

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Purple Text = Excercise  Blue Text = Addictions Support  Black Text = Learning Opportunities  \$ = cost associated with event or activity  R= registration required						Gamblers 1 Anonymous Meeting 7pm Chinook Society for Recovering Addicts
AA Meeting 8pm Bassano Health Centre	Zumba 5:30pm-6:30pm Southminster Church Food Addicts Anonymous Meeting 7pm Parkdale United Church	Gamblers Anonymous Meeting 7:30pm Chinook Society for Recovering Addicts NA New Beginners Group 7pm Chinook Meeting Hall Mastering Financial Literacy 7pm-8:30m Idea Building AA Meeting 8pm Trinity Luthern Church	Food Addicts 5 Anonymous Meeting 7pm Lethbridge Regional Hospital	Gamblers Anonymous Meeting 6pm Chinook Society for Recovering Addicts NA New Beginners Group 7pm Chinook Meeting Hall AA Meeting 8pm Trinity Luthern Church	7	Gamblers Anonymous Meeting 7pm Chinook Society for Recovering Addicts
AA Meeting 9 8pm Bassano Health Centre	Zumba 5:30pm-6:30pm Southminster Church Food Addicts Anonymous Meeting 7pm Parkdale United Church	Gamblers 11 Anonymous Meeting 7:30pm Chinook Society for Recovering Addicts NA New Beginners Group 7pm Chinook Meeting Hall Mastering FInancial Literacy 7pm-8:30m Idea Building AA Meeting 8pm Trinity Luthern Church	Food Addicts 12 Anonymous Meeting 7pm Lethbridge Regional Hospital	Gamblers Anonymous Meeting 6pm Chinook Society for Recovering Addicts NA New Beginners Group 7pm Chinook Meeting Hall AA Meeting 8pm Trinity Luthern Church	14	Gamblers 15 Anonymous Meeting 7pm Chinook Society for Recovering Addicts
AA Meeting 8pm Bassano Health Centre	Zumba 17 5:30pm-6:30pm Southminster Church Food Addicts Anonymous Meeting 7pm Parkdale United Church	Gamblers Anonymous Meeting 7:30pm Chinook Society for Recovering Addicts NA New Beginners Group 7pm Chinook Meeting Hall Mastering FInancial Literacy 7pm-8:30m Idea Building AA Meeting 8pm Trinity Luthern Church	Food Addicts 19 Anonymous Meeting 7pm Lethbridge Regional Hospital	Gamblers Anonymous Meeting 6pm Chinook Society for Recovering Addicts NA New Beginners Group 7pm Chinook Meeting Hall AA Meeting 8pm Trinity Luthern Church	21	Gamblers 22 Anonymous Meeting 7pm Chinook Society for Recovering Addicts
AA Meeting 23 & 30 8pm Bassano Health Centre	Zumba 24 & 31 5:30pm-6:30pm Southminster Church Food Addicts Anonymous Meeting 7pm Parkdale United Church	25	Food Addicts Anonymous Meeting 7pm Lethbridge Regional Hospital	Gamblers Anonymous Meeting 6pm Chinook Society for Recovering Addicts NA New Beginners Group 7pm Chinook Meeting Hall AA Meeting 8pm Trinity Luthern Church	28	Gamblers 29 Anonymous Meeting 7pm Chinook Society for Recovering Addicts