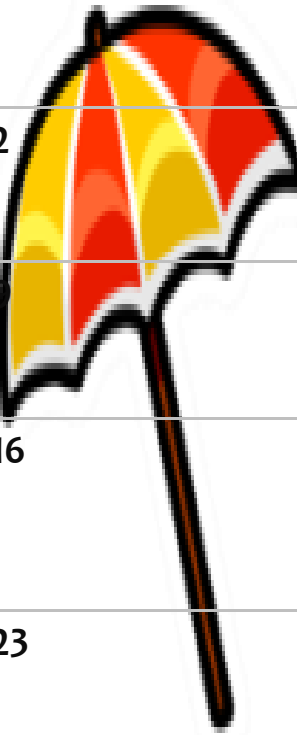







July 2017 Grand Bend Area CHC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
						1 Happy Canada Day Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30	
	2 3 July Holiday Centre Closed	4 Port Franks Ex 9-10 am Evening Exercise in Grand Bend CHC 6-6:45 pm	5 Savanna Strollers 9:30 Please meet in the Lambton Heritage Museum parking lot	6 Coffee Time GB 10am Minds in Motion: 9:30-11:30 Functional Fitness 1-2 pm Evening Exercise 6-6:45 pm	7	8 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30	
	9	10 Alzheimer Support 1:00 pm & 7 pm Functional Fitness 1-2 pm	11 Port Franks Ex 9-10 am Evening Exercise GBACHC 6-6:45 pm	12 Savanna Strollers 9:30 Please meet in the Lambton Heritage Museum parking lot	13 Coffee Time Thedford 10am Minds in Motion: 9:30-11:30 Functional Fitness 1-2 pm Evening Exercise 6-6:45 pm	14	15 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30
	16	17 Functional Fitness 1-2 pm GBACHC 	18 Port Franks Ex 9-10 am Adventures in Cooking for Kids!!!! GBACHC call 519-238-1556 X222. Evening Exercise GBACHC	19 Savanna Strollers 9:30 Please meet in the Lambton Heritage Museum parking lot	20 Coffee Time GB 10am Minds in Motion: 9:30-11:30 Functional Fitness 1-2 pm Evening Exercise 6-6:45 pm		22 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30
	23	24 Functional Fitness 1-2 pm GBACHC	25 Port Franks Ex 9-10 am Adventures in Cooking GBACHC call 519-238-1556 X222 Exercise GBACHC 6pm 6-6:45 pm	26 Savanna Strollers 9:30 Please meet in the Lambton Heritage Museum parking lot Men Can Cook 10-1 pm	27 Coffee Time Thedford 10am Functional Fitness 1-2 pm Evening Exercise 6-6:45 pm BP Clinic 2-4 GB	28	29 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30
	30	31 Functional Fitness 1-2 pm GBACHC				For more information Contact Cindy Maxfield	519-238-1556 x 231 Or cmaxfield@gbchc.com

