



- All Clients
- Bereaved Clients Only
- Bereaved Clients & Caregivers
- Children's Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p><b>1</b>  <u>Practicing Self            Compassion</u>            1:30-3:30  <u>Storytime Explorers</u>            6:00-7:00 pm</p>	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<p><b>6</b>            Massage Therapy            9:15, 10:30, 1:15, 2:30    <u>Step by Step</u>            10:00-11:00 am</p>	<p><b>7</b>            Drop-In Meditation            10:00-11:00 am              Reiki            12:30, 1:30, 2:30</p>	<p><b>8</b>  <u>Practicing Self            Compassion</u>            1:30-3:30    <u>Storytime Explorers</u>            6:00-7:00 pm</p>	<b>9</b>	<p><b>10</b>            Massage Therapy            8:30, 10:00, 1:00,            2:30, 4:00</p>	<p><b>11</b>            Pedicures or            Reflexology            9:30, 10:30, 11:45</p>
<b>12</b>	<p><b>13</b>            Massage Therapy            9:15, 10:30, 1:15, 2:30    <u>Step by Step</u>            10:00-11:00 am</p>	<p><b>14</b>  <u>Drop-In Meditation</u>  <u>10:00-11:00 am</u>            Reiki            10:00, 11:00, 12:00  <u>Understanding Your            Grief (online)</u>            6:00-7:30 pm</p>	<p><b>15</b>  <u>Practicing Self            Compassion</u>            1:30-3:30</p>	<p><b>16</b>  <u>Connected Through            Cooking</u>            6:00-8:00 pm  <u>Creating Room for            Comfort (online)</u>            6:00-8:00 pm</p>	<b>17</b>	<b>18</b>
<b>19</b>	<p><b>20</b>    <b>Victoria Day:            Hospice Closed</b></p>	<p><b>21</b>            Drop-In Meditation            10:00-11:00 am</p>	<p><b>22</b>            Reiki            1:00, 2:15, 3:30    <u>Practicing Self            Compassion</u>            1:30-3:30</p>	<p><b>23</b>  <u>Creating Room for            Comfort (online)</u>            6:00-8:00 pm</p>	<p><b>24</b>            Massage Therapy            8:30, 10:00, 1:15,            2:30</p>	<p><b>25</b>            Pedicures or            Reflexology            9:30, 10:30, 11:45</p>
<b>26</b>	<p><b>27</b>  <u>Massage Therapy</u>            9:15, 10:30, 1:15, 2:30  <u>Step by Step</u>            10:00-11:00 am  <u>H.E.A.L.</u>            1:00-3:00 pm</p>	<p><b>28</b>            Drop-In Meditation            10:00-11:00 am              Healing Touch            1:00, 2:00, 3:00</p>	<b>29</b>	<p><b>30</b>  <u>Creating Room for            Comfort (online)</u>            6:00-8:00 pm</p>	<p><b>31</b>            Manicures            10:45, 11:15, 11:15</p>	

**Registration is Required.** To register for a program or for more information, please call 519-931-3484 or email [kenneth.pham@sjhospicelondon.com](mailto:kenneth.pham@sjhospicelondon.com)