

January 2018 Grand Bend Area Community Health Centre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Centre Closed 	2	3 Savanna Strollers 9:20. Pinery Provincial park, Please meet at the Lambton Heritage Museum parking lot to car pool into the park.	4 Evening Exercise 6 pm Movie Night 7:30 pm. Movie is "A United Kingdom" true story of King Seretes Khama	5 	6 Saturday Cardio 10- 10:45 am Walk In Clinic 9-11:30
7 	8 Grand Bend Exercise 9:00 am, 11:00 a.m. & 1:00pm Alzheimer Support 1 & 7	9 PF Line Dancing 8:30 PF Exercise 9:00 a.m. Evening Exercise GB 6:00 pm	10 Savanna Strollers 9:20 meet at Museum parking lot	11 PF LD & Ex 8:30 & 9am, 9:00 am, 11:00 a.m. & 1:00pm & 6 pm. GBACHC	12	13 Saturday Cardio 10- 10:45 am Walk In Clinic 9-11:30
14	15 Grand Bend Exercise 9:00 am, 11:00 a.m. & 1:00pm	16 PF Line Dancing 8:30 PF Exercise 9:00 a.m. Evening Exercise GB 6:00 pm	17 Savanna Strollers 9:20. <u>Lung Health Education</u> 1:30-2:30 p.m. Board room GBACHC.	18 PF LD & Ex 8:30 & 9am, 9:00 am, 11:00 a.m. & 1:00pm & 6 pm. GBACHC	19	20 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30
21	22 Grand Bend Exercise  9:00 am, 11:00 a.m. & 1:00pm Coping with Grief Through the Holidays 2-3:30 pm Contact Mickey Gurbin 519-238-1556 x 223	23 PF Line Dancing 8:30 PF Exercise 9:00 a.m. Evening Exercise GB 6:00 pm 	24 Savanna Strollers 9:20. Afternoon Movie "Front Runners" 2 pm In Community Room For this free movie presented by the Huron Shores United Church	25 PF LD & Ex 8:30 & 9am, 9:00 am, 11:00 a.m. & 1:00pm & 6 pm. GBACHC B. P. Clinic 2-4 pm Adult Day Minds In Motion Starts 2:30pm. Call Alzheimers Huron at 519-482-1482	26 	27 Saturday Cardio 10- 10:45 am Walk In Clinic 9-11:30
28 	29 Grand Bend Exercise 9:00 am, 11:00 a.m. & 1:00pm Parkinson support 2.00 pm In Adult Day wing	30 PF Line Dancing 8:30 Exercise 6 pm Grand Bend CHC	31 Savanna Strollers 9:20. Savanna Strollers 9:20. Men Can Cook 10-1pm		For More information on any of these programs contact Cindy Maxfield Health Promoter 519-238-1556 ext 231	