

# Hope Centre Health Care

APRIL 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 Jacque to sign up.  
(Space limited)

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

Call for info @ 204 949 5350

**TUESDAYS:** *Stretch & Bike*

**WEDNESDAY:** *Healthy Start*

**Thursday:** *Kookum & Mooshum*

**FRIDAY:** *Yoga / Drumming*

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 WPG Harvest Food Bank	2 Stretch & Bike	3 Healthy Start	4 Kookum & Mooshum Group	5 Yoga Drumming	6
7	8	9 Stretch & Bike	10 Healthy Start	11 Kookum & Mooshum Group	12 Nutrition Bingo 11:00–11:30 am	13
14	15 Finding Balance WPG Harvest Food Bank	16 Stretch & Bike	17 Healthy Start	18 Kookum & Mooshum Group (Wind-up)	19 <b>CLOSED</b> <b>GOOD FRIDAY</b>	20
21	22 <b>CLOSED</b> EASTER MONDAY	23 Stretch & Bike	24 Healthy Start	25	26 Yoga Drumming	27
28	29 Finding Balance (Drop In) WPG Harvest Food Bank	30 Stretch & Bike				30
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