Resources for HOPE November Activity Calendar 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
To avoid disappointment please sign up for all crafts and outings, a minimum of one week ahead, even if a sign-up date is not on the calendar. Outings and crafts can be cancelled based on numbers. South Coast Wellness Addiction and Mental Health — Ontario Health West						1 ***Centre Closed***
2 **Trail Walk** Sign up by Oct. 23, 2026 (1-3pm)	3 **Meditation** (1-1:30pm) **Coping with Isolation** (1:30-3pm) **Online**+ **in person**	4 **Individual Mental Health Peer Support** By Appointment Only	5 **Meditation** (1-1:30pm) **How to Say NO** (1:30-3pm) **Online** + **in person**	6 **Art Social** (9:30am-12pm) **Food Stop – Fruit Juice** (12-1pm)	7 ***Centre Closed***	8 ***Centre Closed***
9 **Skip-Bo Tournament** (1-3pm)	10 **Fall Centerpieces** Sign up by Oct. 30, 2026 (1:00pm-3:00pm)	11 ***Centre Closed*** ***Remembrance Day***	12 **Meditation** (1-1:30pm) **Ways to Improve Memory** (1:30-3pm) **Online** + **in person**	13 **Art Social** (9:30am-12pm) **Member's Meeting** (12-1pm)	14 ***Centre Closed***	15 ***Centre Closed***
16 **Photo Club** (1-3pm)	17 **Meditation** (1-1:30pm) **Mindfulness Strategies** (1:30-3pm) **Online** + **in person**	18 **Individual Mental Health Peer Support** By Appointment Only	19 **Meditation** (1-1:30pm) **Managing Crowds** (1:30-3pm) **Online** + **in person**	20 **Art Social** (9:30am-11pm) **Autumn Wreath** Sign up by Nov. 12. (11-1pm)	21 ***Centre Closed***	22 ***Centre Closed***
23 **Name that Tune** (1-3pm)	24 **Outdoor Games** (1:00pm-3:00pm)	25 **Individual Mental Health Peer Support** By Appointment Only	26 **Meditation** (1-1:30pm) **Challenges & Motivation** (1:30-3pm) **Online** + **in person**	27 **Art Social** (9:30am-12pm) **Uno games/Tea Party** (12-1pm)	28 ***Centre Closed***	29 ***Centre Closed***
30 **Trail Walk** Sign up by Nov. 20, 2026 (1-3pm)	For More Information About the Drop-in Program Call: ***1-519-587-4658 ext. 5.*** Please request or cancel transportation ***A minimum of 48 hours in advance for booking purposes.*** 					