


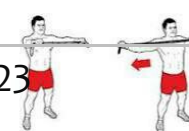

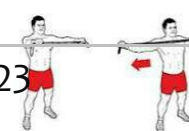


February 2018 Grand Bend Area CHC, 69 Main Street East

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			1 PF LD & Ex 8:30 & 9am, 9:00 am, 11:00 a.m. & 1:00pm & 6 pm. GBACHC Movie Night 7:30 pm. Movie is "A United Kingdom" true story of King Seretes Khama	2	3 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30
4	5 Grand Bend Exercise 9:00 am, 11:00 a.m. & 1:00pm Alzheimer Support 1 & 7 pm	6 PF Line Dancing 8:30 PF Exercise 9:00 a.m. Evening Exercise GB 6:00 pm 	7 Savanna Strollers 9:20 Pinery Provincial park, Please meet at the Lambton Heritage Museum parking lot to car pool into the park.	8 PF LD & Ex 8:30 & 9am, Exercise 9:00 am, 11:00 a.m. & 1:00pm & 6 pm. GBACHC CNIB Low Vision Eye Clinic 10-2 pm Adult Day Wing	9 	10 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30
11	12 Grand Bend Exercise 9:00 am, 11:00 a.m. & 1:00pm	13 PF Line Dancing 8:30 PF Exercise 9:00 a.m. Evening Exercise GB 6:00 pm	14 Savanna Strollers 9:20 	15 PF LD & Ex 8:30 & 9am, 9:00 am, 11:00 a.m. & 1:00pm & 6 pm. GBACHC	16 Resistant Band Class 1:00-2:30 GBACHC 	17 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30
18	19 Family Day Centre Closed Today 	20 PF Line Dancing 8:30 PF Exercise 9:00 a.m. Evening Exercise GB 6:00 pm	21 Savanna Strollers 9:20 Pinery Provincial Park	22 PF LD & Ex 8:30 & 9am, 9:00 am, 11:00 a.m. & 1:00pm & 6 pm. GBACHC Blood Pressure Clinic 2-4 pm Adult Day	23 	24 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30
25	26 Grand Bend Exercise 9:00 am, 11:00 a.m. & 1:00pm Parkinson Support 2:00 pm Adult Day Wing	27 PF Line Dancing 8:30 PF Exercise 9:00 a.m. Evening Exercise GB 6:00 pm	28 Savanna Strollers 9:20 Men Can Cook 10-1pm	