



October 2018 Seniors Drop in Centre

At the Sundre Seniors Supportive Living Facility



**Open Tuesday to Thursday
9:00am to 3:45pm.** Stop in and
enjoy in the discussions of the day.

Open to seniors living in Sundre or
surrounding communities.

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

Check out our website to view the
Drop In Centre monthly calendars.
www.mvsh.ca.

October 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." *You are
Welcome Here.* (Peter Hoeg).

Oct. 4 – 1:30 – 2:30pm **AHS Supervised Exercise**
Information register at AHS 1-877-314-6997.

Oct. 10 & 24 – 9:30am **Exercise with Sages**
exercises for Seniors. For all levels.

Oct. 16 – 10:00am - noon. **Art Class** call GNP 403-
638-1011 to register.

Oct. 25 to Dec. 6. **Happiness Basics (7 Sessions)**
Thursdays 1:00 – 3:00pm Primary Care Network
(403) 507-0755 to register.

October 4th - **Walking Group** has moved in-doors
to the Community Centre 1:00pm. Walking Poles are
available.

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

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

