

# PARC Calendar – MAY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> <b>Drop-in Hours</b> <b>12:30-4:30</b>  <u>Music Afternoon</u> 1:30-4:00  <u>Writing Group</u> 4:15-5:45 (Auditorium)	<b>2</b> <b>Drop-in Hours</b> <b>11:00-3:00</b>  Knitting 1:00-3:00 (Auditorium)  Art Group 3:00-5:00 (Drop-in)
<b>3</b> <b>Drop-in Hours</b> <b>11:00-3:00</b>	<b>4</b> <b>Drop-in Hours</b> <b>9:00-1:00</b>  <u>HepC Drop in</u> 10:00-12:00 (Nurses Office)  <u>TUHU</u> 11:00-1:00  <u>Soccer</u> Sorauren Park 2:00-4:00	<b>5</b> <b>Drop-in Hours</b> <b>9:00-1:00</b>  <u>Mindfulness</u> 1:00-2:00  <u>Movie Afternoon</u> 1:30-3:30	<b>6</b> <b>Drop-in Hours</b> <b>9:00-1:00</b>  <u>Smoking Cessation</u> 9:00-12:30 Check in with 2 <sup>nd</sup> floor reception  <u>Playing with Fire</u> <u>Workshop</u> 1:00-2:00 (small auditorium)	<b>7</b> <b>Drop-in Hours</b> <b>9:00-1:00</b>  <u>Urban Hike w</u> <u>Tania</u> <u>Humber River</u>  <u>ID Clinic</u> 11:00-1:00  <u>Book Club</u> 1:00-3:00  <u>Music Jam</u> 3:00-4:00	<b>8</b> <b>Drop-in Hours</b> <b>12:30-4:30</b>  <u>Music Afternoon</u> 1:30-4:00  <u>Writing Group</u> 4:15-5:45 (Auditorium)	<b>9</b> <b>Drop-in Hours</b> <b>11:00-3:00</b>  Knitting 1:00-3:00 (Auditorium)  <u>Art Group</u> 3:00-5:00 (Drop-in)
<b>10</b> <b>Drop-in Hours</b> <b>11:00-3:00</b>	<b>11</b> <b>Drop-in Hours</b> <b>9:00-6:00</b>  <u>HepC Drop in</u> 10:00-12:00 (Nurses Office)  <u>Soccer</u> Sorauren Park 2:00-4:00	<b>12</b> <b>Drop-in Hours</b> <b>9:00-6:00</b>  <u>Mindfulness</u> 1:00-2:00  <u>Social Afternoon</u> 2:00-4:00  <u>Talking Circle for</u> <u>Indigenous</u> <u>Members w Vivian</u> 1:30	<b>13</b> <b>Drop-in Hours</b> <b>9:00-6:00</b>  <u>Smoking Cessation</u> 9:00-12:30 Check in with 2 <sup>nd</sup> floor reception	<b>14</b> <b>Drop-in Hours</b> <b>9:00-1:00</b>  <u>Book Club</u> 1:00-3:00  <u>Music Jam</u> 2:00-4:00	<b>15</b> <b>Drop-in Hours</b> <b>12:30-4:30</b>  <u>Music Afternoon</u> 1:30-4:00  <u>Poetry Night</u> 6:00-8:00 (Online)	<b>16</b> <b>Drop-in Hours</b> <b>11:00-3:00</b>  Knitting 1:00-3:00 (Auditorium)  <u>Art Group</u> 3:00-5:00 (Drop-in)
<b>17</b> <b>Drop-in Hours</b> <b>11:00-3:00</b>	<b>18</b> <b>VICTORIA DAY</b> <b>Drop-in Hours</b> <b>11:00-3:00</b>  <u>TUHU</u> 11:00-1:00	<b>19</b> <b>Drop-in Hours</b> <b>9:00-1:00</b>  <u>Mindfulness</u> 1:00-2:00  <u>Movie Afternoon</u> 1:00-3:00	<b>20</b> <b>Drop-in Hours</b> <b>9:00-1:00</b>  <u>Smoking Cessation</u> 9:00-12:30 Check in with 2 <sup>nd</sup> floor reception  <u>Members' Drop-In</u> <u>Meeting</u> 10:00-11:00	<b>21</b> <b>Drop-in Hours</b> <b>9:00-1:00</b>  <u>Book Club</u> 1:00-3:00  <u>Music Jam</u> 2:00-4:00	<b>22</b> <b>Drop-in Hours</b> <b>12:30-4:30</b>  <u>Music Afternoon</u> 1:30-4:00  <u>Writing Group</u> 4:15-5:45 (Auditorium)	<b>23</b> <b>Drop-in Hours</b> <b>11:00-3:00</b>  Knitting 1:00-3:00 (Auditorium)  <u>Art Group</u> 3:00-5:00 (Drop-in)  <u>Urban Hike w Tania</u> <u>Doors Open Toronto</u> <b>11:00 SHARP!</b>
<b>24/31</b> <b>Drop-in Hours</b> <b>11:00-3:00</b>	<b>25</b> <b>Drop-in Hours</b> <b>9:00-1:00</b>  <u>HepC Drop in</u> 10:00-12:00 (Nurses Office)  <u>Soccer</u> Sorauren Park 2:00-4:00	<b>26</b> <b>Drop-in Hours</b> <b>9:00-1:00</b>  <u>Mindfulness</u> 1:00-2:00  <u>Social Afternoon</u> 2:00-4:00	<b>27</b> <b>Drop-in Hours</b> <b>9:00-1:00</b>  <u>Smoking Cessation</u> 9:00-12:30 Check in with 2 <sup>nd</sup> floor reception  <u>Yoga</u> 1:00-2:00 (Auditorium)	<b>28</b> <b>Drop-in Hours</b> <b>9:00-1:00</b>  <u>Book Club</u> 1:00-3:00  <u>Music Jam</u> 2:00-4:00	<b>29</b> <b>Drop-in Hours</b> <b>12:30-4:30</b>  <u>Music Afternoon</u> 1:30-4:00  <u>Poetry Night</u> 6:00-8:00 (Auditorium)	<b>30</b> <b>Drop-in Hours</b> <b>11:00-3:00</b>  Knitting 1:00-3:00 (Auditorium)  <u>Art Group</u> 3:00-5:00 (Drop-in)