

Mon	Tue	Wed	Thu	Fri
	1 Open 8:30 10:30 Movie and Popcorn 1:30 Wildcard Close 4:30	2 CLOSED REGATTA DAY	3 Open 8:30 10:30 Bingo With cards 1:30 Pet Therapy and Ice cream floats Close 4:30	4 Open 8:30 11:30 Harbourside Park 1:30 Get Fit Close 4:30
7 Open 8:30 9:30 Morning Walk 10:30 Scat 1:30 Get Fit Close 4:30	8 Open 8:30 10:30 Movie and Popcorn 1:30 Bingo Close 4:30	9 Open 8:30 10:30 Crazy 8's 1:30 Afternoon Tea at the Crypt Close 4:30	10 Open 8:30 10:30 MINI GOLF and Picnic Close 4:30	11 Open 8:30 11:30 Harbourside Park 1:30 Get Fit Close 4:30
14 Open 8:30 9:30 Morning Walk 10:30 Trouble 1:30 Get Fit Close 4:30	15 Open 8:30 10:30 Picnic and Games at the Park Close 4:30	16 Open 8:30 10:00 Visit to see RNC horses 1:30 Yahtzee Close 4:30	17 Open 8:30 10:30 Empower Hour & Craft 1:30 Bingo and Sundae bar Close 4:30	18 Open 8:30 Farewell to Students, 11:30 Starts with Bowling with pizza to follow then Pool/Billiards Close 4:30
21 Open 8:30 9:30 Morning Walk 10:30 Yahtzee 1:45 Get Fit -YOGA Close 4:30	22 Open 8:30 10:30 Movie and Popcorn 1:30 Game Close 4:30	23 Open 8:30 10:30 Blackjack 12:15 Lunch and Learn Close 4:30	24 Open 8:30 10:30 Empower Hour & Craft 1:30 Bingo With Cards and Ice-cream floats Close 4:30	25 Open 8:30 11:30 Harbourside Park 1:45 Trouble Close 4:30
28 Open 8:30 9:30 Morning Walk 10:30 7-Up 1:30 Get Fit Close 4:30	29 Open 8:30 11:00 Outing: Movie at the mall Close 4:30	30 Open 8:30 10:30 Baking (NEW!!!) 1:30 Game Close 4:30	31 Open 8:30 10:30 Empower Hour & Craft 1:30 Member Meeting/ Bingo/Birthday Club Close 4:30	



THE POTTLE CENTRE

August 2017

How to Join:

→ The Pottle Centre is a drop-in social centre? You must be a member to take advantage of all the great things we have to offer. If you decide to join the centre, you need to call **Leanne or Katie at 753-2143** and make an appointment. You must be 19 years of age or older and a consumer of mental health services. For more information, please contact us.

Summer Schedule:

Hopefully, Mother Nature will be kind and grant us beautiful sunny days! With that in mind, we have planned a few activities that will be outside, weather permitting. On those days, we will not have the centre open while we have an outside activity, all staff will take part in the outdoor events. If you aren't sure of the schedule, please give us a call at the centre!

New Programs:

We will be starting a few new things over the coming months! We hope you will keep in touch to see what we are up to! In August we will be doing a quick and easy baking session.

Attendance:

→It is very important to sign up for activities at the centre. It helps us to plan what to do, food to purchase etc... so by not signing up, it makes it very difficult to figure out what is needed for an event, or even if it can go ahead. **If you plan on going with us on an outing, you must be here 15 minutes before we are set to leave.** Thanks ☺

The Pottle Centre is now accepting resumes and expressions of interest to sit on our Board of Directors. If you have an interest in Mental Health and would like to donate your time to a great community service, please consider sending us your information to the following email address: pottlecentre@nf.aibn.com

The Pottle Centre ▪ PO Box 5321 ▪ Stn C ▪ St. John's ▪ A1C 5W2 ▪

Located at 200 Water St

Office Line is 753-2143

Member Line is 753-9964

Email: info@pottlecentre.org

www.pottlecentre.org

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