

Hope Centre Health Care -September 2019

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 - 2: 30pm 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. First day is

Sept 19th

Friday: *Kekinan Centre*

Chair Exercises For residents

FRIDAY: *Yoga / Drumming*

11 -11:30 am. Drop in for FREE Yoga &

Drumming.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLOSED <i>Labor Day</i>	3 	4 Healthy Start	5	6	7
8	9 Food Bank	10 Stretch & Bike	11 Healthy Start	12 	13	14
15	16	17 Stretch & Bike	18 Healthy Start	19 Kookum & Mooshum Group	20 Kekinan Centre Stretch & Bike	21
22	23 Food Bank	24  Stretch & Bike	25 Healthy Start	26 Kookum & Mooshum Group	27 Kekinan Centre Stretch & Bike Yoga Drumming	28
29	30					