



Community Services Winter Program Schedule (January 2023)

| Time | Sunday | Monday | | | Tuesday | | | Wednesday | | | Thursday | | | Friday | | | Saturday | | | |
|------|------------|-----------|--------------|---------------------|-----------|--------------|-----------------|-----------|--------------|---------------------|-----------|--------------|--------------------------------|-----------|--------------|----------|----------|---------|----------|--|
| | Meals | Meals | Drop In | Programs | Meals | Drop In | Programs | Meals | Drop In | Programs | Meals | Drop In | Programs | Meals | Drop In | Programs | Meals | Drop In | Programs | |
| 9AM | | | | | | | | | | | | | | | | | | | | |
| 10AM | | BreakFast | | | BreakFast | | | BreakFast | | | BreakFast | | | BreakFast | | | | | | |
| 11AM | | | Market Place | | | Market Place | | | Market Place | Barber Shop | | Market Place | | | Market Place | | | | | |
| 12PM | | | | | | | | | | | | | | | | | | | | |
| 1PM | | Lunch | | | Lunch | | | Lunch | | | Lunch | | | Lunch | | | Lunch | | | |
| 2PM | | | | Women's Bible Study | | | | | | | | | Lutherwood/O W Housing Support | | | | | | | |
| 3PM | AA Meeting | | | | | | Work It Forward | | | Ladies Self Defence | | | Life Skills | | | | | | | |
| 4PM | | | | | | | | | | | | | | | Friday movie | | | | | |
| 5PM | Dinner | | | | | | | | | | | | Men of Faith | | | | | | | |
| 6PM | | | | Chapel | | | | | | Nurses Station | | | | | | | | | | |
| 7PM | | Dinner | | | Dinner | | | Dinner | | | Dinner | | | Dinner | | | | | | |
| 8PM | | | | | | | | | | | | | | | | | | | | |

| 11 Essential Resources |
|----------------------------|
| Financial |
| Emotional |
| Spiritual |
| Mental |
| Language |
| Social Capital |
| Physical Health |
| Integrity and Trust |
| Motivation and Persistence |
| Relationships/Role Models |
| Knowledge of Hidden Rules |

Day Space Laundry and showers are available weekdays for those who sign up.