

**CENTRE 507 - SAMPLE WEEKLY SCHEDULE**

| <b>Sunday</b><br>12:30 PM – 2:45 PM   | <b>Monday</b><br>9:00am – 10:30am<br>12:00pm – 3:30pm   | <b>Tuesday</b><br>5:30pm – 8:45pm   | <b>Wednesday</b><br>9:00am – 10:30am<br>12:00pm – 3:30pm  | <b>Thursday</b><br>9:00am – 10:30am<br>12:00pm – 3:30pm                                      | <b>Friday</b><br>9:00am – 10:30am<br>12:00pm – 3:30pm   | <b>Saturday</b><br>Closed |
|---|---|---|---|--|---|---------------------------|
| <ul style="list-style-type: none"> <li>•Help with resumes</li> <li>•Sewing</li> </ul> | <ul style="list-style-type: none"> <li>•Breakfast</li> <li>•Lunch</li> <li>•Documentary, morning</li> <li>•Royal Ottawa Hospital Outreach, 1-3pm</li> </ul> | <ul style="list-style-type: none"> <li>•Bi-monthly café</li> <li>•Dinner</li> </ul> | <ul style="list-style-type: none"> <li>•Breakfast</li> <li>•Lunch</li> <li>•Housing Help</li> <li>•Haircuts, 1<sup>st</sup> and 3<sup>rd</sup> weeks</li> <li>•Studio 507, 1<sup>st</sup> and 3<sup>rd</sup> weeks</li> <li>•Birthday celebration, 3<sup>rd</sup> week</li> </ul> | <ul style="list-style-type: none"> <li>•Breakfast</li> <li>•Lunch</li> <li>•Music</li> </ul> | <ul style="list-style-type: none"> <li>•Breakfast</li> <li>•Lunch</li> <li>•Movie, afternoon</li> </ul> |                           |

Plus:  
 Holiday celebrations  
 Two outside events a month  
 Occasional workshops

**Community Service Partners**  
 Royal Ottawa Hospital (ROH) Psychiatric Outreach Team  
 Housing Help  
 Centretown Community Health Centre

