

Hope Centre Health Care

240 POWERS STREET
PHONE: 204 589 8354

MONDAY – FRIDAY

9 am to Noon & 1 – 4pm

WEDNESDAY

10 am to Noon & 1–4 pm

MONDAYS: *Wpg Harvest Food Bank*

1:30 - 3:00 pm Call to register: 204 982 3660

TUESDAYS: *Stretch & Bike*

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

WEDNESDAY: *Healthy Start*

Call for info @ 204 949 5350

THURSDAYS: *Kookun & Mooshum Drop—In*

Drop in for a Grandparent Gathering

FRIDAY: *Chair drumming & Chair Yoga:*

11:00 - 11:30 Drop in for FREE Exercise

FRIDAY: *Diabetes Educator*

Call for an appointment @ 204 589 8354

OCTOBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Wpg Harvest Food</i>	2 Stretch & Bike	3 Healthy Start	4 Kookum & Mooshum Drop-in	5 Chair drumming Chair Yoga Diabetes Educator	6
7	8 CLOSE D	9 Stretch & Bike	10 Healthy Start	11 Kookum & Mooshum Drop-in	12 Nutrition Bingo Diabetes Educator	13
14	15 <i>Wpg Harvest Food Bank</i>	16 Stretch & Bike	17 Healthy Start	18 Kookum & Mooshum Drop-in	19 Chair drumming Chair Yoga Diabetes Educator	20
21	22	23 Stretch & Bike	24 Healthy Start	25 Kookum & Mooshum Drop-in	26 Chair drumming Chair Yoga Diabetes Educator	27
28	29 <i>Wpg Harvest Food Bank</i>	30 Stretch & Bike	31 Healthy Start			