

FEBRUARY 2018 PROGRAM CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9 a.m. - Noon Community Café 9 a.m. - Noon Community Woodworking Shop 9 a.m. - Noon Community Advocacy Services 9 a.m. - Noon Community Computer Kiosk 9 a.m. - Noon Blood Pressure Clinic 9 a.m. - Noon Compassion Care Community Survey 9 a.m. - Noon Reflexology 10:00 a.m. - 11:00 a.m. Life and Living Well-Part 3 10 a.m.- Noon Yarn Craft Social Time 10:00 a.m. - 11:00 a.m. Tai Chi 10:30 a.m. - 11:30 a.m.-Bring Your Device-"Let's Play"	2	3
4	5	6 9 a.m. - Noon Community Café 9 a.m. - Noon Community Woodworking Shop 9 a.m. - Noon Community Advocacy Services 9 a.m. - Noon Community Computer Kiosk 9 a.m. - Noon Blood Pressure Clinic 9 a.m. - Noon Compassion Care Community Survey 9 a.m. - Noon -Milk Bag Creations 9 a.m. - 10 a.m. -Beginner and Problem Solving Knitting 9 a.m. - Noon Reflexology 9:30 a.m. - 11 a.m. Mom to Mom 10 a.m.-11 a.m. Hospice Wellness-Functional Fitness-Chronic Pain 10 a.m.- Noon Knit-a-Long 10:30 a.m.- 11:00 Slow Stretch and Tone Exercise 11 a.m-11:45-Essentrics-Classical Stretch Exercise 4:00 p.m. -5:00 p.m. Tutoring Services 4:00 p.m.-5:00 p.m.Hospice Wellness Program- Guitar Lessons 6:00 p.m. - 7:00 p.m. Westover Recovery Support Program 6:00 p.m.-8:00 p.m. Girl Guides of Canada	7	8 9 a.m. - Noon Community Café 9 a.m. - Noon Community Woodworking Shop 9 a.m. - Noon Community Advocacy Services 9 a.m. - Noon Community Computer Kiosk 9 a.m. - Noon Blood Pressure Clinic 9 a.m. - Noon Compassion Care Community Survey 10 a.m.- Noon Yarn Craft Social Time 10 a.m.-Noon Addiction Counselling- Individual or Group 10:00 a.m. - 11:00 a.m. Tai Chi 10:00 a.m. - 11:00 a.m. Life and Living Well- Part 4 11:30 a.m. - 1:30 p.m. " Young at Heart" Luncheon- Lasagna, Salad, Garlic Bread, Brownies, Coffee/Tea \$7.00	9	10
11	12	13 9 a.m. - Noon Community Café 9 a.m. - Noon Community Woodworking Shop 9 a.m. - Noon Community Advocacy Services 9 a.m. - Noon Community Computer Kiosk 9 a.m. - Noon Blood Pressure Clinic 9 a.m. - Noon Compassion Care Community Survey 9 a.m. - Noon -Milk Bag Creations 9 a.m. - 10 a.m. -Beginner and Problem Solving Knitting Class 9:30 a.m. - 11 a.m. Mom to Mom 9:30- Noon-Home Instead Information Booth- Stephanie Gill 10 a.m.- Noon Knit-a-Long 10:30 a.m.- 11:00 Slow Stretch and Motion Exercise 11 a.m-11:45-Essentrics-Classical Stretch Exercise 4:00 p.m. -5:00 p.m. Tutoring Services 4:00 p.m.-5:00 p.m.Hospice Wellness Program- Guitar Lessons 6:00 p.m. - 7:00 p.m. Westover Recovery Support Program 6:00 p.m.-8:00 p.m. Girl Guides of Canada	14 Valentine's Day 1:00 - 3:00 p.m. Alzheimers "Memory Café"	15 9 a.m.- Noon Community Café 9 a.m. - Noon Community Woodworking Shop 9 a.m. - Noon Community Advocacy Services 9 a.m. - Noon Community Computer Kiosk 9 a.m. - Noon Blood Pressure Clinic 9 a.m. - Noon Compassion Care Community Survey 9 a.m. - Noon Reflexology 10 a.m. - Noon Addiction Counselling- Individual or Group 10 a.m. - Noon Yarn Craft Social Time 10:00 a.m. - 11:00 a.m. Tai Chi 10:30 a.m. - 11:30 a.m.-Bring Your Device-"Let's Play" 11:00 a.m. - 11:30 a.m. Ability Tai Chi - The Basics 11:30 a.m. - 12:15 p.m.. Ability Cooking Class 6:30- 7:30 p.m. By What Age Should Kids Visit the Orthodontist? Dr. Abraham 6:30 p.m.- 8:30 p.m. Yarn Craft Social Time 6:30 -8:30 p.m. Hospice Wellness- "Coffee House"	16	17

