

St. Joseph's Hospice Programs and Services ~ October 2017

REGISTRATION IS REQUIRED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 DROP IN Meditation 10:30 – 11:45 H.E.A.L. 1:00 – 3:00PM	3 Step by Step DROP IN Walking Group 10:30 – 11:30 MASSAGE THERAPY 1:30 / 2:30 / 3:30	4 Practicing Self Compassion 1:00 – 3:00pm HEALING TOUCH 1:30 (Shawnee)	5	6 Exploring Grief 10:00 – 12:00pm	7
8	9 Thanksgiving (CLOSED)	10 Step by Step DROP IN Walking Group 10:30 – 11:30 MASSAGE THERAPY 1:30 / 2:30 / 3:30	11 Practicing Self Compassion 1:00 – 3:00pm HEALING TOUCH 1:30 (Shawnee)	12 MANI/PEDI (Liz) 9:00 / 10:00 / 11:00	13 Exploring Grief 10:00 – 12:00pm Finances Made Simple 1:00pm-3:00pm	14
15	16 MANI/PEDI (Gladys) 9:30 / 10:30 / 11:30 / 12:30 DROP IN Meditation 10:30 – 11:45 H.E.A.L. 1:00 – 3:00PM	17 REIKI (Eileen) 9:30 / 11:00 Step by Step DROP IN Walking Group 10:30 – 11:30 MASSAGE THERAPY 1:30 / 2:30 / 3:30	18 Practicing Self Compassion 1:00 – 3:00pm MASSAGE THERAPY 1:15 / 2:45 / 4:15 Grieving the Loss of an Adult Child 4:00 – 6:00pm	19 COOKING FOR ONE 6:30–8:30pm Fall Harvest Recipes	20 Exploring Grief 10:00 – 12:00pm	21 MASSAGE THERAPY 2:00 / 3:00 / 4:00
22	23 DROP IN Meditation 10:30 – 11:45 H.E.A.L. 1:00 – 3:00PM	24 Step by Step DROP IN Walking Group 10:30 – 11:30 MASSAGE THERAPY 1:30 / 2:30 / 3:30	25 HEALING TOUCH 1:30 (Shawnee) HAIR CUT/STYLE 3:00 / 4:00 pm (Tammy) Grieving the Loss of an Adult Child 4:00 – 6:00pm	26 MASSAGE THERAPY (Amanda) 12:00 / 1:30 / 3:00	27	28
29	30 DROP IN Meditation 10:30 – 11:45	31 Step by Step DROP IN Walking Group 10:30 – 11:30 MASSAGE THERAPY 1:30 / 2:30 / 3:30				

To book an appointment, arrange for transportation or receive more information, contact Brenda at **(519) 931 - 3474**

• Programs printed in **BLACK** are offered to **ALL** clients

• Programs printed in **RED** are offered to **BEREAVED** clients only

• Programs printed in **GREEN** are offered to **CAREGIVER** and **BEREAVED** clients only

