

STEPS – February 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Muay Thai Victory Muay Thai 102-121 Wyndham St. N. 11-noon</p> <p style="text-align: right;">Day at the Dome -12:30 to 2:30 Centennial Soccer Dome (behind College Heights S.S.) 375 College Ave. 12:30-2:30</p>	<p>2 YOGA – 1pm @ Guelph Community Health Centre 176 Wyndham St.</p> <p>YOGA – 4pm @ Wyndham House Resource Centre 26 Douglas St.</p>	<p>3 Friday Night Drop In – 7 to 9 pm Westend Rec. Centre 21 Imperial Rd.</p>
<p>6 “Ask the dietician” Come speak with a community dietician @ the RC (26 Douglas St.) 1-3</p>	<p>7 Art at the RC 26 Douglas St. 1 – 3 pm</p>	<p>8 Muay Thai @ Victory Muay Thai 102-121 Wyndham St. N. 11-noon</p> <p style="text-align: right;">Ice Skating City Hall Rink (skates provided) 1-3 pm</p>	<p>9 YOGA – 1pm @ Guelph Community Health Centre 176 Wyndham St.</p> <p>YOGA – 4pm @ the RC 26 Douglas St.</p>	<p>10 Friday Night Drop In – 7 to 9 pm Westend Rec. Centre 21 Imperial Rd.</p>
<p>13 Doing the pedometer challenge? Come check in at the Resource Centre 1-3</p>	<p>14 Art at the RC 26 Douglas St. 1 – 3 pm</p>	<p>15 Muay Thai @ Victory Muay Thai 102-121 Wyndham St. N. 2-3</p> <p style="text-align: right;">Day at the Dome - Centennial Soccer Dome 12:30 to 2:30 pm</p>	<p>16 YOGA – 1pm @ Guelph Community Health Centre 176 Wyndham St.</p> <p>YOGA – 4pm @ the RC</p> <p>Multi Sport Drop in – 7 to 9 pm First Baptist Church 255 Woolwich St</p>	<p>17 Friday Night Drop In – 7 to 9 pm Westend Rec. Centre 21 Imperial Rd.</p>
<p>20 Doing the pedometer challenge? Come check in at the Resource Centre 1-3</p>	<p>21 Art at the RC 26 Douglas St. 1 – 3 pm</p>	<p>22 Muay Thai @ Victory Muay Thai 102-121 Wyndham St. N. 11-noon</p> <p style="text-align: right;">Ice Skating City Hall Rink (skates provided) 1-3</p>	<p>23 YOGA – 1pm @ Guelph Community Health Centre 176 Wyndham St.</p>	<p>24 Friday Night Drop In – 7 to 9 pm Westend Rec. Centre 21 Imperial Rd.</p>
<p>27 Baking at the Youth Shelter 18 Norwich St. 9-12</p>	<p>28 Art at the RC 26 Douglas St. 1 – 3 pm</p>	<p>29 Muay Thai @ Victory Muay Thai 102-121 Wyndham St. N. 11-noon</p> <p style="text-align: right;">Day at the Dome Centennial Soccer Dome 12:30-2:30</p>	<p>For More information contact Eric Pool – aftercare@wyndhamhouse.org or 519-822-2768 OR check us out on facebook – Wyndham House STEPS</p>	

