

Seniors Drop In Program—Sundre Site 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Diabetes Awareness Month Osteoporosis Month	Family Violence Prevention Month	1 9:00 a.m. Morning Coffee 10:00—11:30 a.m. AHS Stress Less Games/Cards/Education Afternoon Refreshments	Devilled Egg Day 2 9:00 a.m. Morning Coffee 10:00 a.m. Cancer Support Group 1:30—3:30 p.m. Caregiver and Placement Support Group 1:00 p.m. Walking Group	3	3
3	3	7 9:00 a.m. - Morning Coffee Games/Cards/Education 1:30 p.m. Travel Video Afternoon Refreshments	8 9:00 a.m. Morning Coffee Games/Cards/Education 1:30 p.m. Osteoporosis Video Afternoon Refreshments	“Wear RED” 9 9:00 a.m. Morning Coffee Group 10:00 a.m. Cancer Support Group 1:00 p.m. Walking Group Game/Music/Education	10 SSSLF Remembrance Day Service 9:30 a.m. coffee 10:00 a.m. Service	 11
12	13	World Diabetes Day 14 9:00 a.m. Morning Coffee Games/Cards/Education 2:00 p.m. Palliative Care Mtg 1:30 p.m. – Diabetes Video Afternoon Refreshments	15 9:00 a.m. Morning Coffee Games/Cards/Education Game/Music/Education Afternoon Refreshments	16 9:00 a.m. Morning Coffee Group 10:00 a.m. Cancer Support Group 1:00 p.m. Walking Group Game/Music/Education Afternoon Refreshments	17 SSLF Christmas Market 1-4 p.m. (Activity Alley, Bistro Lounge and Day Area)	18
19	20	World Hello Day 21 9:00 a.m. Morning Coffee Games/Cards/Education 10:00 a.m.—Noon Art Class 1:30 p.m. Travel Video Afternoon Refreshments	22 9:00 a.m. Morning Coffee Games/Cards/Education Game/Music/Education Afternoon Refreshments	23 9:00 a.m. Morning Coffee Group 10:00 a.m. Cancer Support Group 1:00 p.m. Walking Group Game/Music/Education Afternoon Refreshments	24	25
26	27	French Toast Day 28 9:00 a.m. Morning Coffee Games/Cards/Education 11:00 a.m. Walking Group 1:30 p.m. Travel Video Afternoon Refreshments	Square Dance Day 29 9:00 a.m. Morning Coffee Games/Cards/Education 10:30 a.m. Make Fruit cake for Christmas 1:00—3:30 p.m. AHS Diabetic Basics Series—Session 1 Afternoon Refreshments	30 9:00 a.m. Morning Coffee Group 10:00 a.m. Cancer Support Group 1:00 p.m. Walking Group Game/Music/Education Afternoon Refreshments		
	AHS workshop registration to 1-877-314-6997	Walking Groups indoors at Sundre Community Centre Gymnasium	Programs are subject to change.	Walking Poles are available for Thursday Walking Groups Free to use	Drop In Centre Hours Tuesday -Wednesday -Thursday 9:00 a.m. to 3:45 p.m.	