

**Seniors Drop In Program—Sundre Site  
2017**

# OCTOBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 9:00 a.m. - Noon Morning Coffee	4 9:00 a.m. Morning Coffee 10:00—11:30 a.m. AHS Menu Planning  1:00—2:30 p.m. PCN Stress Management Part 4	5 <b>Do Something Nice Day</b> 9:00 a.m. Morning Coffee 10:00 a.m. Cancer Support Group  1:30—3:30 p.m. Caregiver and Placement Support Group	6	7
		10 <b>World Mental Health Day</b> 9:00 a.m. - Noon Morning Coffee	11 9:00 a.m. Morning Coffee	12 <b>Old Farmers Day</b> 9:00 a.m. Morning Coffee 10:00 a.m. Cancer Support Group  1:00 p.m. Walking Group	13	14
			17 <b>Laurie Back</b> 9:00 a.m. Meet & Greet Games/Cards/Education 10:00 a.m.—Noon Art Class  Game/Music/Education/Travel Video Afternoon Refreshments	18 9:00 a.m. Meet & Greet Games/Cards/Education  Game/Music/Education Afternoon Refreshments	19 9:00 a.m. Morning Coffee group 10:00 a.m. Cancer Support Group  1:00 p.m. Walking Group	20
22	23	24 9:00 a.m. Morning coffee group Games/Cards/Education  Game/Music/Education/Travel Video Afternoon Refreshments	25 9:00 a.m. Morning Coffee group Games/Cards/Education  Game/Music/Education Afternoon Refreshments	26 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	27	28
29	30		31 <b>Happy Halloween</b> 9:00 a.m. Meet & Greet Games/Cards/Education 11:00 a.m. Walking Group  Game/Music/Education/Travel Video Afternoon Refreshments			
AHS workshop registration to 1-877-314-6997		Walking Group weather permitting	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.	