

Sun	Mon	Tues	Wed	Thu	Fri	Sat
30	31	<p>Upcoming Program Information</p> <p>WMFRC Facebook page & www.cafconnection.ca</p>	<p>Check out & subscribe to our YouTube channel</p> <p>www.youtube.com</p>	<p>Follow us on Instagram!</p> <p>@wmfrc</p>		1
2	3	<p>Walk & Talk 9:00 AM</p>	<p>Book Club 7:00 PM</p>	6	7	8
9	10	<p>Walk & Talk 9:00 AM</p>	12	13	14	15
16	<p>Women's Group 11:00 AM</p>	<p>Walk & Talk 9:00 AM</p>	19	20	21	22
23	<p>Victoria Day WMFRC Closed</p>	<p>Walk & Talk 9:00 AM</p>	26	27	28	29