




February 2012 Grand Bend Area Community Health Centre 69 Main St E

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 Savanna Strollers 9:30 Meet at museum parking lot. Indoor Walking Program 9:30 inside Museum</p>	<p>2 Ex in GB & PF 9 am Gentle 10:30 am In GB & PF. Second Step 12 in GB & Hensall. Sunset Cinema 7 pm GBACHC</p>	<p>3</p> 	4
5	<p>6 HL Exercise classes in GB 9 am Gentle 10:30 am Alzheimer Caregiver Support 7 pm</p>	<p>7 PF Line Dance 8:30 Exercise 9 am First Step 11:30 & 6:30 Gentle Exercise class in Port Franks 10:30</p>	<p>8 Savanna Strollers 9:30 Meet at museum parking lot. Indoor Walking Program 9:30 inside Museum</p>	<p>9 Ex 9 am & 10:30 am In GB & PF. 2nd Step 12 in GB & Hensall.. CNIB Low Vision Clinic 10-2</p>	10	11
12	<p>13 HL Exercise classes in GB 9 am Gentle 10:30 am</p>	<p>14 Line Dance  8:30 Exercise 9 am First Step .Gentle Exercise class in Port Franks 10:30</p>	<p>15 Savanna Strollers 9:30 Meet at museum parking lot. Indoor Walking Program 9:30 inside Museum</p>	<p>16 Exercise classes in GB & PF 9 am Gentle 10:30 am In GB & PF. Second Step 12 in GB & Hensall</p>	<p>17 Winter Carnival Weekend</p>	<p>18 Winter Carnival Weekend</p> 
<p>19 Winter Carnival Weekend</p>	<p>20 Family Day Centre Closed</p> 	<p>21 PF Line Dance 8:30 Exercise 9 am First Step 11:30 & 6:30 Gentle Exercise class in Port Franks 10:30</p>	<p>22 Savanna Strollers 9:30 Meet at museum parking lot. Indoor Walking Program 9:30 inside Museum</p>	<p>23 Ex in GB & PF 9 am Gentle 10:30 am In GB & PF. Second Step 12 in GB & Hensall .BP Clinic 2-4 pm</p>	24	25
26	<p>27 HL Exercise classes in GB 9 am Gentle 10:30 am</p>	<p>28 PF Line Dance 8:30 Exercise 9 am First Step 11:30 & 6:30 Gentle Exercise class in Port Franks 10:30 am</p>	<p>29 Savanna Strollers 9:30 Meet at museum parking lot. Indoor Walking Program 9:30 inside Museum. Men Can Cook 10 am GBACHC</p>		<p>For more information contact Cindy Maxfield 519-238-1556 ext 231</p>	