

November					Grounded Community Hub	
Events & Workshops					33 King St East, Bowmanville, ON	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Theme:	Community	Grounding	Mindfulness	Kids Club	Chill Fridays	Family
Hours:	10-3pm	10-3pm	10-7pm	10-7pm	10-7pm	10-4pm
						1 FILL A BAG FOR \$10 (Thrifted Clothing) 10am-4pm
2	3	4	5	6	7	8
Closed	Coffee & Crafts Drop In - \$5 11am-12pm	Meditation w/ Lisa Drop In- \$5 11am-12pm	Mindful Rock Painting. FREE (Bring your own rock) 11am		No-Pressure Club Drop In - \$5 11am	K-Pop Demon Hunters Sing-a-Long SOLD OUT 1-4pm
				GIRLS NIGHT OUT Fizz & Finds w/ stylist FREE 5-9pm		
9	10	11	12	13	14	15
Mandy Jo Holiday Photos \$75 11am-2pm	Coffee & Crafts Drop In - \$5 11am-12pm	Meditation w/ Lisa Drop In- \$5 11am-12pm	Mindful Vision Collage FREE (Bring a Magazine) 11am		No-Pressure Club Drop In - \$5 11am	
				Science Activity w/ Meemaw Drop in: \$10 5pm-7pm		Euchre Tournament \$25 6pm – 10pm
16	17	18	19	20	21	22
Closed	Coffee & Crafts Drop In - \$5 11am-12pm	Meditation w/ Lisa Drop In- \$5 11am-12pm	Mindful Painting FREE 11am		No-Pressure Club Drop In - \$5 11am	Make Your Own Picky Pad Drop in: \$15 1-3pm
			Paint Your Booty \$130 6pm-9pm	Make Your Own Sensory Bottles/Jar Drop in: \$10 5pm-7pm		
23	24	25	26	27	28	29
Closed	Coffee & Crafts Drop In - \$5 11am-12pm	Meditation w/ Lisa Drop In- \$5 11am-12pm	Mindful Activity TBD FREE 11am		No-Pressure Club Drop In - \$5 11am	
			Mind Over MIC w/ The Coaching Mind \$5.00 7-9pm	Letter To Santa FREE 5pm-7pm		
30	NOTES:					
Closed	GREEN - Included in your Grounded Monthly Membership (Drop-Ins Welcome) PURPLE - Special Event (not included in membership)					