

Holiday Calendar



Monday
Dec 23

10-12

Regular
programming

1-3

Regular
programming

Tuesday
Dec 24

10-12

Movie- wear
your PJs!

12-1

Community
Lunch

1-3

CLOSED

Wednesday
Dec 25

CHRISTMAS
DAY

CLOSED

Thursday
Dec 26

BOXING
DAY

CLOSED

Friday
Dec 27

10-12

Letters to
future self

12-1

Community
Lunch

1-3

Vision
Boards

Art



ISLAND COMMUNITY
MENTAL HEALTH
Formerly Capital Mental Health Association



Holiday Calendar



Monday
Dec 30

10-12
Cookie
Decorating

Group Walk
Meditation
12-1
Community
Lunch

1-3
Games
Puzzles
Movie
Art

Tuesday
Dec 31

10-12
Karaoke

Bingo

12-1
Community
Lunch

1-3
CLOSED

Wednesday
Jan 1

NEW YEARS
DAY

CLOSED

Thursday
Jan 2

ADMIN &
PLANNING

NO
programming

Friday
Jan 3

10-12

Regular
Programming

1-3
Regular
Proramming



ISLAND COMMUNITY
MENTAL HEALTH
Formerly Capital Mental Health Association

