








# November 2017 GRAND BEND AREA COMMUNITY HEALTH CENTRE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	For More information on any of these programs contact Cindy Maxfield Health Promoter 519-238-1556 ext 231		<b>1</b> Savanna Strollers 9:20. Pinery Provincial park, Please meet at the Lambton Heritage Museum parking lot to car pool into the park.	<b>2</b> PF LD & Ex 8:30 & 9am, GB Ex 9 9:00 am, 11:00 a.m. & 1:00pm In Community Room. Evening 6 pm <b>Movie: "Manchester By the Sea" 7:30 pm Community Room</b>	<b>3 Persistent Pain</b> Management Program 10-12 in Community Room 	<b>4</b> Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30
<b>5</b>	<b>6</b> Grand Bend Exercise 9:00 am, 11:00 a.m. & 1:00pm <b>Alzheimer Support 1 &amp; 7</b>	<b>7 PF Line Dancing 8:30</b> <b>PF Exercise 9:00 a.m.</b> Evening Exercise GB 6:00 pm	<b>8</b> Savanna Strollers 9:20. Different hiking trail every week	<b>9</b> PF LD & Ex 8:30 & 9am, GB Ex 9:00 am, 11:00 a.m. & 1:00pm In Community Room. Evening Exercise 6 pm	<b>10 Persistent Pain</b> Management Program 10-12 in Community Room	<b>11 Sat Cardio 10</b> Walk In 9-11:30 Remembrance Day 
<b>12</b>	<b>13</b> <b>Centre Closed</b>	<b>14</b> PF Line Dancing 8:30 PF Exercise 9:00 a.m. Evening Exercise GB 6:00 pm	<b>15</b> Savanna Strollers 9:20. <b>Lung Health Education</b> 1:30-2:30 p.m. Board room GBACHC. Michael	<b>16</b> PF LD & Ex 8:30 & 9am, GB Ex 9:00 am, 11:00 a.m. & 1:00pm In Community Room. Evening Exercise 6 pm	<b>17 Persistent Pain</b> Management Program 10-12 <b>Resistant Band Class 1-3 pm</b>	<b>18</b> Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30
<b>19</b>	<b>20</b> Grand Bend Exercise 9:00 am, 11:00 a.m. & 1:00pm	<b>21</b> PF Line Dancing 8:30 PF Exercise 9:00 a.m. Evening Exercise GB 6:00 pm	<b>22</b> Savanna Strollers 9:20 meet at Museum parking lot 	<b>23</b> PF LD & Ex 8:30 & 9am. GB Ex 9:00 am, 11:00 a.m. & 1:00pm In Community Room. Evening Exercise	<b>24</b> 	<b>25 Sat Cardio 10</b> Walk In 9-1130
<b>26</b>	<b>27</b> Grand Bend Exercise 9 & 11 <b>Finding Balance 12:30 a Lunch &amp; Learn for Falls Prevention call 519-238-1556 ext. 241</b>	<b>28</b> PF Line Dancing 8:30 PF Exercise 9:00 a.m. Evening Exercise GB 6:00 pm <b>Parkinson support 1:30pm Community Room</b>	<b>29</b> Savanna Strollers 9:20. <b>Men Cook 10-1</b> 	<b>30</b> PF LD & Ex 8:30 & 9am, GB Ex 9:00 am, 11:00 a.m. & 1:00pm, Evening 6 pm in Community room <b>B. P. Clinic 2-4 pm Adult Day</b>	<b>november is diabetes awareness month</b> 