




COMMUNITY PROGRAMS - EXETER
Community Integration
(Social Recreation)
March 2010 SCHEDULE

WOTCH North Exeter:
 149B Thames Road West, Exeter,
 Ontario N0M 1S3
Telephone: 519-235-0335
Hours of Operation:
Monday-Friday 8:30 - 4pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WOTCH North Closed Sundays						
7	1	2	3	4	5	6
	1 Crossword Puzzles 10am Movie and Relaxation Time 1pm	2 WRAP Group 10am-12pm Afternoon Drive to Grandbend – lake view 1pm	3 Crossword Puzzles 10am Healthy Baking Group 1-3pm	4 Looking Good, Feeling Good 10am Yoga Group 1pm	5 Euchre Tournament 10am Snow Hike 1pm Morrison Dam Trail	
	8 Crossword Puzzles 10am Movie and Relaxation Time 1pm	9 WRAP Group 10am-12pm BINGO Game Time 1pm	10 Wii Sports Game Day 	11 Looking Good, Feeling Good 10am Yoga Group 1pm	12 1-3pm Floor Hockey and Basketball with Community Living	13
14	15 Crossword Puzzles 10am Movie and Relaxation Time 1pm	16 WRAP Group 10am-12pm Happy St. Patrick's Day Special Lunch and Activities	17 Pinery Park Outing - Movie and Hike with community 11am-3pm Lunch included FREE!!	18 Looking Good, Feeling Good 10am Yoga Group 1pm 1:30pm Tea Social and Program Planning	19 Pet Therapy Time 1-3pm 	20
21	22 Crossword Puzzles 10am Movie and Relaxation Time 1pm	23 WRAP Group 10am-12pm Pool games with ARC 1pm	24 Crossword Puzzles 10am Healthy Baking Group 1-3pm	25 Looking Good, Feeling Good 10am Yoga Group 1pm	26 Shopping Trip to Stratford 11:15am- 3pm <i>Please bring lunch money.</i>	27
28	29 Foot Care 9am Community Kitchen Group 1-3pm	30 WRAP Group 10am-12pm Easter Dinner 12:30	31 March Birthday Cake 1pm	 		

Program Highlights for March 2010

- Floor Hockey and Basketball Games with ARC – Friday, March 12th, 1 – 3pm.
- New!! Yoga – Thursdays, 1-1:30pm, WOTCH North – Come out and enjoy relaxation and learn stress management skills.
- Pinery Park Outing – Movie and Nature Walk with Community Living, Wednesday, March 17th, lunch included, no cost!!
- Foot Care Monday March 29th, 9am-12noon – Please sign up with Lindsay to book a spot.
- Independent Living Supper – Tuesday, March 9th, 3-6pm – Please sign up.
- Easter Dinner Tuesday March 30th, 12:30