 December 2018 Program Calendar

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| Su | Mon | Tues | Wed | Thurs | Fri | Sat |
|   |    |     |    |    |  | 1 |
| 2 | 3 Reiki 10-1Spa Day 12-1Aromatherapy 1:30-2:30Afternoon Tea 2-3Aromatherapy 3-4  | 4Time Out Care Aware 10:30-12Wellness Drawing 1-2:30Men’s Group 1-3 Reiki 4-6 | 5Walk With Me 10-11:30Playing with Colours 10-12Reflexology 12:30-3Volunteer Support 3-4:30St John’s Therapy Dogs 6-7 Grief Group 6:30-8 | 6 Yoga Fit 8–9Yoga Fit 9:15–10:15Volunteer Support 11-12:30Meditation 5-6:30Baking With Cheryl 6:30-8 | 7Feel Good Friday 10-12Euchre 1-3  | 8 |
| 9 | 10 Reiki 10-1Aromatherapy 1:30-2:30Lunch & Learn 12-1ALSAfternoon Tea 2-3Aromatherapy 3-4  | 11Circle of Hope 12-1:30Wellness Drawing 1-2:30Reiki 4-6 | 12Walk With Me 10-11:30Playing with Colours 10-12Volunteer Support 3-4:30St John’s Therapy Dogs 6-7 | 13 Yoga Fit 8–9Yoga Fit 9:15–10:15Volunteer Support 11-12:30Caregivers Lunch 1-3Come Sing Along 1-3**MHH OPEN HOUSE 2-7**Drumming Demo 4-5Grieving Parents Gr 6-7:30 | 14Feel Good Friday 10-12Euchre 1-3   | 15 |
| 16 | 17 Reiki 10-1Spa Day 12-1Aromatherapy 1:30-2:30Afternoon Tea 2-3Aromatherapy 3-4  | 18Wellness Drawing 1-2:30Men’s Group Xmas Lunch12-2Reiki 4-6 | 19Walk With Me 10-11:30Playing with Colours 10-12Staff Appreciation 11-3Volunteer Support 3-4:30St John’s Therapy Dogs 6-7 Grief Group 6:30-8 | 20 Yoga Fit 8–9Yoga Fit 9:15–10:15Volunteer Support 11-12:30Learning Seminar 1:30-3Falls PreventionMeditation 5-6:30Baking With Cheryl 6:30-8 | 21Feel Good Friday 10-12Euchre 1-3   | 22 |
| 23 | 24Afternoon Tea 2-3Christmas Eve | 25  Christmas Day | 26 Boxing Day | 27Caregivers Drop-In 10:30-12 Meditation 5-6:30 | 28Feel Good Friday 10-12Euchre 1-3  | 29 |
| 30 | 31Programs for Residents Pre-register for programs in red Open/drop-in for programs in blue Learning Seminars are open to community Lunch & Learns are Volunteer Training Sessions, RSVPAfternoon Tea 2-3  |