

MONDAYS: *Wpg Harvest Food Bank*

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

TUESDAYS: *Bannock Making*

9:30 - 12:00 & 1 - 3pm - Drop-in for FREE
Bannock Making

WEDNESDAY: *Heathy Start*

Call for info @ 204 949 5350

THURSDAY: *Kookum & Mooshum*

1:30—3:00pm Grandparents Drop-in
For more info call Brenda or Maggie @
204 589 8354

FRIDAY: *Chair Yoga/ Chair Pilates*

11:30am —12noon / 10:30—12 noon for cooking Class
Diabetes Educator: call for an
appointment @ 204 589 8354

MAY 2018

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Bannock Making	2 Healthy Start	3 Kookum & Mooshum Group	4 Chair Yoga/Chair Pilates	5
6	7	8 Bannock Making	9 Healthy Start	10 Kookum & Mooshum Group	11 Chair Yoga/Chair Pilates	12
13	14 Harvest Food Bank	15 Bannock Making	16 Healthy Start	17 Kookum & Mooshum Group	18 Chair Yoga/Chair Pilates	19
20	21 CLOSED Victoria Day	22 Bannock Making	23 Healthy Start	24 Kookum & Mooshum Group	25 Cooking Class Please Register	26
27	28 Harvest Food	29 Bannock Making	30 Healthy Start	31 Kookum & Mooshum Group Wind-up		