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| --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday |
|  29, 10 & 11am – Art TherapyC:\Users\Owner\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.MSO\8F3D9047.tmp11am – 12pm – Dance Fit1 – 4pm - Reflexology |  3Image result for st Patrick's Day1:30 – 2:45pm – Gentle Yoga | ***No Card-Making Today!***  4Image result for clovers10:30 – 11:30am – Mindful Movement2:30, 3:45 & 5pm – Individual Support |  11 – 12 – Stretch & Tone 512 – 12:45 – Soup for the SoulImage result for rainbow clipart12:45 – 1:45 – Ted Talk: “What Makes a Good Life?” (Robert Waldinger)2 – 3pm - Drumming  |
|  911am – 12pm – Dance FitImage result for st Patrick's Day1 – 4pm – Reflexology1 – 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 Yoga11:45am – 12:45pm – Therapy Dog12 – 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-Making2 – 4 – Writing Group |  1211 – 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 |
|  16Image result for melting snow clipart10, 10:50 & 11:45am – Spiritual Support with Fr. Pat11am – 12pm – Dance Fit | 10am – 12:30pm – Living a 17Healthy 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 YogaImage result for happy st. patrick's day **Get your green on!** |  18C:\Users\Owner\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.MSO\3DEEF3C6.tmp10:30 – 11:30am – Mindful Movement1 – 4pm – Card-Making***4:30 & 5:45pm - Reiki*** |  1911 – 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 |
|  2311am – 12pm – Dance FitImage result for clovers1 – 4pm - Reflexology | ***No Men’s Support Group Today!!*** 2410am – 12:30pm – Living a Healthy  Life Seminar (3/6)9:45, 11am & 12:15pm – Ind. Support11:45am – 12:45pm – Therapy Dog12 – 1:30pm – Seated Massage1:30 – 2:45pm – Gentle Yoga | ***No Card-making today!*** 25Image result for rainbow clipart10:30 – 11:30am – Mindful Movement |  2611 – 12 – Stretch & Tone12 – 12:45 – Soup for the Soul***12:45 – 1:45 – Movin’ On Up-date with ED Suzanne*** 2 – 3 - Drumming |
|  3011am – 12pm – Dance Fit1 – 2:30pm – Women’s Support1 – 4pm - Reflexology2:30 – 4pm – Writing Group |  3110am – 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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