

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PLEASE CALL TO BOOK YOUR SPOT DIAL 905-369-2442 PUSH *1124 THEN # OR EMAIL: SENIORSHUB@PARTNERSCOMMUNITYHEALTH.CA</p>		<p><b>01</b> <b>CLOSED</b> <b>NO PROGRAMS</b></p>	<p><b>02</b> 10 AM - ARTS &amp; CRAFTS 1PM BINGO</p>	<p><b>03</b> 10AM GENTLE FITNESS 1PM GENTLE FITNESS 2PM MOVIE &amp; POPCORN</p>
<p><b>06</b> 10AM GENTLE FITNESS 1PM GENTLE FITNESS 2PM BOARD GAMES/CARDS</p>	<p><b>07</b> 11AM - VISIT NIGERIA WITH ME 2PM COLOURING</p>	<p><b>08</b> 10AM GENTLE FITNESS 11AM HEALTHY EATING 1PM GENTLE FITNESS 2PM WINTER SKIN CARE</p>	<p><b>09</b> 10AM ARTS &amp; CRAFTS 1PM BINGO</p>	<p><b>10</b> 10AM GENTLE FITNESS 1PM GENTLE FITNESS 2PM MOVIE &amp; POPCORN</p>
<p><b>13</b> 10AM GENTLE FITNESS 1PM GENTLE FITNESS 2PM BOARD GAMES/CARDS</p>	<p><b>14</b> <b>11AM PREPARING FOR LTC</b> <b>(PRESENTATION)</b> 2PM COLOURING</p>	<p><b>15</b> 10AM GENTLE FITNESS 11AM HEALTHY EATING 1PM GENTLE FITNESS</p>	<p><b>16</b> 10AM ARTS &amp; CRAFTS 1PM BINGO</p>	<p><b>17</b> 10AM GENTLE FITNESS 1PM GENTLE FITNESS 2PM MOVIE &amp; POPCORN</p>
<p><b>20</b> 10AM GENTLE FITNESS 10AM-1PM SERVICE CANADA 1PM GENTLE FITNESS 2PM BOARD GAMES/CARDS</p>	<p><b>21</b> <b>HEALTHCARE DAY (9-3)</b></p> <ul style="list-style-type: none"> <li>• BLOOD PRESSURE CLINIC</li> <li>• DIABETES CLINIC</li> <li>• PATIENT NAVIGATOR</li> </ul>	<p><b>22</b> 10AM GENTLE FITNESS 11AM HEALTHY EATING 1PM GENTLE FITNESS 1PM CAREPOINT CONNECTS</p>	<p><b>23</b> 10AM ARTS &amp; CRAFTS 1PM BINGO</p>	<p><b>24</b> 10AM GENTLE FITNESS 1PM GENTLE FITNESS 2PM MOVIE &amp; POPCORN</p>
<p><b>27</b> 10AM GENTLE FITNESS 1PM GENTLE FITNESS 2PM BOARD GAMES//CARDS</p>	<p><b>28</b> <b>HEALTHCARE DAY (9-3)</b></p> <ul style="list-style-type: none"> <li>• BLOOD PRESSURE CLINIC</li> <li>• DIABETES CLINIC</li> <li>• PATIENT NAVIGATOR</li> </ul> <p><b>11AM PREVENTATIVE HEALTH</b></p>	<p><b>29</b> 10AM GENTLE FITNESS 11AM HEALTHY EATING <b>2PM DEMENTIA CAFE*</b> A "PUB" AFTERNOON (*REGISTRATION REQUIRED)</p>	<p><b>30</b> 10AM ARTS &amp; CRAFTS 1PM BINGO <b>2PM NUTRITION TALK</b> <b>(CAREPOINT)</b></p>	<p><b>31</b> 10AM GENTLE FITNESS 1PM GENTLE FITNESS 2PM MOVIE &amp; POPCORN</p>

@BELONGING TO PCH THEME FOR JANUARY:

## PERSONAL GROWTH

**EVERYONE HAS THE CAPACITY FOR PERSONAL GROWTH AND ENRICHMENT IN THEIR LIVING AND WORKING SPACES.**

JOIN US THIS JANUARY AS WE LEARN TO STAY HEALTHY AND STRONG THROUGH OUR NEW GENTLE FITNESS PROGRAM, BY LEARNING NEW HEALTHY RECIPES AND CHECKING OUR BLOOD PRESSURE AND BLOOD SUGAR LEVELS WITH DURING OUR NEW HEALTHCARE DAYS.

