

OCTOBER

ISLAND COMMUNITY MENTAL HEALTH

MONDAY

BEACH CLEANUP
ROTATING LOCATIONS
10:30-11:30

MEN'S GROUP
1-2:30

**OPEN COMPUTER
LAB**
1-3

TUESDAY

COOKING CLUB
11-1

ART
12:30-3:30

**INTERGENERATIONAL
COFFEE & CHAT**
11:30-12:30

MINDFULNESS
1-2:30
9 SEPT-14 OCT

YOGA WITH SARA
4-5
12 AUG - 28 OCT

**SENIORS' WELLNESS
SERIES**
1-3
7 OCT - 28 OCT

WEDNESDAY

JOURNALING
9:30-10:30

COOKING CLUB
11-1

CBT
1-2:30
24 SEPT - 29 OCT

SENIORS' GAMES
11:30-12:30

ART
12:30-3:30

SENIORS' COFFEE
1-3

THURSDAY

ANXIETY GROUP
11-12:30
11 SEPT - 16 OCT

**INTERGENERATIONAL
GAMES DAY**
11:30-3

**OPEN COMPUTER
LAB**
1-3

TALK & STEP
2-3

FRIDAY

VIRTUAL GOALS
9-10

COOKING CLUB
11-1

ART
12:30-3:30

**EMOTIONAL
WELLNESS**
1-2:30
10 OCT - 7 NOV