

*When they tell you to grow up, they mean stop growing.—Tom Robbins*

## Info Support Groups

- \* informal information sharing
- \* refreshments served

### BOND

**EVENING**—3<sup>rd</sup> Monday evening of the month in our main room, 7:30 p.m. -- 9:00 p.m.

Jan. 20, Feb. 17, March 17

**MORNING** – 3<sup>rd</sup> Tuesday morning of the month, from 9:30 a.m. - 11:00 a.m. Family room—main room

Jan. 21, Feb. 18, March 18

### PALERMO

1<sup>st</sup> Wednesday of the month, 3 p.m.—4:30 p.m. in the basement of Palermo United Church (except in January, which will be on the second Wednesday due to New Years Day)

Jan. 8, Feb. 5, March 5

### COPTIC

Last Thursday of the month 3 p.m.—4:30 p.m.



Jan. 30

Feb. 27

March 27

## FOOT CARE



**Foot Care at Coptic is on demand only. Please register with Nadia.**

**FOOT CARE DATES for 2014 for Bond and Palermo are JAN. 29, MARCH 26, MAY 7, JULY 2, AUG. 27, OCT. 22, and DEC. 17**

## SENACA WILL BE CLOSED:

Family Day

Monday, Feb. 17



## WORDS FROM WENDY:

We certainly enjoyed many holiday events and celebrations. Special thank you to the Bank of Montreal Days of Caring which decorated both Bond and Palermo. The trees looked wonderful.

We are looking forward to celebrating Robbie Burns's day, Valentine's Day, Chinese New Year and St. Patrick's Day. And the 2014 Winter Olympics in Russia will be a huge event.

**WE WISH EVERYONE A HAPPY AND HEALTHY 2014.  
Wendy McBride, Executive Director**