

February 2012

Health Centre Hours:
 Mon. 8:00 - 4:30, 6:00 - 8:00
 Tue. 8:30 - 4:30
 Wed. 8:00 - 4:30
 Thu. & Fri. 8:30 - 4:30

Regular Programs

Lab Services

Mon. & Wed. 8:00 - 12:00

Walk-in Clinic Hours

Tue. evenings 4:30 - 7:00

Thursday 1:00 - 3:30

Walk-in Blood Pressure

Clinic

Wednesday 9:00 - 4:00

Foot Care Services

Monday & Tuesday

1:00 - 4:30

(by appointment)

Seniors' Blood Pressure

2nd Tuesday of the month

1:30 (Seniors' Club)

Healthy Aging Exercises

Thursdays 10:00

(Seniors' Club)

Dietitian Services

(via TeleHealth)

Alternating Fridays

Call for info

Playgroup

Tue. 10:00 - 11:30

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Seniors' Lunch 11:30 Diabetes Ed 7:00	2 Healthy Aging Exercises 10:00	3	4
5	6	7 Tai Chi 10:00 Seniors' BP 1:30	8	9 Healthy Aging Exercises 10:00	10 Dietitian	11
12	13	14 Tai Chi 10:00	15	16 Healthy Aging Exercises 10:00	17	18
19	20 <i>CLOSED</i> Outdoor Family Fun Day, 1 pm	21 Tai Chi 10:00	22	23 Healthy Aging Exercises 10:00	24 Dietitian	25
26	27 Community Kitchen 11:00	28 Tai Chi 10:00	29			

