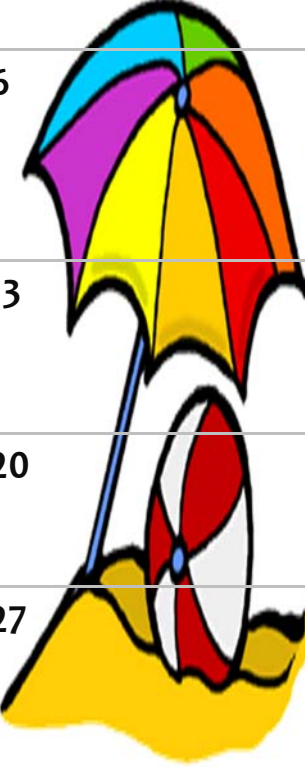




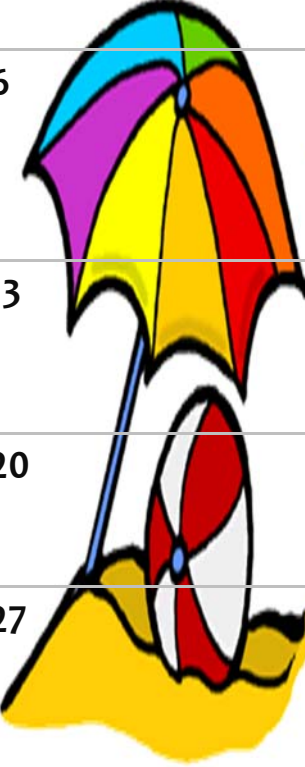
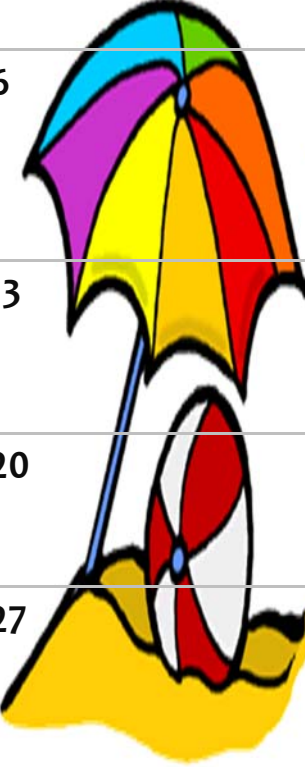

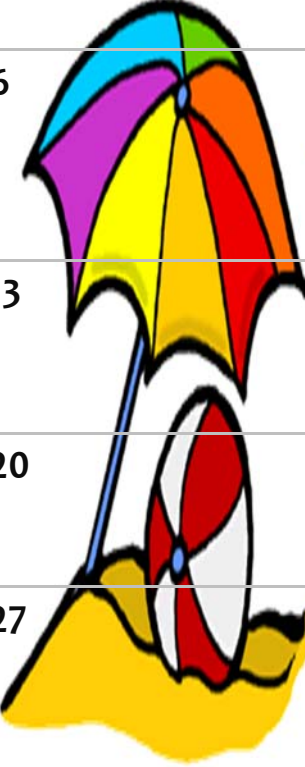


August 2017 Grand Bend Area CHC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Adventures in Cooking for Kids!!!! GBACHC call 519-238-1556 X222. Evening Exercise in Grand	2 Savanna Strollers 9:30 Please meet in the Lambton Heritage Museum parking lot	3 Functional Fitness 1-2 pm Evening Exercise 6-6:45 pm	4	5 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30
6 	7  Civic Holiday Centre Closed	8  Adventures in Cooking for Kids!!!! GBACHC call 519-238-1556 X222. Evening Exercise in Grand Bend CHC 6-6:45 pm	9 Savanna Strollers 9:30 Please meet in the Lambton Heritage Museum parking lot 	10 Coffee Time Thedford 10am Functional Fitness 1-2 pm Evening Exercise 6-6:45 pm Low Vision Clinic 10-2 pm Adult Day wing at GBACHC	11 	12 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30
13 	14 Alzheimer Support 1:00 pm & 7 pm Functional Fitness 1-2 pm GBACHC	15 Evening Exercise in Grand Bend CHC 6-6:45 pm	16 Savanna Strollers 9:30 Please meet in the Lambton Heritage Museum parking lot	17 Coffee Time GB 10am Functional Fitness 1-2 pm Evening Exercise 6-6:45 pm	19 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30	19 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30
20 	21 Functional Fitness 1-2 pm GBACHC	22 Evening Exercise in Grand Bend CHC 6-6:45 pm	23 Savanna Strollers 9:30 Please meet in the Lambton Heritage Museum parking lot	24 Coffee Time Thedford 10am Functional Fitness 1-2 pm Evening Exercise 6-6:45 pm	25 	26 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30
27 	28 Functional Fitness 1-2 pm GBACHC	29 Evening Exercise in Grand Bend CHC 6-6:45 pm	30 Savanna Strollers 9:30 Please meet in the Lambton Heritage Museum parking lot	31 Functional Fitness 1-2 pm Evening Exercise 6-6:45 pm BP Clinic 2-4 GB	For more information Contact Cindy Maxfield	519-238-1556 x 231 Or cmaxfield@gbachc.com