


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <i>* Volunteers needed for MFB Delivery – Tuesdays</i>	<b>2</b> ESL 9:30 – 11:30AM <b><u>Market 3 – 8PM</u></b>	<b>3</b> Lunch Program 11:30AM-1 PM Nursing Clinic 11:30AM-12:30PM MFB Delivery* 3:00-5:30PM Men’s Group 6:30-8:30PM	<b>4</b> Employment Coordinator 10:00AM - 12:00PM <b><u>Market 12 – 5PM</u></b> Thanksgiving Dinner 5:30pm @ First United Church 151 Lakeshore Rd. W.	<b>5</b> SHIP 9:00–10:30AM Coffee Time 9:30-11:30AM	<b>6</b> <b><u>Market 12 – 5PM</u></b>	<b>7</b> Refresh 10:00AM-Noon
<b>8</b>	<b>9</b> <b><u>CLOSED</u></b> <b><u>Thanksgiving Holiday</u></b>	<b>10</b> Lunch Program 11:30AM-1 PM Nursing Clinic 11:30AM-12:30PM (Foot Care) MFB Delivery* 3:00-5:30PM Men’s Group 6:30-8:30PM	<b>11</b> <b><u>Market 12 – 5PM</u></b> <b><u>Women’s Group 6:30 – 8:30</u></b>	<b>12</b> SHIP 9:00–10:30AM Haircuts 9:30-11:30AM Coffee Time 9:30-11:30AM Good Food Box & Cooking program 4:00-7:00PM	<b>13</b> PAARC 9:30 – 11:30 AM <b><u>Market 12 – 5PM</u></b>	<b>14</b> Refresh 10:00AM-Noon
<b>15</b>	<b>16</b> ESL 9:30 – 11:30AM <b><u>Market 3 – 8PM</u></b>	<b>17</b> Lunch Program 11:30AM-1 PM Nursing Clinic 11:30AM-12:30PM MFB Delivery* 3:00-5:30PM Men’s Group 6:30-8:30PM	<b>18</b> Employment Coordinator 10:00AM - 12:00PM <b><u>Market 12 – 5PM</u></b> <b><u>Women’s Group 6:30 – 8:30</u></b>	<b>19</b> SHIP 9:00-10:30 AM Coffee Time 9:30-11:30AM	<b>20</b> PAARC 9:30 – 11:30 AM <b><u>Market 12 – 5PM</u></b>	<b>21</b> Refresh 10:00AM-Noon
<b>22</b>	<b>23</b> ESL 9:30 – 11:30AM <b><u>Market 3 – 8PM</u></b>	<b>24</b> Lunch Program 11:30AM-1 PM Nursing Clinic 11:30AM-12:30PM (Foot Care) MFB Delivery* 3:00-5:30PM Men’s Group 6:30-8:30PM	<b>25</b> <b><u>Market 12 - 5PM</u></b> <b><u>Women’s Group 6:30 – 8:30</u></b>	<b>26</b> SHIP 9:00–10:30AM Haircuts 9:30-11:30AM Coffee Time 9:30-11:30AM Good Food Box & Cooking program 4:00-7:00PM	<b>27</b> PAARC 9:30 – 11:30 AM <b><u>Market 12 – 5PM</u></b>	<b>28</b> Refresh 10:00AM-Noon
<b>29</b>	<b>30</b> ESL 9:30 – 11:30AM <b><u>Market 3 – 8PM</u></b>	<b>31</b> Lunch Program 11:30AM-1 PM Nursing Clinic 11:30AM-12:30PM MFB Delivery* 3:00-5:30PM Men’s Group 6:30-8:30PM				

**SHIP’s LAKESHORE LINKS DROP-IN Thursday’s 2-4PM**



**211B LAKESHORE ROAD EAST, MISSISSAUGA**