




# Seniors Drop In Program—Sundre Site 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 9:00 a.m. - Morning Coffee Games/ Cards/ Education 1:30—3:30 p.m. AHS Diabetes Basics Part 2 1:30 p.m. Travel Video Afternoon Refreshments	6 9:00 a.m. Morning Coffee 10:00—11:30 a.m. AHS Healthy Holiday Eating Games/ Cards/ Education Afternoon Refreshments	7 <b>“Pearl Harbor Day”</b> 9:00 a.m. Morning Coffee Group <b>10:00 a.m. Cancer Support Group</b> 1:00 p.m. Walking Group <b>1:30—3:30 p.m. Caregiver and Placement Support Group</b> Game/ Music/ Education Afternoon Refreshments	8	9
10	11	12 9:00 a.m. Morning Coffee 10:00 a.m. Christmas Craft Games/ Cards/ Education 2:00 p.m. Palliative Care Mtg Afternoon Refreshments	13 <b>“Ice Cream Day”</b> 9:00 a.m. Morning Coffee Games/ Cards/ Education 1:30—3:30 p.m. AHS Diabetes Basics Part 3 Game/ Music/ Education Afternoon Refreshments	14 9:00 a.m. Morning Coffee Group <b>10:00 a.m. Cancer Support Group</b> <b>1:00 p.m. Walking Group</b> Game/ Music/ Education	15	16
17	18	19 9:00 a.m. Morning Coffee  Noon—Christmas Pot Luck Afternoon Visiting and Games	20 9:00 a.m. Morning Coffee Games/ Cards/ Education <b>1:30 p.m. Christmas Movie</b> Afternoon Refreshments	21 <b>“Winter Solstice”</b> 9:00 a.m. Morning Coffee Group <b>10:00 a.m. Cancer Support Group</b> <b>1:00 p.m. Walking Group</b> Game/ Music/ Education Afternoon Refreshments	22	23
24	25 	26 <b>Boxing Day</b> <b>Closed</b> 	27 <b>Closed</b>	28 <b>Closed</b>	29	30
31 	AHS workshop registration to 1-877-314-6997	Walking Groups indoors at Sundre Community Centre Gymnasium	Programs are subject to change.	<b>Walking Poles are available for Thursday Walking Groups Free to use</b>	<b>Drop In Centre Hours Tuesday -Wednesday -Thursday 9:00 a.m. to 3:45 p.m.</b>	