



United Way
Sarnia-Lambton
theunitedway.on.ca





Opening Doors September 2018



West Lambton
Community Health Centre



To register for program information call Rebecca (519)344-3017 Ext. 277
All programming is FREE! If raining or heat advisory go to Rivercity Vineyard for exercise.

Mon	Tue	Wed	Thu	Fri
<p>To register for program information call Rebecca (519)344-3017 Ext. 277 All programming is FREE! If raining or heat advisory go to Rivercity Vineyard for exercise.</p>				
<p>3</p> <p>Sorry We're CLOSED Labour Day</p>	<p>4</p>	<p>5</p>	<p>6</p> <p>Garden Maintenance 10am</p>	<p>7</p> <p>"Glass Half Full" Strategies toward living a life of optimism @ WLCHC 1pm -3pm</p>
<p>10</p> <p>Garden Maintenance 10am Volleyball @ Rivercity Vineyard 2:30-3:30 pm</p>	<p>11</p>	<p>12</p> <p>Cooking Class @ WLCHC 11am -1:30 pm (Register Required)</p>	<p>13</p> <p>Garden Maintenance 10am</p>	<p>14</p> 
<p>17</p> <p>Garden Maintenance 10am Balls, Bands & Resistance @ Rivercity Vineyard 2:30-3:30 pm</p>	<p>18</p>	<p>19</p> <p>Cooking Class @ LMWC 11am -1:30 pm (Register Required)</p>	<p>20</p> <p>Garden Maintenance 10am Garden Fresh Pick-up 1-4pm</p> 	<p>21</p>
<p>24</p> <p>Garden Maintenance 10am</p>  <p>Walk by the Bay Meet @ flag court Centennial Park 2:30-3:30 pm</p>	<p>25</p>	<p>26</p> <p>Art & Conversation @ WLCHC 1:30pm -3:30 pm</p>	<p>27</p> <p>Garden Maintenance 10am</p>	<p>28</p> 
<p>Germaine Park: 900 Germaine St. Bus Route 2 Centennial Park: 430 Front St. N Bus Route 12 Inn of the Good Shephard: 115 John St. Bus Route 1 or 2 WLCHC: 429 Exmouth St. Bus Route 9 LMWC: 109 Durand St. Bus Route 9 Rivercity Vineyard: 260 Mitton St. Bus Route 4</p>				

