














March '20



The Centre is Open:
Mon – Thurs 9 am – 4 pm
FRIDAYS WE ARE CLOSED!
Note: There are no evening programs in March!

New Opportunities & Schedule Changes are shown in GREEN

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

Monday	Tuesday	Wednesday	Thursday
<p>2 9, 10 & 11am – Art Therapy 11am – 12pm – Dance Fit 1 – 4pm - Reflexology</p> 	<p>3 1:30 – 2:45pm – Gentle Yoga</p> 	<p>No Card-Making Today! 4 10:30 – 11:30am – Mindful Movement 2:30, 3:45 & 5pm – Individual Support</p> 	<p>5 11 – 12 – Stretch & Tone 12 – 12:45 – Soup for the Soul 12:45 – 1:45 – Ted Talk: “What Makes a Good Life?” (Robert Waldinger) 2 – 3pm - Drumming</p> 
<p>9 11am – 12pm – Dance Fit 1 – 4pm – Reflexology 1 – 4pm - Let’s Create! – Cork Coasters</p> 	<p>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</p>	<p>11 10:30 – 11:30am – Mindful Movement 10:30 & 11:45am - Reiki 1 – 4pm – Card-Making 2 – 4 – Writing Group</p> 	<p>12 11 – 12 – Let’s Get Limber! 12 – 12:45 – Soup for the Soul One Pot Wonder with Leslie Westhaver 2 – 3pm - Drumming</p> 
<p>16 10, 10:50 & 11:45am – Spiritual Support with Fr. Pat 11am – 12pm – Dance Fit</p> 	<p>17 10am – 12:30pm – Living a Healthy Life Seminar (2/6) 1:30 – 2:45pm – Gentle Yoga</p> <p>HAPPY St. Patrick’s Day Get your green on!</p> 	<p>18 10:30 – 11:30am – Mindful Movement 1 – 4pm – Card-Making 4:30 & 5:45pm - Reiki</p> 	<p>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</p>
<p>23 11am – 12pm – Dance Fit 1 – 4pm - Reflexology</p> 	<p>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</p>	<p>No Card-making today! 25 10:30 – 11:30am – Mindful Movement</p> 	<p>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</p>
<p>30 11am – 12pm – Dance Fit 1 – 2:30pm – Women’s Support 1 – 4pm - Reflexology 2:30 – 4pm – Writing Group</p>	<p>31 10am – 12:30pm – Living a Healthy Life Seminar (4/6) 10:30 & 11:45am - Reiki 1:30 – 2:45pm – Gentle Yoga</p> 	<p>Are you living with cancer? A survivor? Newly diagnosed? Caring for someone who is? JOIN US! <i>New members welcome.</i> Visit the Centre at 15 Jeffery St., Penetanguishene or call 705-549-6444 HOPE LIVES HERE</p> 