

MARCH 2020

Tuesday	Wednesday	Thursday	Friday
3 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	4 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 1.45—4 Massage 2:30—3:30 Coffee & Cake	5 10:30—4 DWF appointments 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	6 11—12 Pilates
10 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	11 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11—4 Pos. Women Outreach 11:30—3:30 Pantry	12 10:30—4 DWF appointments 11.30—7.30 Pantry 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	13 11—12 Pilates 11:30—3:30 Pantry
17 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	18 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 1.45—4 Massage 2:30—3:30 Coffee & Cake	19 10:30—4 DWF appointments 3—7 Barber Shop 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	20 11—12 Pilates
24 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	25 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11—4 Pos. Women Outreach 11:30—3:30 Pantry	26 10:30—4 DWF appointments 11.30—7.30 Pantry 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	27 11—12 Pilates 11:30—3:30 Pantry
31 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch			

APRIL 2020

Tuesday	Wednesday	Thursday	Friday
	1 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 1.45—4 Massage 2:30—3:30 Coffee & Cake	2 10:30—4 DWF appointments 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	3 11—12 Pilates
7 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	8 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11—4 Pos. Women Outreach 11:30—3:30 Pantry	9 10:30—4 DWF appointments 11.30—7.30 Pantry 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	10 BUILDING CLOSED EASTER
14 BUILDING CLOSED EASTER	15 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 1.45—4 Massage 2:30—3:30 Coffee & Cake	16 10:30—4 DWF appointments 3—7 Barber Shop 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	17 11—12 Pilates
21 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	22 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11—4 Pos. Women Outreach 11:30—3:30 Pantry	23 10:30—4 DWF appointments 11.30—7.30 Pantry 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	24 11—12 Pilates 11:30—3:30 Pantry
28 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	29 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 1.45—4 Massage 2:30—3:30 Coffee & Cake	30 10:30—4 DWF appointments 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	

MAY 2020

Tuesday	Wednesday	Thursday	Friday
			1 11—12 Pilates
5 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	6 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11—4 Pos. Women Outreach 11:30—3:30 Pantry	7 10:30—4 DWF appointments 11.30—7.30 Pantry 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	8 11—12 Pilates 11:30—3:30 Pantry
12 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	13 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 1.45—4 Massage 2:30—3:30 Coffee & Cake	14 10:30—4 DWF appointments 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	15 11—12 Pilates
19 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	20 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11—4 Pos. Women Outreach 11:30—3:30 Pantry	21 10:30—4 DWF appointments 11.30—7.30 Pantry 3—7 Barber Shop 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	22 11—12 Pilates 11:30—3:30 Pantry
26 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	27 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 1.45—4 Massage 2:30—3:30 Coffee & Cake	28 10:30—4 DWF appointments 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	29 11—12 Pilates

JUNE 2020

Tuesday	Wednesday	Thursday	Friday
2 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	3 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11—4 Pos. Women Outreach 11:30—3:30 Pantry	4 10:30—4 DWF appointments 11.30—7.30 Pantry 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	5 11—12 Pilates 11:30—3:30 Pantry
9 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	10 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 1.45—4 Massage 2:30—3:30 Coffee & Cake	11 10:30—4 DWF appointments 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	12 11—12 Pilates
16 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	17 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11—4 Pos. Women Outreach 11:30—3:30 Pantry	18 10:30—4 DWF appointments 11.30—7.30 Pantry 3—7 Barber Shop 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	19 11—12 Pilates 11:30—3:30 Pantry
23 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	24 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 1.45—4 Massage 2:30—3:30 Coffee & Cake	25 10:30—4 DWF appointments 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	26 11—12 Pilates
30 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch			

JULY 2020

Tuesday	Wednesday	Thursday	Friday
	1 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11—4 Pos. Women Outreach 11:30—3:30 Pantry	2 10:30—4 DWF appointments 11.30—7.30 Pantry 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	3 11—12 Pilates 11:30—3:30 Pantry
7 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	8 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 1.45—4 Massage 2:30—3:30 Coffee & Cake	9 10:30—4 DWF appointments 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	10 11—12 Pilates
14 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	15 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11—4 Pos. Women Outreach 11:30—3:30 Pantry	16 10:30—4 DWF appointments 11.30—7.30 Pantry 3—7 Barber Shop 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	17 11—12 Pilates 11:30—3:30 Pantry
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28 11:30—3:30 Pantry 11:30—12:30 Tums & Bums exercises 12:30—2 Lunch	29 10—12.30 Art Class 10—4 Launch Housing 10—4 DWF appointments 10:30—2 Massage 11—4 Pos. Women Outreach 11:30—3:30 Pantry	30 10:30—4 DWF appointments 11.30—7.30 Pantry 3—7:15 Naturopath 4—5 Yoga 6—7:30 Dinner 7—9 HALC (Legal) appoints	31 11—12 Pilates 11:30—3:30 Pantry