

Arts Hub & Rhizome – May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Morning Tea 10-12am	4
5	6 Morning Tea 10-12am	7 For the Love of Trees 2:30-4:00 6:30-8:00	8 Mindfulness for Beginners 8:30-9:00 am Morning Tea 10-12	9 Yoga 5:15-6:15 Meditation 6:30-7:00 <i>Rise to the Rhythm</i> @ Rhizome 5:30-7	10 Morning Tea 10-12am	11
12	13 Morning Tea 10-12am	14 For the Love of Trees 2:30-4:00 6:30-8:00	15 Mindfulness for Beginners 8:30-9:00 am Morning Tea 10-12	16 Restorative Yoga and Music 7:00-8:00	17 Morning Tea 10-12am	18
19	20 <i>Victoria Day Hub Closed</i>	21	22 Morning Tea 10-12am	23 Yoga 5:15-6:15 Meditation 6:30-7:00 <i>Rise to the Rhythm</i> @ Rhizome 5:30-7	24 Morning Tea 10-12am	25
26	27 Morning Tea 10-12am	28	29 Morning Tea 10-12am	30 Yoga 5:15-6:15	31 Morning Tea 10-12am	

Location: Arts Hub at 103-325 2nd Street South, Kenora, ON Rhizome at 240 Veterans Dr. rm. 004, Kenora. ON
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