

Malahat Health Programs Schedule June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3 COHI School Visits	4 Walking Warriors p/u 8:15 am	5 Elders MOW 12:00 pm Youth Group 5-7 pm Health Women's Weaving Group	6 Walking Warriors p/u 8:15 am	7 Aqua Fit p/u 4:30pm @ Bus Stop
10 MALAHAT ELECTIONS ALL MALAHAT NATION OFFICES CLOSED	11 Walking Warriors p/u 8:15 am	12 Toddler Talk Drop-In All Day Elders MOW 12:00 pm Youth Group 5-7 pm Health Women's Weaving Group	13 MALAHAT HEALTH OFFICE CLOSED	14 GOOD FOOD BOX CUT OFF Aqua Fit p/u 4:30pm @ Bus Stop
17 Youth Group 5-7 pm KKC COHI School Visits	18 Walking Warriors p/u 8:15 am Preparedness for Summer Drop-In with Cindy	19 COHI @ Health Unit Elders MOW 12:00 pm **GOOD FOOD BOX** Youth Group 5-7 pm Health	20 MALAHAT HEALTH OFFICE CLOSED Walking Warriors p/u 8:15 am	21 ABORIGINAL DAY OFFICE CLOSED
24 Youth Group 5-7 pm KKC	25 Walking Warriors p/u 8:15 am Men's Wellness BBQ 5pm – 8pm	26 Elders MOW 12:00 pm Youth Group 5-7 pm Health Women's Weaving Group	27 Walking Warriors p/u 8:15 am	28 Aqua Fit p/u 4:30pm @ Bus Stop
27 Youth Group 5-7 pm KKC	28 Walking Warriors p/u 8:15 am	29 Elders MOW 12:00 pm Youth Group 5-7 pm Health Women's Weaving Group	30 Walking Warriors p/u 8:15 am	31 Aqua Fit p/u 4:30pm @ Bus Stop

Aqua Fit – Water Exercising 4:30 pm pick up at the Bus Stop, 5:30pm-6:30pm Aqua Fit Class at Island Savings Aquatic Centre
 Walking Warriors – Tuesday & Thursdays, pick up at 8:15am, return to Malahat Nation 10:00am
 Youth Group – Monday's at the KKC from 5-7pm Wednesdays at the Health Unit from 5-7pm
****Good Food Box – Renewal Deadline June 14th, Delivery on May 19th between 1pm-3pm (change in day due to office closures)**
 Elders Meals On Wheels (MOW) – Delivered Every Wednesday starting at 12:00pm

Toddler Talk – May 22nd, Drop-In 9am-4pm, Come visit Cindy & Jessica at Health to find out more about this exciting group
 Women's Weaving Group – Every Wednesday at the KKC 5pm – 8pm
 Men's Wellness BBQ Event 5pm – 8pm: at the KKC
 COHI School Visit: George Bonner Elementary School June 3rd & 17th
 COHI Health Unit Visit: June 19th
 Preparedness for Summer Drop-In with Cindy
 Please call the Malahat Health Office 250-743-3900 to register or for further information



Malahat