



## March 2020 Seniors Drop in Centre At the Sundre Seniors Supportive Living Facility



**Open Tuesday to Thursday  
9am to 3:45pm.** Stop in and  
enjoy 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](http://www.mvsh.ca)

Second & fourth Tuesday of each month at 10am **Cancer Support Group.**

First & Third Thursday of the month from 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).

**In Door Walking Group** 11:15am to 12:15pm each Thursday, Sundre Community Centre. Poles available.

March 12 at 2pm, **Palliative Care Meeting.**

**AHS Sessions** register at 1-877-314-6997:

March 2, 9 & 16 from 9:30am to noon **Diabetes Basics 4 Sessions**

March 24 from 1 to 3:30pm – **The Truth about What Works in Weight Management**

March 27 & Apr. 3 from 5 to 7pm – **Minding Stress: Effectively Reduce & Manage the Stress in Your Life**

PCN (Primary Care Network) Sessions register at 403-507-0755 Feb. 24 – Apr. 6 from 5 to 7pm – **Happiness Basics Series 7 Sessions**

March 18 from 10am to noon - **Art Class** register at Eventbrite or GNP 403-638-1011

March 26 from 1:30 to 3:30pm – **Drop in Grief Support Group** – supported by Sundre Palliative Care Assoc. Anyone dealing with any kind of grief is welcome to attend.

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

