

Seniors Drop In Program—Sundre Site 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Red Cross Month		Watch for New Programs this month		1 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	2	3
4	5	Oreo Cookie Day 6 9:00 a.m. Coffee Corner Games/Cards/Education 10:00 a.m. Cancer Support Group Games/music/education Afternoon Refreshments	7 9:00 a.m. Coffee Corner 10:00—11:30 a.m. AHS Nutrition Myths and Fad Diets 10:00 a.m. QiGong #4 1:00—2:30 p.m. PCN Stress Management #1 Afternoon Refreshments	International Women's Day 8 9:00 a.m. Coffee Corner Cards/Education 2:00 p.m. Palliative Care Mtg. Games/music/education Afternoon Refreshments	9	10
Time Change 11 	12	Good Samaritan Day 13 9:00 a.m. Coffee Corner Games/Cards/Education 10:00 a.m. Cancer Support Group Games/music/education Afternoon Refreshments 7:00—9:00 p.m. Palliative Care Education Wills and Personal Directives	14 9:00 a.m. Coffee Corner 10:00 a.m. QiGong #5 Games/Cards/Education 1:00—2:30 p.m. PCN Stress Management #2 Games/music/education Afternoon Refreshments	15 9:00 a.m. Coffee Corner Games/Cards/Education Afternoon Refreshments	16	St. Patrick's 17 
18	19	 Spring Begins 20 9:00 a.m. Coffee Corner Games/Cards/Education 10:00 to noon Art Class 10:00 a.m. Cancer Support Group Games/music/education Afternoon Refreshments	21 9:00 a.m. Coffee Corner 10:00 a.m. QiGong #6 Games/Cards/Education 1:00—2:30 p.m. PCN Stress Management #3 Afternoon Refreshments	22 9:00 a.m. Coffee Corner Games/Cards/Education Afternoon Refreshments	23	24
9	26	27 9:00 a.m. Coffee Corner Games/Cards/Education 10:00 a.m. Cancer Support Group Afternoon Refreshments 1:00—3:30 pm. AHS Including Physical Activity in Your Day	Black Forest Cake Day 28 9:00 a.m. Coffee Corner 10:00 a.m. QiGong #7 12:30 p.m. Pot Luck dinner 1:00—2:30 p.m. PCN Stress Management #4 Games/Cards/Education Afternoon Refreshments	29 9:00 a.m. Coffee Corner Games/Cards/Education Afternoon Refreshments	30 Good Friday	31
AHS (Alberta Health Services) Workshops Register at 1-877-314-6997	PCN (Primary Care Network) Stress Management Series (4 weeks) Register with Kerri at 403-507-0755	Walking Group indoors at Sundre Community Gymnasium. Walking Poles available	Programs are subject to change.	National Kidney Month	Drop In Centre Open Tuesday to Thursday 9:00 a.m.—3:45 p.m.	