

HOPE CENTRE HEALTH CARE

JUNE 2019



MONDAYS: *Wpg Harvest Food Bank*

1:30 - 2: 30 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

Thursday: *Kookum & Mooshum*

1:30 –3:00 pm Drop in for a Grandparent 's gathering. Last day is June 6th

Thursday: *Children ' s Summer Program*

There will be REGISTRATION @ 12—12:30pm

Friday: *Kekinan Centre*

Chair Exercises For residents

MONDAY – FRIDAY

9 am to Noon & 1 – 4pm

WEDNESDAY

10 am to Noon & 1—4 pm

240 POWERS STREET

Phone: 204 589 8354

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Stretch & Bike	5 Healthy Start	6 Kookum & Mooshum Group Wind up	7 Kekinan Centre Stretch & Bike	8
9	10 Food Bank	11 Stretch & Bike	12 Healthy Start	13	14 Kekinan Centre Stretch & Bike	15
16	17	18 Stretch & Bike	19 Healthy Start (Last day at Hope Centre)	20 Children's Summer Program Registration	21 Aboriginal Day Kekinan Centre	22
23	24 Food Bank	25 Stretch & Bike	26	27	28 Kekinan Centre Stretch & Bike	29
30		Last class				