

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

REGISTRATION IS REQUIRED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 Labour Day (closed)	5 Step by Step DROP IN Walking Group 10:30 – 11:30	6 Healing Touch (Shawnee) 1:30pm	7	8	9
10	11 DROP IN Meditation 10:30 – 11:45 H.E.A.L. 1:00 – 3:00PM	12 Reiki (Liz) 9:30 / 11:00 Step by Step DROP IN Walking Group 10:30 – 11:30	13 Hair Cut/Style (Tammy) 3:00 / 4:00 Practicing Self Compassion 1:00 – 3:00pm	14 MASSAGE THERAPY 1:15 / 2:45 / 4:15	15 Exploring Grief 10:00 – 12:00pm	16
17	18 DROP IN Meditation 10:30 – 11:45 H.E.A.L. 1:00 – 3:00PM	19 Step by Step DROP IN Walking Group 10:30 – 11:30	20 Healing Touch (Shawnee) 1:30pm Practicing Self Compassion	21 COOKING FOR ONE 6:30–8:30pm Summertime Grilling	22 Exploring Grief 10:00 – 12:00pm Finances Made Simple 1:00 – 3:00pm	23
24	25 DROP IN Meditation 10:30 – 11:45 H.E.A.L. 1:00 – 3:00PM	26 Step by Step DROP IN Walking Group 10:30 – 11:30	27 Practicing Self Compassion 1:00 – 3:00pm	28 MASSAGE THERAPY (Amanda) 12:00 / 1:30 / 3:00	29 Exploring Grief 10:00 – 12:00pm Finances Made Simple 1:00 – 3:00pm	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

