



## November 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](http://www.mvsh.ca).

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).

Nov. 15 & 29, **AHS Diabetes Basics 2** Part Series,  
register with AHS 1-877-214-6997.

Nov. 16, 1-4pm **SSSLF Fall Fair**, Everyone Welcome.

Nov 21, 2 – 4pm **Let's Talk Advanced Care  
Planning** hosted by Palliative Care Assoc.

Nov, 7 & 21, 9:30am **Exercise with Sages**  
exercises for Seniors. For all levels.

Nov 20, **Art Class** 10am – Noon call GNP 403-638-  
1011 to register.

Nov. 22 & 23, 8:30 – 5:00pm **Mental Health First  
Aid** for Seniors Course register with GNP Eventbrite.

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

Nov. 24, 1 – 3pm **Fresh Christmas Centre Pieces**  
with Suzanna Ellis register with GNP Eventbrite.

Do you have any **Traditional Family Recipes** to  
share 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.

