

# Program Calendar



# 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	3 Clothing 2-3	4 Clothing 10-11	5 Food Bank and Baby Cupboard 1:30-3:30pm (First Name: A-K)	6 Food Bank (First Name: A-K) 9:30-12 and 1:30-3:30pm <b>ZUMBA 11:00</b>	7 BINGO @ 1:15pm	8
9	10 Clothing 2-3 <i>Art Therapy with Sierra @ 2:00</i>	11 Clothing 10-11 <b>Life Hacks with Michelle &amp; Megan @ 2:00</b>	12 Food Bank and Baby Cupboard 1:30-3:30pm (First Name: L-Z) <i>Art with Sydney @ 2:00</i>	13 Food Bank (First Name: L-Z) 9:30-12 and 1:30-3:30pm <b>EASTER LUNCH</b>	14 CLOSED	15
16	17 CLOSED	18 Clothing 10-11 <b>Life Hacks with Michelle &amp; Megan @ 2:00</b>	19 Food Bank and Baby Cupboard 1:30-3:30pm (First Name: A-K) <i>Craft with Kim @ 1:30</i>	20 <b>CLOSED at 1:00</b> Food Bank (First Name: A-K) 9:30-12 <i>Craft with Jess! @ 2:00</i>	21 BINGO @ 1:15pm	22
23	24 Clothing 2-3	25 Clothing 10-11 <b>Life Hacks with Michelle &amp; Megan @ 2:00</b>	26 Food Bank and Baby Cupboard 1:30-2:30pm (First Name: L-Z)	27 Food Bank (First Name: L-Z) 9:30-12 <b>BRA SHOP 10:30</b>	28 BINGO @ 1:15pm	29
30	1 Clothing 2-3	2 Clothing 10-11 <b>Life Hacks with Michelle &amp; Megan @ 2:00</b>	3 Food Bank and Baby Cupboard 1:30-3:30pm (First Name: A-K)	4 Food Bank (First Name: A-K) 9:30-12 and 1:30-3:30pm <i>Craft with Jess! @ 2:00</i>	5 BINGO @ 1:15pm	6 

**151 Laurier Avenue East**  
**Ottawa, ON K1N 6N8**  
**613-231-6722 (Staff Line) 613-234-7492 (Women's Line)**  
**Clothing Program: Monday 2-3pm and Tuesday 10-11am**