

Monday	Tuesday	Wednesday	Thursday	Friday
Questions? Contact: Jane Jordan - 604-363-0961 everydaycounts@vch.ca		All activities take place in the Every Day Counts Centre located in the NS Hospice Parking Lot (official address is: 319 East 14 th St) Enter via NS Hospice Driveway at the East 13 th & St. Andrews corner. Pay parking available in the NS Hospice Parking Lot. 2 hour free parking available on 13 th Street		
3 11-12:30 Info Session Advance Care Planning with Pat Porterfield 1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)	4 10:30-11:30 Tai Chi 2:45 – 3:45 Yoga (Jessica)	5 9-10 Yoga Chair Yoga for Every Body (Toni) 11:30-12:30 Yoga for Strength & Present Moment Awareness (Kenzie)	6 10-11:30 Music Therapy Relaxation (Meg/Iris) 1-2pm Gentle Movement for Pain (Toni)	7 9-10 Yoga for You (Toni)
10 11-12:30 Info Session Navigating Palliative Resources on the North Shore (Alison) 1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)	11 10:30-11:30 Tai Chi 2:45 – 3:45 Yoga (Jessica)	12 9-10 Chair Yoga for Every Body (Toni) 11:30-12:30 Yoga for Strength & Present Moment Awareness (Kenzie)	13 10-11:30 Music Therapy Relaxation (Meg/Iris) 1-2pm Gentle Movement for Pain (Toni)	14 9-10 Yoga for You (Toni)
17 1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)	18 1:30 – 2:30 Monthly Meditation <i>Yoga Nidra</i> (Toni) 2:45 – 3:45 Yoga (Jessica)	19 9-10 Chair Yoga for Every Body (Toni) 11:30-12:30 Yoga for Strength & Present Moment Awareness (Kenzie)	20 10-11:30 Music Therapy Relaxation <i>(Holiday Potluck Party)</i> 1-2pm Gentle Movement for Pain (Toni)	21 9-10 Yoga for You (Toni)
24 Closed	25 Closed	26 Closed	27 Closed	28 Closed
31 Closed	1 Closed	2 Closed	3 Closed	4 Closed