




**Seniors Drop In Program—Sundre Site
2018**



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<p>National Heart Month</p> 				<p>1</p> <p>9:00 a.m. Coffee Corner Games/Cards/Education</p> <p>1:30—3:30 p.m. Caregiver and Placement Support Group</p> <p>Games/music/education Afternoon Refreshments</p>	<p>2</p> <p>Ground Hog Day</p>	<p>3</p>
4	5	<p>6</p> <p>9:00 a.m. Coffee Corner Games/Cards/Education</p> <p>10:00 a.m. Cancer Support Group</p> <p>Games/music/education Afternoon Refreshments</p>	<p>7</p> <p>9:00 a.m. Coffee Corner Games/Cards/Education</p> <p>Afternoon Refreshments</p>	<p>8</p> <p>9:00 a.m. Coffee Corner Cards/Education</p> <p>2:00 p.m. Palliative Care Mtg.</p> <p>Games/music/education Afternoon Refreshments</p>	<p>9</p> <p>2018 Winter Olympics Begins Opening Ceremony TBA</p>	<p>10</p>	
<p>11</p> <p>Random Acts of Kindness Week</p>	12	<p>“Shrove Tuesday” 13</p> <p>9:00 a.m. Coffee Corner Games/Cards/Education</p> <p>10:00 a.m. Cancer Support Group</p> <p>Games/music/education Afternoon Refreshments</p>	<p>“Valentines Day” 14</p>  <p>9:00 a.m. Coffee Corner</p> <p>10:00 a.m. QiGong #1</p> <p>Games/Cards/Education</p> <p>Games/music/education Afternoon Refreshments</p>	<p>15</p> <p>9:00 a.m. Coffee Corner</p> <p>Games/Cards/Education</p> <p>Afternoon Refreshments</p>	16	17	
18	<p>19</p> <p>Family Day</p> 	<p>20</p> <p>9:00 a.m. Coffee Corner Games/Cards/Education</p> <p>10:00 to noon Art Class</p> <p>10:00 a.m. Cancer Support Group</p> <p>Games/music/education Afternoon Refreshments</p>	<p>21</p> <p>9:00 a.m. Coffee Corner</p> <p>10:00 a.m. QiGong #2</p> <p>Games/Cards/Education Afternoon Refreshments</p>	<p>22</p> <p>9:00 a.m. Coffee Corner</p> <p>Games/Cards/Education</p> <p>Afternoon Refreshments</p>	<p>23</p> <p>Personal Touch Fashions 2-5 p.m.</p>	24	
<p>9</p> <p>2018 Winter Olympics Begins Closing Ceremony TBA</p>	26	<p>27</p> <p>9:00 a.m. Coffee Corner Games/Cards/Education</p> <p>10:00 a.m. Cancer Support Group</p> <p>1:00—4:00 p.m. AHS Top 5 Tips to Reduce Calories</p> <p>Afternoon Refreshments</p>	<p>28</p> <p>9:00 a.m. Coffee Corner</p> <p>10:00 a.m. QiGong #3</p> <p>12:30 p.m. Pot Luck dinner</p> <p>Games/Cards/Education Afternoon Refreshments</p>	<p>2018 Winter Olympics Pyeong Chang, South Korea</p>			
	<p>QiGong—8 Week Program Call Linda at 403.636.0114 to register</p>	<p>Walking Group indoors at Sundre Community Gymnasium. Walking Poles available</p>	<p>Programs are subject to change.</p>	<p>Feb 9—25, 2018 Times for Televised Events TBA</p>		<p>Drop In Centre Open Tuesday to Thursday 9:00 a.m.—3:45 p.m.</p>	