

December 2022 Our Place Community Centre Wellness Services – 919 Pandora Ave

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Foot Care 8AM sign-up with Hygiene Common Ground Café 12PM – 1:30PM Nurse 1PM – 3PM	2 Haircuts 10AM – 12PM Movie 3PM – 5PM	3
4 Doctor 9AM– 10AM	5 Smudge 10AM – 12PM 55+ Club 12PM – 2PM	6 Journal Workshop 10AM – 12PM A Sing-along 12:15PM – 1PM Mobile Health Clinic 1:30PM – 3PM	7 55+ Club 12PM – 2PM	8 Foot Care 8AM sign-up with Hygiene Common Ground Café 12PM – 1:30PM Nurse 1PM – 3PM Bingo 6PM – 7:30PM	9 Holiday cards 12PM – 1:30PM Movie 3PM – 5PM	10
11 Doctor 9AM– 10AM Vets 4 Pets 10AM sign-up with Jim	12 Smudge 10AM – 12PM Therapy Dog 1PM – 2PM	13 Electric Scooter Repair 12PM – 2PM Singing with Lunch 12PM till 1PM Bike Clinic 3PM – 4:30PM	14 Angel Gifts Giveaway 9:30AM – 2PM 55+ Club (Outing) Sign-up with Salome	15 Foot Care 8AM sign-up with Hygiene Angel Gifts Giveaway 9:30AM – 2PM Nurse 1PM – 3PM Bingo 6PM – 7:30PM	16 Movie 3PM – 5PM	17
18 Doctor 9AM– 10AM	19 Smudge 10AM – 12PM 55+ Club 12PM – 2PM Therapy Dog 1PM – 2PM	20 A Sing-along 12:15PM – 1PM Mobile Health Clinic 1:30PM – 3PM	21 55+ Club (Holiday Party) 12PM – 2PM Holiday Hang 5PM – 6:30PM	22 Foot Care 8AM sign-up with Hygiene Common Ground Café 12PM – 1:30PM Nurse 1PM – 3PM Bingo 6PM – 7:30PM	23 Movie 3PM – 5PM	24 <i>Christmas Eve</i>
25 <i>Christmas Day</i> Christmas Carols 12:30PM – 2PM Seniors' Christmas Social 2:30PM – 5PM	26 <i>Boxing Day</i> Smudge 10AM – 12PM	27 A Sing-along 12:15PM – 1PM	28 55+ Club (Outing) Sign-up with Salome	29 Foot Care 8AM sign-up with Hygiene Common Ground Café 12PM – 1:30PM Nurse 1PM – 3PM	30 Movie 3PM – 5PM	31 <i>New Year's Eve</i>