

Malahat Health Programs Schedule May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Elders MOW 12:00 pm Parents Sewing Group Youth Group 5-7 pm Health Women's Weaving Group	2 <i>Walking Warriors</i> p/u 8:15 am	3 Aqua Fit p/u 4:30pm @ Bus Stop
6 Youth Group 5-7 pm KKC	7 <i>Walking Warriors</i> p/u 8:15 am	8 Elders MOW 12:00 pm Parents Sewing Group Youth Group 5-7 pm Health Women's Weaving Group	9 <i>Walking Warriors</i> p/u 8:15 am	10 GOOD FOOD BOX CUT OFF Aqua Fit p/u 4:30pm @ Bus Stop
13 Youth Group 5-7 pm KKC	14 <i>Walking Warriors</i> p/u 8:15 am	15 Elders MOW 12:00 pm Parents Sewing Group Youth Group 5-7 pm Health FNHA Health Benefits Dinner & Workshop	16 GOOD FOOD BOX <i>Walking Warriors</i> p/u 8:15 am	17 Aqua Fit p/u 4:30pm @ Bus Stop
20 VICTORIA DAY OFFICE CLOSURE	21 <i>Walking Warriors</i> p/u 8:15 am Elder's Tea 1:30-3:30 pm Heart Health 9-4 pm	22 Elders MOW 12:00 pm Toddler Talk Drop-In All Day Parents Sewing Group Youth Group 5-7 pm Health Women's Weaving Group	23 <i>Walking Warriors</i> p/u 8:15 am	24 Aqua Fit p/u 4:30pm @ Bus Stop
27 Youth Group 5-7 pm KKC Women's Wellness Evening 5pm-8pm	28 <i>Walking Warriors</i> p/u 8:15 am	29 Elders MOW 12:00 pm Parents Sewing Group Youth Group 5-7 pm Health Women's Weaving Group	30 <i>Walking Warriors</i> 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 March 10th, Delivery on May 16th between 1pm-3pm

Elders Meals On Wheels (MOW) – Delivered Every Wednesday starting at 12:00pm

Parents Sewing Group – Every Wednesday with Audrey 2-4 pm, Limited space, please contact Audrey at Health

Elders Tea – May 21st 1:30 pm to 3:30 pm at Malahat Health office

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 with Audrey and Weaving Instructor

Heart Health Drop-In – May 21st 9am to 4pm with Cindy at the Health Unit

Women's Wellness Evening – May 27th, 5pm to 8pm at the Kwunew Kwasun Centre

FNHA Health Benefits Workshop – May 15th, Dinner at 5pm, workshop to follow, at the Kwunew Kwasun Centre

Please call the Malahat Health Office 250-743-3900 to register or for further information



Malahat