

Monday	Tuesday	Wednesday	Thursday	Friday
1 1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)	2 Tai Chi Healing Exercises 2:45 – 3:45 Yoga (Jessica)	3 9-10 Chair Yoga for Every Body (Toni) 1130-1230 Restorative Yoga (Kenzie)	4 10-11:30 Music Therapy Relaxation (Meg/Iris) 1-2pm Gentle Movement for Pain (Toni)	5 9-10 Yoga for You (Toni)
8 1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)	9 Tai Chi Healing Exercises 1230 – 2:30 Portrait in the Garden 2:45 – 3:45 Yoga (Jessica)	10 9-10 Chair Yoga for Every Body (Toni) 1130-1230 Restorative Yoga (Kenzie)	11 10-11:30 Music Therapy Relaxation (Meg/Iris) 1-2pm Gentle Movement for Pain (Toni)	12 9-10 Yoga for You (Toni)
15 11-12:30 Info Session Finances, Taxes & Estates: What You Need to Know. Gabrielle Loren CPA, CGA	16 10:30-11:30 Tai Chi Healing Exercises (Brad) 1:30 – 2:30 Monthly Meditation 2:45 – 3:45 Yoga (Jessica)	17 9-10 Chair Yoga for Every Body (Toni) 1130-1230 Restorative Yoga (Kenzie)	18 10-11:30 Music Therapy Relaxation (Meg/Iris) 1-2pm Gentle Movement for Pain (Toni)	19 GOOD FRIDAY
1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)				
22 EASTER MONDAY	23 10:30-11:30 Tai Chi Healing Exercises (Brad) 2:45 – 3:45 Yoga (Jessica)	24 9-10 Chair Yoga for Every Body (Toni) 1130-1230 Restorative Yoga (Kenzie)	25 10-11:30 Music Therapy Relaxation (Meg/Iris) 1-2pm Gentle Movement for Pain (Toni)	26 9-10 Yoga for You (Toni)
29 11-12:30 Info Session Navigating Palliative Care Resources on the North Shore (Inbar)	30 10:30-11:30 Tai Chi Healing Exercises (Brad) 2:45 – 3:45 Yoga (Jessica)	Questions? Contact: Jane Jordan - 604-363-0961 everydaycounts@vch.ca		
1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)		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		