

# Seniors Drop In Program—Sundre Site 2018



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
“April Fools” 1  	2	3  Parkinson’s Awareness Month	4  National Walking Day 9:00 a.m. Coffee Corner 10:00—11:30 a.m. AHS Label Reading 10:00 a.m. QiGong #8 Games/music/education Afternoon Refreshments	5  9:00 a.m. Coffee Corner Games/Cards/Education 1:30—3:30 p.m. Caregiver and Placement Support Group Games/music/education Afternoon Refreshments	6	7
8	9	10  National Farm Animals Day 9:00 a.m. Coffee Corner Games/Cards/Education 10:00 a.m. Cancer Support Group Games/music/education Afternoon Refreshments	11  9:00 a.m. Coffee Corner Afternoon Refreshments	12  National Licorice Day 9:00 a.m. Coffee Corner Cards/Education 2:00 p.m. Palliative Care Mtg. Games/music/education Afternoon Refreshments	13	14
15	16	17  9:00 a.m. Coffee Corner Games/Cards/Education 10:00 a.m. Cancer Support Group Games/music/education Afternoon Refreshments	18  National Animal Crackers Day 9:00 a.m. Coffee Corner Games/Cards/Education Games/music/education Afternoon Refreshments	19  9:00 a.m. Coffee Corner Games/Cards/Education Afternoon Refreshments	20	21
22  Earth Day	23	24  9:00 a.m. Coffee Corner Games/Cards/Education 10:00 to noon Art Class 10:00 a.m. Cancer Support Group 1:00—3:30 p.m. AHS Eating Away from Home and on Special Occasions Afternoon Refreshments	25  9:00 a.m. Coffee Corner Games/Cards/Education 12:30 p.m. Pot Luck dinner Afternoon Refreshments	26  Pretzel Day 9:00 a.m. Coffee Corner Games/Cards/Education Afternoon Refreshments	27	28
29	30					
AHS (Alberta Health Services) Workshops Register at 1-877-314-6997		Walking Group indoors at Sundre Community Gymnasium. Walking Poles available Walking Outdoors weather permitting	Programs are subject to change.	Watch for New Programs this month	Drop In Centre Open Tuesday to Thursday 9:00 a.m.—3:45 p.m.	