

Hope Centre Health Care

MARCH 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)

TUESDAYS: *Stretch & Bike*

WEDNESDAY: *Healthy Start*

Thursday: *Kookum & Mooshum*

FRIDAY: *Yoga / Drumming*

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

1:30 -2:00 pm Drop in or call 204 589 8354

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Yoga Drumming	2
3	4 Wpg Harvest Food Bank	5 Stretch & Bike	6 Healthy Start	7 Kookum & Mooshum Group	8 Nutrition Bingo 11:00–11:30	9
10 Daylight Saving Time	11 Finding Balance (Sign up)	12 Stretch & Bike	13 Healthy Start	14 Kookum & Mooshum Group	15 Yoga Drumming	16
17 St Patrick's Day	18 Wpg Harvest Food Bank	19 Stretch & Bike	20 Spring begins Healthy Start	21 Kookum & Mooshum Group	22 Yoga Drumming	23
24 31	25 Finding Balance (Drop In)	26 Stretch & Bike	27 Healthy Start	28 Kookum & Mooshum Group	29 Yoga Drumming	30