

November 2019

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