

## MONDAY GROUP

Enjoy spending Monday afternoon with BICR's Women's Recreation Group. The group will run for 10 weeks with a different activity each week. The schedule of activities is below.

# WOMEN'S GROUP

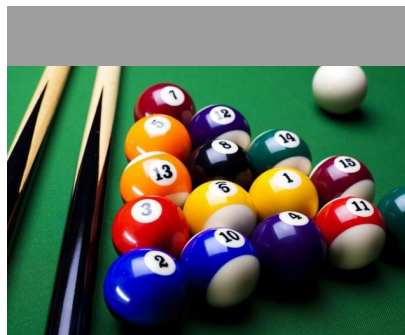


Location,	July 9	Pottery Painting	12:30-3pm	Cost dependent on size of your piece
Dates &	July 16	Lakeside Park	12:30-3pm	Bring a picnic lunch
Times	July 23	Colouring for Relaxation	1-3pm	No cost
	July 30	Yoga and Meditation at Unit 10	1-3pm	No Cost
	August 13	Ice cream at Cool Licks Welland	12:30-3pm	Cost is the price of your ice cream
	August 20	Movie at Pen Centre	12:30-3pm	Cost is the price of your ticket
	August 27	Mall Walk and Social	12:30-3pm	No cost.
	September 10	Lunch Outing	12:30-3pm	Cost is the price of your meal
	September 17	Games at Parkdale	12:30-3pm	No cost
	September 24	Nature Walk at Heartland Forest	1-3pm	No cost

## TUESDAY GROUP

The group organizes a variety of activities every other Tuesday for a total of 6 weeks. The times and activities vary. The schedule of activities is below.

# MEN'S GROUP



Location,	July 10	Matinee Movie at Pen Centre	12-3pm	Cost is price of your ticket
Dates &	July 24	Lunch at Perkins	12-2pm	Cost is the price of your meal
Times	August 7	Mini Putt at Super Putt, NF	12:30-3pm	Cost TBA
	August 21	Painted Turtle	12-3pm	Cost is the price of your piece
	September 4	Niagara Falls Museum	12:30-3pm	Cost TBA
	September 18	Billards	1-3pm	Cost \$5