

Info Support Meetings

Bond - 3rd Tuesday of the month

- Family room
- Refreshments served
- 9:30 —11 a.m.

Tuesday, April 19

Tuesday, May 17

Tuesday, June 21

Palermo - 1st Wednesday of the month

3 — 4:30 p.m.

Wednesday, April 6

Wednesday, May 4

Wednesday, June 1

Coptic - check with Nadia



SENACA will be closed on Monday, May 23 for the Victoria Day holiday.

- *Nobody grows old.*
- *You are old only*
- *when you stop*
- *growing.*



Canadian Mental
Health Association
Mental health for all

First Aid Mental Health Training

Saturday, April 23, from 9 a.m. to 1 p.m.

Bond St. main room

Presentation by Denis Olivier - Canadian (Halton) Mental Health Association

Saturday, May 7

Please save your "treasures" for this sale. These can be delivered to Bond St. location on Friday, May 6 in the afternoon.

Volunteers also needed.



Foot Care

Wednesday,

May 11

Palermo and

Bond Street