



## July 2018 - Seniors Drop in Centre At the Sundre Seniors Supportive Living Facility



### July 2018 Dates Of Interest

Tuesday 10:00 – 11:30am **Cancer Support Group** for those touched by cancer. Just drop in.

First Thursday of each month: 1:30 to 3:30pm **Caregiver Support Group**. "If you want to support others you have to stay upright yourself." (Peter Hoeg) **You are Welcome Here**

Join us on June 17 at 1:00pm for **Making Homemade Peach Jam**

Every Thursday at *NEW TIME* 10:00am **Walking Group**. Walking Poles are available.

We are still looking for volunteers that would like to share their **Traditional Family Recipes** with our **Cooking Program**. Call Laurie at 403.636.4200 ext 4045 – leave message.

**AHS Education Sessions** start again in August.

Check out our website to view the Drop In Centre monthly calendars. [www.mvsh.ca](http://www.mvsh.ca)

**Open Tuesday to Thursday  
9:00am to 3:45pm**

Open to seniors living in Sundre or surrounding communities. Join us for coffee, visiting, games and education sessions.

**Sundre Seniors Supportive Living Facility** at 749-6th Street, S.W. Sundre, AB  
Ph: 403-636-4200 ext 4045

**Our Vision** - We enhance lives by providing quality care and self-sustainable living through innovative leadership.

