

# July 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>CLOSED</b> 1  <b>CANADA DAY!</b>	2 11am -12pm: Morning Exercise 11pm - 4pm: Ceramics with Sr. Helen 4pm - 5pm: Preparing for Artisan Market (Riverdale Hub) outdoor Art show on 19/07/2025	3 11am - 12pm: Morning Exercise 11pm - 4pm: Ceramics with Sr. Helen 4pm - 5pm: Mindful Wellness	4 11am-12pm: Morning Exercise 1pm - 5pm: Sewing Workshop (Exploring Latin Technique Arpilleras)
7 11am - 12pm: Morning Exercise 1pm - 5pm: Salt and Chalk Workshop with Silvana	8 <b>OPEN</b> 12pm: Morning Exercise 3pm - 5pm: Texture Rubbing (exploring the neighborhood for different textures)	9 11am -12pm: Morning Exercise 11pm - 4pm: Ceramics with Sr. Helen	10 11am - 12pm: Salsa Dancing 11pm - 4pm: Ceramics with Sr. Helen 4pm - 5pm: Mindful Wellness	11 11am - 12pm: Morning Exercise 1pm – 5pm: Preparing for Artisan Market (Riverdale Hub) outdoor Art show on 19/07/2025
14 11am - 12pm: Morning Exercise 3pm - 4pm: Writing workshop	15 <b>CLOSED</b>	16 11am -12pm: Morning Exercise 11pm - 4pm: Ceramics with Sr. Helen	17 11am - 12pm: Morning exercises 11pm - 4pm: Ceramics with Sr. Helen 4pm – 5Pm: Mindful wellness	18 11am - 12pm: Morning Exercise 1pm - 5pm: Preparing for Artisan Market (Riverdale Hub) outdoor Art show on 19/07/2025
21 11am -12pm: Morning Exercise 2pm - 5pm: Artists' Talk	22 <b>OPEN</b> 12pm: Morning Exercise 3pm - 5pm: Personal projects	23 11am - 12pm: Morning Exercise 11pm - 4pm: Ceramics with Sr. Helen	24 11am - 12pm: Morning Exercise 11pm - 4pm: Ceramics with Sr. Helen 4pm - 5pm: Mindful Wellness	25 11am - 12pm: Morning Exercise 1pm - 5pm: Personal Projects
28 11am -12pm: Morning Exercise 3pm - 5pm: Writing Workshop	29 <b>CLOSED</b>	30 11am -12pm: Morning Exercise 11pm - 4pm: Ceramics with Sr. Helen	31 11am -12pm: Morning Exercise 11pm - 4pm: Ceramics with Sr. Helen 4pm - 5pm: Mindful Wellness	

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<https://goodshepherdcentres.ca/services/creativeworks/> Schedule subject to change