FEBRUARY 2018 PROGRAM CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
18	19 Family Day	<p>20 9 a.m. - Noon Community Café</p> <p>9 a.m. - Noon Community Woodworking Shop</p> <p>9 a.m. - Noon Community Advocacy Services</p> <p>9 a.m. - Noon Community Computer Kiosk</p> <p>9 a.m. - Noon Blood Pressure Clinic</p> <p>9 a.m. - Noon Compassion Care Community Survey</p> <p>9 a.m. - Noon -Milk Bag Creations</p> <p>9 a.m. - 10 a.m. -Beginner and Problem Solving Knitting</p> <p>9 a.m. - Noon Reflexology</p> <p>9:30 a.m. - 11 a.m. Mom to Mom</p> <p>10 a.m.-11 a.m. Hospice Wellness-Functional Fitness-Chronic Pain</p> <p>10 a.m.- Noon Knit-a-Long</p> <p>10:30 a.m.- 11:00 Slow Stretch and Tone Exercise</p> <p>11 a.m.-11:45-Essentrics-Classical Stretch Exercise</p> <p>4:00 p.m. -5:00 p.m. Tutoring Services</p> <p>4:00 p.m.-5:00 p.m.Hospice Wellness Program- Guitar Lessons</p> <p>6:00 p.m. - 7:00 p.m. Westover Recovery Support Program</p> <p>6:00 p.m.-8:00 p.m. Girl Guides of Canada</p>	21	<p>22 9 a.m. Noon Community Café</p> <p>9 a.m. - Noon Community Woodworking Shop</p> <p>9 a.m. - Noon Community Advocacy Services</p> <p>9 a.m. - Noon Community Computer Kiosk</p> <p>9 a.m. - Noon Blood Pressure Clinic</p> <p>9 a.m. - Noon Compassion Care Community Survey</p> <p>10 a.m.-Noon Addiction Counselling- Individual or Group</p> <p>10:00 a.m. - 11:00 a.m. Tai Chi</p> <p>10 a.m. - Noon Yarn Craft Social Time</p> <p>11:30 a.m. - 1:00 p.m.-Community Cafe Luncheon-"Little of This-Little of That"- Chili, Tourtiere', Salad, Dessert, Coffee/Tea - \$6.00</p>	23	24
25	26	<p>27 9 a.m. - Noon Community Café</p> <p>9 a.m. - Noon Community Woodworking Shop</p> <p>9 a.m. - Noon Community Advocacy Services</p> <p>9 a.m. - Noon Community Computer Kiosk</p> <p>9 a.m. - Noon Blood Pressure Clinic</p> <p>9 a.m. - Noon Compassion Care Community Survey</p> <p>9 a.m. - Noon -Milk Bag Creations</p> <p>9 a.m. - 10 a.m. -Beginner and Problem Solving Knitting Class</p> <p>9:30 a.m. - 11 a.m. Mom to Mom</p> <p>10 a.m.- Noon Knit-a-Long</p> <p>10:30 a.m.- 11:00 Slow Stretch and Motion Exercise</p> <p>11 a.m.-11:45-Essentrics-Classical Stretch Exercise</p> <p>11 a.m. - Noon "Couponing with Cora"</p> <p>4:00 p.m. -5:00 p.m. Tutoring Services</p> <p>4:00 p.m.-5:00 p.m.Hospice Wellness Program- Guitar Lessons</p> <p>6:00 p.m. - 7:00 p.m. Westover Recovery Support Program</p> <p>6:00 p.m.-8:00 p.m. Girl Guides of Canada</p>	28	<p>PROGRAMS OFFERED AT "NO CHARGE"</p> <p>1860 DIVISION RD. N</p> <p>PHONE: (226) 773-5830</p> <p>KINGSVILLE, ONT. N9Y 2Z1</p> <p>WEB: kingsvillecentre.com</p> <p>EMAIL: admin@kingsvillecentre.com</p>		