










December 2017 Grand Bend Area CHC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Saturday Cardio 10 Walk In Clinic 9-11:30
3 	4 Grand Bend Exercise 9:00 am, 11:00 a.m. & 1:00pm Alzheimer Support 1 & 7	5 PF Line Dancing 8:30 PF Exercise 9:00 a.m. Evening Exercise GB 6:00 pm 	6 Savanna Strollers. Meet at 9:20 at the parking lot at the Lambton Heritage Museum and car pool into Pinery park	7 PF LD & Ex 8:30 & 9am, 9:00 am, 11:00 a.m. & 1:00pm In GB Evening 6 pm in GB Movie: Hidden Figures 7:30 in Community Rm	8  shutterstock - 120213520	9 Saturday Cardio 10- 10:45 am Walk In Clinic 9-11:30
10 	11 GB exercise 9,11& 1 Coping with Grief Through The Holidays 2pm-3:30. Call Mickey Gurbin 519-238-1556 x223	12 PF Line Dancing 8:30 PF Exercise 9:00 a.m. Evening Exercise GB 6:00 pm	13 Savanna Strollers 9:20 	14 PF LD & Ex 8:30 & 9am, Evening 6 pm in Community room CNIB Low Vision Clinic 10-2	15 GBACHG Volunteer Christmas Lunch 	16 Saturday Cardio 10- 10:45 am Walk In Clinic 9-11:30
17	18 Grand Bend Exercise 9:00 am, 11:00 a.m. & 1:00pm	19 Last morning exercise till The New Year in Port Franks Evening Exercise GB 6:00 pm	20 Strollers Lung Health 1:30-2:30pm	21 Last morning exercise till New Year in GB Evening Exercise class 6 pm	22	23 Saturday Cardio 10- 10:45 am Walk In Clinic 9-11:30
24	25  Merry Christmas!	26 HAPPY BOXING DAY!  Centre Closed	27 Savanna Strollers 9:20	28 Evening Exercise 6 pm in Community room	29	30 Saturday Cardio 10- 10:45 am Walk In Clinic 9-11:30
31 New Year's Eve 					For More information contact Cindy Maxfield Health Promoter 519-238- 1556 ext 231	