



September 2018 Seniors Drop in Centre At the Sundre Seniors Supportive Living Facility



**Open Tuesday to Thursday
9:00am to 3:45pm.**

Open to seniors living in Sundre or surrounding communities. Join us for coffee, visiting, games and education sessions.

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.

September 2018 Dates Of Interest

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." (Peter Hoeg) **You are Welcome Here.**

Sept 18, **Art Class** 10:00am – Noon call GNP 403-638-1011 for availability.

Sept 18, Let's Talk About: 7:00 – 9:00pm **Preparing Wills, Personal Directives and Power of Attorneys.**

Sept. 27 to Oct 18, **Stress Management Group** (4 Sessions) Thursdays 1:00 – 3:00 p.m. Primary Care Network.

Every Thursday at *NEW TIME* 10:00am **Walking Group**. Walking Poles are available.

We are still looking for volunteers that would like to share their traditional family recipes 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.

