

March 2020

ALL PROGRAMMING SUBJECT TO CHANGE.
PLEASE CALL JACQUIE AT 519-797-3336 EXT 1010 OR TANIA AT 519-797-3336 EXT 1007



Monday	Tuesday	Wednesday	Thursday	Friday
2 Falls Prevention 2-3pm	3 Craft & Lunch 11:30-1pm	4 Breakfast- Brunch 10-11:30am Aqua Fit 1-4pm	5 Falls Prevention 10:30-11:30am	6 Shopping
9 Staff Meeting 9-10:30 Falls Prevention 2-3pm	10 Craft & Lunch 11:30-1pm	11 Aqua Fit 1-4pm	12 ~GOOD FOOD BOX~ Falls Prevention 10:30-11:30am	13 Shopping
16 Falls Prevention 2-3pm	17 Craft & Lunch 11:30-1pm	18 Breakfast- Brunch 10-11:30am Aqua Fit 1-4pm	19 Falls Prevention 10:30-11:30am Diabetic Lunch & Learn	20 Shopping
23 Falls Prevention 2-3pm	24 Elders Lunch & Bingo 12:00- 3pm	25 Aqua Fit 1-4pm	26 Falls Prevention 10:30-11:30am	27 Shopping
30 Senior Social 12:00-1:30 Falls Prevention 2-3pm	31 Craft & Lunch 11:30-1pm			

Diabetic Lunch & Learn with Wendy Gregory & Renee Young from SOAHAC. March 19th 2020 from 11:30-1pm

Aqua Fit will be held every Wednesday for the month of March.

Hair Care with Krista available Wednesdays, please call Krista at (519) 374-4466

Good Food Box will be available Thursday March 12th

One On One Visits will be available on Mondays & Thursdays, please call Jacquie to set up a time

