

Hope Centre Health Care

MAY 2019

MONDAY – FRIDAY

9 am to Noon & 1 – 4pm

WEDNESDAY

10 am to Noon & 1—4 pm

240 POWERS STREET

Phone: 204 589 8354

MONDAYS: *Wpg Harvest Food Bank* 1:30 - 3: 00 pm Call to register: 204 982 3660

MONDAYS: *Finding Balance-Painting class* 1:30 -3: 00.pm Call Judy or Jacquie to sign up.

(Space limited)

1:30 -2:00 pm Drop in for FREE Exercise

Call for info @ 204 949 5350

1:30 –3:00 pm Drop in for a Grandparent 's gathering

11:00 –11:30 am Drop in or call 204 589 8354

11:00 –12:00 am (only on May 10th)

TUESDAYS: *Stretch & Bike*

WEDNESDAY: *Healthy Start*

Thursday: *Kookum & Mooshum*

FRIDAY: *Yoga / Drumming*

FRIDAY: *Lunch & Learn*

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Healthy Start	2 Kookum & Mooshum Group	3 Yoga Drumming	4
5	6	7 Stretch & Bike	8 Healthy Start	9 Kookum & Mooshum Group	10 LUNCH & LEARN @ 11—12 am	11
12	13 Finding Balance WPG Harvest Food Bank	14 Stretch & Bike	15 Healthy Start	16 Kookum & Mooshum Group	17 Yoga Drumming	18
19	20 CLOSED	21 Stretch & Bike	22 Healthy Start	23 Kookum & Mooshum Group	24 Yoga Drumming	25
26	27 Finding Balance (Drop In) WPG Harvest Food Bank	28 Stretch & Bike	29 Healthy Start	30 Kookum & Mooshum Group	31 Yoga Drumming	
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