

# July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 1:30 Smart Consumer (Part 1) 2:30 Tuesdays with Ted	3	4 1:30 Smart Consumer (Part 2) 2:30 A Wellness Journey "Humour, Jokes, and Blunders"	5 9:30 Overview of Workshops and Community Resources	6
7	8	9 9:30 True2Life Lessons (Day 1 of 9) 2:30 Tuesdays with Ted	10 9:30 True2Life Lessons (Day 2 of 9)	11 9:30 True2Life Lessons (Day 3 of 9) 10:00 Budgeting Dollars and Sense 2:30 A Wellness Journey "Roads, Cars and Road Trips"	12 9:30 Overview of Workshops and Community Resources 1:00 Durham College Info Session & Tour	13
14	15	16 9:30 True2Life Lessons (Day 4 of 9) 10:00 Day School & Pathway Program Information Session 2:30 Tuesdays with Ted	17 9:30 True2Life Lessons (Day 5 of 9)	18 9:30 True2Life Lessons (Day 6 of 9) 2:30 A Wellness Journey "Love of Music"	19 9:30 Overview of Workshops and Community Resources	20
21	22 1:30 Managing Emotions	23 9:30 True2Life Lessons (Day 7 of 9) 2:30 Tuesdays with Ted	24 9:30 True2Life Lessons (Day 8 of 9) 2:30 Seneca College Information Session	25 9:30 True2Life Lessons (Day 9 of 9) 2:30 A Wellness Journey "Nature & Trees"	26 9:30 Overview of Workshops and Community Resources	27
28	29 1:30 Staying Ahead Connections	30 2:00 Centennial College Info Session & Tour 2:30 Tuesdays with Ted	31 2:00 OSAP Information Session			