



# BIRK GROVE Life Centre

## December 2009 GROUP ACTIVITIES

DO NOT PUT OFF TOMORROW WHAT YOU CAN DO TODAY .  
KEEP YOUR APPOINTMENTS IT ONLY BENEFITS YOU!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 <i>EDUCATION AND SUPPORT GROUP 2:30 pm</i>	4	5
6	7	8	9 <i>STRETCH CLASS 11:30 am STRETCHING</i>	10	11	12
13	14	15	16 <i>STRETCH CLASS 11:30 am STRETCHING</i>	17 <i>E S GROUP 2:30 pm COMMUNITY SUPPORT GROUP 6:00</i>	18	19
20	21	22 <i>EDUCATION AND SUPPORT GROUP 2:30 pm</i>	23 <i>STRETCH CLASS 11:30 am STRETCHING</i>	24 <i>CLOSED FOR HOLIDAY</i>	25 <i>CLOSED FOR HOLIDAY</i>	26
27	28	29 <i>EDUCATION AND SUPPORT GROUP 2:30 pm</i>	30 <i>STRETCH CLASS 11:30 am STRETCHING</i>	31 <i>CLOSED FOR HOLIDAY</i>		