



Community Wellness



# Quinte West Social Group



Usually 2nd & 4th Mondays at 10:30 am

Join us IN-PERSON to connect with others and try a fun activity!

**WHEN:** 2nd and 4th Monday of each month from 10:30 am—12:00 pm

**SPRING 2024**

**ACTIVITY:**

Wed. October 14 . . . . . Discussion about Spices & Foods

Mon. October 28 . . . . . Crafts

Mon. November 11. . . . . Show & Tell (e.g. share hobby or interest)

Mon. November 25. . . . . Crafts

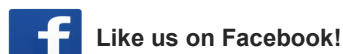
Mon. December 9... . . . . Crafts

Colouring always available.

**WHERE:** Quinte West Public Library, 7 Creswell Dr., Trenton

**FREE & Open to Everyone in the Community!**

Drop by on the 2nd or 4th Monday at 10:30 am or for more information:  
Call QW Library at **613-394-3381, ext. 3325** or BQWCHC at **613-965-0698**  
and press 0 for Reception



Website: [www.bqwchc.com](http://www.bqwchc.com)