





# June 2017 Grand Bend Area CHC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
For more Information Contact Health Promoter Cindy Maxfield 519-238-1556 x231				1 Coffee Time GB 10am <b>Minds in Motion: Starts 9:30-11:30</b> Functional Fitness 1-2 pm Evening Exercise 6-6:45 pm <b>Movie Night: "Denial" 7:30</b>	2 	3 <b>Saturday Cardio 10-10:45 am</b> Walk In Clinic 9-11:30 
4	5 <b>Alzheimer Support 1 :00 pm &amp; 7 pm GBACHC</b> Functional Fitness 1-2 pm	6 Port Franks Ex 9-10 am Evening Exercise 6-6:45 pm 	7 Savanna Strollers 9:30 Please meet in the Lambton Heritage Museum parking lot	8 Coffee Time Thedford 10am <b>Minds in Motion: 9:30-11:30</b> Functional Fitness 1-2 pm Evening Exercise 6-6:45 pm	9	10 <b>Saturday Cardio 10-10:45 am</b> Walk In Clinic 9-11:30
11	12 Functional Fitness 1-2 pm <b>Grand Bend Area CHC Annual General Meeting 5:00 pm.</b> Community Room Everyone welcome!	13 Port Franks Ex 9-10 am Evening Exercise 6-6:45 pm	14 Savanna Strollers 9:30 Please meet in the Lambton Heritage Museum parking lot	15 Coffee Time GB 10am <b>Minds in Motion: 9:30-11:30</b> Functional Fitness 1-2 pm Evening Exercise 6-6:45 pm	16	17 <b>Saturday Cardio 10-10:45 am</b> Walk In Clinic 9-11:30
18 <b>HAPPY FATHERS DAY</b>	19 Functional Fitness 1-2 pm 	20 Port Franks Ex 9-10 am Evening Exercise 6-6:45 pm	21 Savanna Strollers 9:30 Please meet in the Lambton Heritage Museum parking lot	22 Coffee Time Thedford 10am <b>Minds in Motion: 9:30-11:30</b> Functional Fitness 1-2 pm Evening Exercise 6-6:45 pm	23	24 <b>Saturday Cardio 10-10:45 am</b> Walk In Clinic 9-11:30
25	26 Functional Fitness 1-2 pm	27 Port Franks Ex 9-10 am <b>Parkinson support 1:30pm</b> Evening Exercise 6-6:45 pm	28 Savanna Strollers 9:30 Please meet in the Lambton Heritage Museum parking lot <b>Men Can Cook 10-1 pm</b>	29 <b>Minds in Motion: 9:30-11:30</b> Evening Exercise 6-6:45 pm <b>BP Clinic 2-4 GB</b>	30 