 December 2018 Program Calendar

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