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| --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday |
| 2  9, 10 & 11am – Art Therapy  C:\Users\Owner\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.MSO\8F3D9047.tmp11am – 12pm – Dance Fit  1 – 4pm - Reflexology | 3  Image result for st Patrick's Day1:30 – 2:45pm – Gentle Yoga | ***No Card-Making Today!***  4  Image result for clovers10:30 – 11:30am – Mindful Movement  2:30, 3:45 & 5pm –  Individual Support | 11 – 12 – Stretch & Tone 5  12 – 12:45 – Soup for the Soul  Image result for rainbow clipart12:45 – 1:45 – Ted Talk: “What Makes a Good Life?”  (Robert Waldinger)  2 – 3pm - Drumming |
| 9  11am – 12pm – Dance Fit  Image result for st Patrick's Day1 – 4pm – Reflexology  1 – 4pm - Let’s Create! –  Cork Coasters | ***No Men’s Support Group Today!!*** 10  10am – 12:30pm – Living a Healthy  Life Seminar (1/6)  1:30 – 2:45pm – Gentle Yoga  11:45am – 12:45pm – Therapy Dog  12 – 1:30pm – Seated Massage | 11  ***Image result for gaelic cross clipart***10:30 – 11:30am – Mindful Movement  ***10:30 & 11:45am - Reiki***  1 – 4pm – Card-Making  2 – 4 – Writing Group | 12  11 – 12 – Let’s Get Limber!  12 – 12:45 – Soup for the Soul  ***Image result for st Patrick's Day***  ***One Pot Wonder with Leslie Westhaver***  2 – 3pm - Drumming |
| 16  Image result for melting snow clipart10, 10:50 & 11:45am – Spiritual Support with Fr. Pat  11am – 12pm – Dance Fit | 10am – 12:30pm – Living a 17  Healthy Life Seminar (2/6)  C:\Users\Owner\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.MSO\885BB35B.tmpC:\Users\Owner\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.MSO\61FF8121.tmp1:30 – 2:45pm – Gentle Yoga  Image result for happy st. patrick's day  **Get your green on!** | 18  C:\Users\Owner\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.MSO\3DEEF3C6.tmp10:30 – 11:30am – Mindful Movement  1 – 4pm – Card-Making  ***4:30 & 5:45pm - Reiki*** | 19  11 – 12 – Let’s Get Limber!  12 – 12:45 – Soup for the Soul  ***12:45 – 1:45 –All About Insurance with Jill Richards***  2 – 3pm - Drumming |
| 23  11am – 12pm – Dance Fit  Image result for clovers1 – 4pm - Reflexology | ***No Men’s Support Group Today!!*** 24  10am – 12:30pm – Living a Healthy  Life Seminar (3/6)  9:45, 11am & 12:15pm – Ind. Support  11:45am – 12:45pm – Therapy Dog  12 – 1:30pm – Seated Massage  1:30 – 2:45pm – Gentle Yoga | ***No Card-making today!*** 25  Image result for rainbow clipart10:30 – 11:30am – Mindful Movement | 26  11 – 12 – Stretch & Tone  12 – 12:45 – Soup for the Soul  ***12:45 – 1:45 – Movin’ On Up-date with ED Suzanne***  2 – 3 - Drumming |
| 30  11am – 12pm – Dance Fit  1 – 2:30pm – Women’s Support  1 – 4pm - Reflexology  2:30 – 4pm – Writing Group | 31  10am – 12:30pm – Living a Healthy  Life Seminar (4/6)  ***Image result for pot of gold10:30 & 11:45am - Reiki***  1:30 – 2:45pm –  Gentle Yoga | Image result for cloversAre ***you*** living with cancer? A survivor?  Newly diagnosed? Caring for someone who is?  **JOIN US!**  *New members welcome.*  Visit the Centre at 15 Jeffery St., Penetanguishene  or call 705-549-6444  **HOPE LIVES HERE** | |



*New Opportunities & Schedule Changes are shown in* ***GREEN***

***Note:*** *Advanced booking* ***required*** *for Reiki, Massage, Reflexology, Individual Support & Spiritual Support*

The Centre is Open:

Mon – Thurs 9 am – 4 pm

***FRIDAYS WE ARE CLOSED!***

Note: There are no evening

programs in March!

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