YOUunity	14 - Mindful Movement - Wellness Workshop Series	15 Game Ready Peer Group	16
17 - Cooking & Life skills - STEPS+	18	19 Workout for Wellness	20 YOUunity	21 - Mindful Movement - Wellness Workshop Series	22 Game Ready	23
24 - Cooking & Life skills - STEPS+	25	26 Workout for Wellness	27 YOUunity	28 - Mindful Movement - Wellness Workshop Series	29 Game Ready	30