

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>Closed</b>	<b>2</b> <b>Closed</b>	<b>3</b> <b>Closed</b>	<b>4</b> <b>Closed</b>
<b>7</b> <b>1-2pm</b> Yoga for Strength & Present Moment Awareness (Kenzie)	<b>8</b> <b>10:30-11:30</b> Tai Chi Healing Exercises (Brad)  <b>2:45 – 3:45</b> Yoga (Jessica)	<b>9</b> <b>9-10 Yoga</b> Chair Yoga for Every Body (Toni) <b>1130-1230</b> Yoga for Strength & Present Moment Awareness (Kenzie)	<b>10</b> <b>10-11:30</b> Music Therapy Relaxation (Meg/Iris)  <b>1-2pm</b> Gentle Movement for Pain (Toni)	<b>11</b> <b>9-10</b> Yoga for You (Toni)
<b>14</b> <b>11-12:30</b> Info Session Navigating Palliative Resources on the North Shore (Inbar)  <b>1-2pm</b> Yoga for Strength & Present Moment Awareness (Kenzie)	<b>15</b> <b>10:30-11:30</b> Tai Chi Healing Exercises (Brad) <b>1:30 – 2:30</b> Monthly Meditation Restorative Yoga Meditation (Toni) <b>2:45 – 3:45</b> Yoga (Jessica)	<b>16</b> <b>9-10</b> Chair Yoga for Every Body (Kenzie) <b>1130-1230</b> Yoga for Strength & Present Moment Awareness (Kenzie)	<b>17</b> <b>10-11:30</b> Music Therapy Relaxation (Meg/Iris)  <b>1-2pm</b> Gentle Movement for Pain (Kenzie)	<b>18</b> <b>9-10</b> Yoga for You (Jessica)
<b>21</b> <b>11-12:30</b> Info Session	<b>22</b> <b>10:30-11:30</b> Tai Chi Healing Exercises (Brad)  <b>2:45 – 3:45</b> Yoga (Jessica)	<b>23</b> <b>9-10</b> Chair Yoga for Every Body (Toni)  <b>1130-1230</b> Yoga for Strength & Present Moment Awareness (Kenzie)	<b>24</b> <b>10-11:30</b> Music Therapy Relaxation (Meg/Iris)  <b>1-2pm</b> Gentle Movement for Pain (Toni)	<b>25</b> <b>9-10</b> Yoga for You (Toni)
<b>1-2pm</b> Yoga for Strength & Present Moment Awareness (Kenzie)				
<b>28</b> <b>11-12:30</b> Info Session Care for the Caregiver (Lisa)	<b>29</b> <b>10:30-11:30</b> Tai Chi Healing Exercises (Brad)  <b>2:45 – 3:45</b> Yoga (Jessica)	<b>30</b> <b>9-10</b> Chair Yoga for Every Body (Toni)  <b>1130-1230</b> Yoga for Strength & Present Moment Awareness (Kenzie)	<b>31</b> <b>10-11:30</b> Music Therapy Relaxation (Meg/Iris)  <b>1-2pm</b> Gentle Movement for Pain (Toni)	<b>1</b> <b>9-10</b> Yoga for You (Toni)
<b>1-2pm</b> Yoga for Strength & Present Moment Awareness (Kenzie)				
<b>Questions?</b> <b>Contact: Jane Jordan - 604-363-0961</b> <b>everydaycounts@vch.ca</b>		<p>All activities take place in the Every Day Counts Centre located in the NS Hospice Parking Lot (official address is: 319 East 14<sup>th</sup> St) Enter via NS Hospice Driveway at the East 13<sup>th</sup> &amp; St. Andrews corner.</p> <p>Pay parking available in the NS Hospice Parking Lot. 2-hour free parking available on 13<sup>th</sup> Street</p>		