RSVP November 2026 – 134 Anne St. S. Barrie

MONDAY	WEDNESDAY	FRIDAY
2 **Drop in Social** 9:00 – 10:00AM with Sean & Bee **Music Trivia** 10:00 – 11:00AM with Bee & Karalyn **Drop in Social** 11:00 – 12:00PM with Bee & Karalyn **Lighting and Mood** 12:00 – 1:00PM with Sean & Bee	**4** **Drop in Social** 9:00 – 10:00AM with Sharon & Ora **Circle of Control** 10:00 – 11:00AM with Ora & Sharon **Drop in Social** 11:00 – 12:00PM with Sean & Kat **Pictionary** 12:00 – 1:00PM with Kat & Sharon **Chair Yoga** 1:00 – 2:00PM with Karalyn & Sharon (Good Food Box Orders Due)	**6** **Drop in Social** 9:00 – 10:00AM with Teagan & Bee **Art Group** 10:00 – 11:00AM with Teagan & Kat **Drop in Social** 11:00 – 12:00PM with Bee & Kat **Nutrition Group** 12:00 – 1:00PM with Ora & Bee **Peers Supporting Peers** 1:00 – 2:00PM with Bee & Ora
9 **Drop in Social** 9:00 – 10:00AM with Sean & Bee **We Want to Hear from You** 10:00 – 11:00AM with Bee & Sean **Drop in Social** 11:00 – 12:00PM with Bee & Sean **Seven Pillars of Self-Care** 12:00 – 1:00PM with Karalyn & Bee	**11** **Drop in Social** 9:00 – 10:00AM with Kat & Sean **Song & Poem** 10:00 – 11:00AM with Sean & Kat **Drop in Social** 11:00 – 12:00PM with Ora & Sean **Visual Journal** 12:00 – 1:00PM with Kat & Ora **Chair Yoga** 1:00 – 2:00PM with Karalyn & Sean (Good Food Box Order Delivery)	**13** **Drop in Social** 9:00 – 10:00AM with Kat & Bee **Art Group** 10:00 – 11:00AM with Teagan & Kat **Drop in Social** 11:00 – 12:00PM with Kat & Bee **Nutrition Group** 12:00 – 1:00PM with & Ora & Bee **Building Boundaries** 1:00 – 2:00PM with Bee & Ora
16 **Drop in Social** 9:00 – 10:00AM with Sean & Karalyn **Bingo with Prizes** 10:00 – 11:00AM with Sean & Karalyn **Movie Day (Part 1)** 11:00 – 11:45AM with Sean & Karalyn (Intermission from 11:45AM-12:00PM) **Movie Day (Part 2)** 12:00 – 1:00PM with Sean & Karalyn 	**18** **Drop in Social** 9:00 – 10:00AM with Kat & Sean **Coping Over the Holidays** 10:00 – 11:00AM with Teagan & Kat **Drop in Social** With Birthday Cupcakes 11:00 – 12:00PM with Ora & Sean  **RSVP Program Updates!** **WITH FREE CHEESE PIZZA** **ATTENDANCE ENCOURAGED** 12:00 – 1:00PM with Staff **Men's Group** 1:00 – 2:00PM with Sean	**20** **Drop in Social** 9:00 – 10:00AM with Ora & Kat **Art Group** 10:00 – 11:00AM with Teagan & Kat **Drop in Social** 11:00 – 12:00PM with Kat & Lynne **Nutrition Group** 12:00 – 1:00PM with Ora & Kat **Jokes Groups** 1:00 – 2:00PM with Ora & Kat

MONDAY	WEDNESDAY	FRIDAY
23 **Drop in Social** 9:00 – 10:00AM with Sean & Bee **Music Group** (Bringing Instruments Encouraged) 10:00 – 11:00AM with Bee & Karalyn **Drop in Social** 11:00 – 12:00PM with Bee & Sean **Pastry Party & Hot Chocolate Tasting** $1 – Signup by Oct 18th 10:00AM 12:00 – 1:00PM with Karalyn & Bee 	**25** **Drop in Social** 9:00 – 10:00AM with Sharon & Sean **Emotions Iceberg** 10:00 – 11:00AM with Teagan & Ora **Drop in Social** 11:00 – 12:00PM with Sean & Sharon **Time Management** 12:00 – 1:00PM with Ora & Sharon **Women's Group** 1:00 – 2:00PM with Karalyn & Sharon	**27** **Drop in Social** 9:00 – 10:00AM with Bee & Kat **Art Group** 10:00 – 11:00AM with Teagan & Kat **Drop in Social** 11:00 – 12:00PM with Bee & Kat **Nutrition Group** 12:00 – 1:00PM with Ora & Bee **Barrie Through the Years** 1:00 – 2:00PM with Bee & Ora
30 **Drop in Social** 9:00 – 10:00AM with Sean & Bee **Love Languages** 10:00 – 11:00AM with Bee & Sean **Drop in Social** 11:00 – 12:00PM with Bee & Sean **Visual Trivia with Prizes** 12:00 – 1:00PM with Karalyn & Bee		

- Reception times **9:00 – 10:00AM ONLY**. **Sign-Up Binder** available always: **Sign-Ups required**
- **First Light at Sainte-Marie among the Hurons Trip is on Nov. 26th from 4:30pm – 8:30pm. Sign up and draw date is**
- **on Nov. 4th. Payment deadline Nov. 6th. Non-payment would result in giving up your spot to others signed up. Please**
- **see poster for details.**
- RSVP Remains popcorn, peanut, and nut free zone if you are bringing a lunch or snacks.
- Feel free to bring lunch if planning to stay for the entire day. Staff can direct you to the eating area in the RSVP space!
- Community-based outdoors groups will be moved back to 134 Anne St. South during poor weather (Warnings + Advisories)
- Rec Room Doors open at 9:00 AM. Doors are not open before this time. Early entry is not permitted; you may wait in reception after 8:30AM.
- Cleaning Tasks: At the end of each group the expectation is that everyone helps clean-up!
- Please exit the building within 15 minutes of groups ending for the day. Those who remain may be asked to wait outside.
- Please contact staff ahead of time if you have any questions or concerns regarding accessibility
- Program updates will continue to be provided at both "we want to hear from you" groups and once monthly during a drop-in social group as labelled

If you are interested in the Peer Support Program, please call 705-790-5792 for more information.
If you are interested in the RSVP program, please call 705-726-5033 ext. 438 for an intake appointment.