

## 2019 Women@Heart Group

| Group                    | 12 sessions period                     | Day | Time  | Location  |
|--------------------------|--|-----|-------|---|
| 1. Helen/<br>Nadia       | January 30- July 3, 2019               | Wed | 6-8   | Duke of Devonshire Retirement<br>1095 Carling Ave.              |
| 2. Marion/<br>Paula      | February 6- June 26, 2018              | Wed | 10-12 | Minto Recreation Center<br>3500 Cambrian Road, Barrhaven        |
| 3. Cora/<br>Susan        | February 12- July23, 2019              | Tue | 1-3   | Nepean art center<br>35 Stafford Rd, Bells Corners              |
| 4. Roxy                  | February 21– July 25, 2019             | Thu | 6-8   | Goulbourn Recreation Complex<br>1580 Shea, Stittsville          |
| 5. Jane                  | February 26- July 30, 2019             | Tue | 1-3   | Greenboro C.C<br>363 Lorry Greenberg Dr, Ottawa                 |
| 6. Gayl/<br>Laura Mc.    | February 27- July 31, 2019             | Wed | 10-12 | Archive Building – Centerpoint<br>100 Tallwood Drive, Nepean    |
| 7. Pam                   | March 27 – August 28, 2019             | Wed | 6-8   | Emerald Plaza Library<br>1547 Merivale road, Ottawa             |
| 8. Louise/<br>Jo-Anne    | March 28- August 29, 2019              | Thu | 10-12 | Cap-Sante<br>95 St-Raymond, Gatineau                            |
| 9. Anne La./<br>Shaheena | May 7- October 8, 2019                 | Tue | 1-3   | RA center<br>2451 Riverside Dr. Ottawa                          |
| 10. Joan/<br>Marlene     | May 29- October 30, 2019               | Wed | 1-3   | John G Mlacak C.C.<br>2500 Campeau Dr, Kanata                   |
| 11. Connie/<br>Diane     | September 12, 2019-February 27, 2020   | Thu | 1-3   | John G Mlacak C.C.<br>2500 Campeau Dr, Kanata                   |
| 12. Debbie               | September 17, 2019 – February 11, 2020 | Tue | 6-8   | Nepean art center<br>35 Stafford Rd, Bells Corners              |
| 13. Charlotte            | September 24, 2019- March 4, 2020      | Tue | 2-4   | Shenkman Arts (Old Town Hall)<br>255 Centrum Boulevard, Orléans |
| 14. Tina                 | October 3, 2019- March 13, 2020        | Thu | 6-8   | Greely Library<br>1448 Meadow Dr                                |
| 15. Lucie                | October 17, 2019-March 27, 2020        | Thu | 6-8   | Cap-Sante<br>95 St-Raymond, Gatineau                            |
| 16. Dianne<br>/Laura     | October 24, 2019- April 2, 2020        | Thu | 6-8   | Emerald Plaza Library<br>1547 Merivale road, Ottawa             |
| 17.                      |  |     |       |   |
| 18.                      |  |     |       |   |