### GENTLE FITNESS \*NEW\*

MEET NYA, OUR NEW GENTLE FITNESS INSTRUCTOR. NYA WILL BE LEADING US THROUGH ENGAGING GENTLE FITNESS SESSIONS SUITABLE FOR ANY FITNESS LEVEL THAT CAN BE DONE SEATED OR STANDING. MORNING AND AFTERNOON SESSION AVAILABLE.

### HEALTHY EATING

JOIN US IN THE KITCHEN AS WE MAKE HEALTHY SMALL MEALS AND SNACKS THAT ARE BUDGET FRIENDLY AND ARE EASILY MADE FOR ONE OR TWO PEOPLE.

### HEALTHCARE DAYS \*NEW\*

**DROP-IN SERVICE EVERY TUESDAY STARTING JANUARY 21ST**

COMMUNITY NURSING STUDENTS WILL BE ONSITE UNDER THE GUIDANCE OF A NURSING PROFESSIONAL TO:

- CHECK YOUR BLOOD PRESSURE
- CHECK YOUR BLOOD SUGAR LEVELS
- HELP YOU NAVIGATE HEALTHCARE AND COMMUNITY SUPPORT PROGRAMS TO GET THE SUPPORT YOUR NEED

## DON'T HAVE A FAMILY DOCTOR?

### WE CAN HELP!

SPEAK TO ONE OF OUR STAFF MEMBERS ABOUT SEEING THE VISITING NURSE PRACTITIONER FROM CAREPOINT HEALTH. CAREPOINT CONNECTS WILL HELP YOU CONNECT TO A FAMILY DOCTOR FOR ONGOING HEALTHCARE SUPPORT.

**NEXT VISIT: JANUARY 22**  
(PRE-REGISTRATION REQUIRED)

### DEMENTIA CAFÉ - PUB DAY

**JANUARY 29TH FROM 2PM TO 4PM**

ARE YOU A CAREGIVER OR SUPPORT PERSON TO SOMEONE EXPERIENCING MILD TO MEDIUM DEMENTIA? WOULD YOU LIKE TO HAVE AN OPPORTUNITY FOR YOUR LOVED ONE LIVING WITH DEMENTIAL TO PARTICIPATE IN AN ACTIVITY IN A SAFE, SUPPORTIVE ENVIRONMENT? WOULD LIKE TO MEET SIMILAR CAREGIVERS? JOIN US FOR OUR NEXT DEMENTIA CAFÉ: PUB DAY. WE WILL HAVE SNACKS, MUSIC AND NON-ALCOHOLIC DRINKS AVAILABLE. COME SPEND TIME WITH US FOR AN AFTERNOON OF FUN!

**\*\*REGISTRATION REQUIRED\*\***

### SERVICE CANADA CLINIC

**JANUARY 20TH FROM 10AM TO 1PM (DROP IN)**

WE WILL HAVE A REPRESENTATIVE FROM SERVICE CANADA ONSITE TO ANSWER QUESTIONS ABOUT:

- CANADA PENSION PLAN (CPP)
- OLD AGE SECURITY
- CANADA DENTAL CARE PLAN
- CAREGIVING BENEFITS AND LEAVE

**FREE TO SENIORS 65+ YEARS LIVING IN MISSISSAUGA/WEST TORONTO**

**LOCATED AT WELLBROOK PLACE 2180 SPEAKMAN DR. IN MISSISSAUGA**