



COMMUNITY PROGRAMS - GODERICH

Community Integration
(Social Recreation)

FEBRUARY 2010 SCHEDULE

WOTCH North Goderich
274 Huron Rd, Goderich
Telephone: 519-440-0450
Hours of Operation:
Monday-Friday 10-5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WOTCH North Closed Sundays						
7	1 	2 Community Kitchen @ 10am Knox Church beef rice crisp, chicken mushroom bake	3 YMCA 11:30am-1pm	4	5	6
14	15 Family Day WOTCH North Closed	9	10 Staff off-site	11 Valentine Social@ Coffee Culture @ 1 	12	13
21	22	16 Library visit @ 1pm Call if interested 	17 YMCA 11:30am-1pm	18 Bowling @ Little Bowl 1pm Call if interested 	19	20
28	23 Exercise is important to maintain general health.	24 YMCA 11:30am-1pm 	25	26	27	28 A brisk walk may help with losing weight, relieving stress, regulating mood, toning muscles, or getting that "Me Time."

Program Highlights for February 2010

YMCA and Walking Groups: Weekly physical activities to promote healthy habits and offer an opportunity for social interactions.
 Community Kitchen: Monthly program that offers participants an opportunity to plan, shop and cook economical and nutritious meals.
 Bowling: Offers exercise, social interaction and skill development.
 Valentine's Social: Opportunity to celebrate a special occasion/community integration.
 Library Visit: Explore local community service that provides internet access, books, and newspapers for learning and communication purposes.