








October 2017 Grand Bend Area Community Health Centre



SUN DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Grand Bend Exercise 9:00 am, 11:00 a.m. & 1:00pm In Community Room	3 PF Line Dancing 8:30 PF Exercise 9:00 a.m. Evening Exercise GB 6:00 pm "Craving Change" 6:00-8:00 pm Zurich Library	4 Savanna Strollers 9:20. Pinery Provincial park, Please meet at the Lambton Heritage Museum parking lot to car pool into the park.	5 PF LD & Ex 8:30 & 9am, GB Ex 9:00 am, 11:00 a.m. & 1:00pm In Community Room. Evening 6 pm Movie "Lion" 7:30 p.m.		7 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30
8	9 Centre Closed 	10 PF Line Dancing 8:30 PF Exercise 9:00 a.m. Evening Exercise GB 6:00 pm "Craving Change" 6:00-8:00 pm .Zurich Library	11 Savanna Strollers 9:20 Pinery Different hiking trail every week 	12 PF LD & Ex 8:30 & 9am, GB Ex 9:00 am, 11:am. & 1:00pm in Community 6 pm Exercise. CNIB Low Vision Clinic 10-2 pm Adult Day	13 Persistent Pain Management Program starts 6 wk sessions 10-12 in Community Room	14 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30
15	16 Grand Bend Exercise 9:00 am, 11:00 a.m. & 1pm 	17 PF Line Dancing 8:30 PF Exercise 9:00 a.m. Evening Exercise GB 6:00 pm "Craving Change" 6:00-8:00 pm Zurich Library	18 Savanna Strollers 9:20 Pinery <u>Lung Health Education</u> 1:30-2:30 p.m. Board room GBACHC. Michael Callihoo 519-238-1556 x 284	19 PF LD & Ex 8:30 & 9am, GB Ex 9:00 am, 11:00 a.m. & 1:00pm In Community Room. Evening Exercise 6 pm	20 Persistent Pain Program 10 "Wellness Walk & BBQ" 11-2 pm. Join us for a fun walk, BBQ and Music to Celebrate Health Equity during Community Wellbeing Week & support the "We Can Help Fund"	21 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30
22	23 Grand Bend Exercise 9:00 am, 11:00 a.m. & 1:00pm Heart Health 9:30 Conference R.	24 PF Line Dancing 8:30 PF Exercise 9:00 a.m. Evening Exercise GB 6:00 pm	25 Savanna Strollers 9:20 Men Can Cook 10-1. 	26 PF LD & Ex 8:30 & 9am, GB Ex 9:00 am, 11:00 a.m. & 1:00pm, Evening 6 pm in Community room B. P. Clinic 2-4 pm Adult Day	27 Persistent Pain Program 10-12 in Community Room 	28 Saturday Cardio 10-10:45 am Walk In Clinic 9-11:30
29	30 Grand Bend Exercise 9:00 am, 11:00 a.m. & 1:00pm In Community Room	31 PF L.D 8:30 Exercise 9:00 a.m. "Craving Change" 6:00-8:00 pm Zurich Library. Parkinson support 1:30pm Community R. Ex 6 pm			For more information contact Health Promoter Cindy Maxfield 519-238-1556 x 231	

--	--	--	--	--	--	--