




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 LABOUR DAY	3 <i>Tai Chi Healing Exercises</i>	4 9-10 Chair Yoga (Toni) 1-4pm Sew Its Wednesday Machine Sewing Drop-In	5 10-11:30 Music Therapy Relaxation (Meg/Iris) 1-2pm Gentle Movement for Pain (Toni)  6:30 – 7:30pm Candlelight Restorative Yoga (Kenzie)	6 9-10 Yoga for You (Toni)	
9 1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)	10 10:30-11:30 Tai Chi Healing Exercises (Brad) 1:00 – 2:30 Portrait in the Garden	11 9-10 Chair Yoga (Toni) 1-4pm In Stitches Hand Sewing Drop-In	12 10-11:30 Music Therapy Relaxation (Meg/Iris) 1-2pm Gentle Movement for Pain (Toni)  6:30 – 7:30pm Candlelight Restorative Yoga (Kenzie)	13 9-10 Yoga for You (Toni)	
16 11-12:30 Info Session Navigating Palliative Resources on the North Shore - Inbar	17 10:30-11:30 Tai Chi Healing Exercises (Brad) 1:30 – 2:30 Monthly Meditation	18 9-10 Chair Yoga (Toni) 1-4pm Sew Its Wednesday Machine Sewing Drop-In	19 10-11:30 Music Therapy Relaxation (Meg/Iris) 1-2pm Gentle Movement for Pain (Toni)  6:30 – 7:30pm Candlelight Restorative Yoga (Kenzie)	20 9-10 Yoga for You (Toni)	
1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)					
23 11-12:30 Easy Open House Join us for coffee and a chat	24 10:30-11:30 Tai Chi Healing Exercises (Brad)	25 9-10 Chair Yoga (Toni) 1-4pm In Stitches Hand Sewing Drop-In	26 10-11:30 Music Therapy Relaxation (Meg/Iris) 1-2pm Gentle Movement for Pain (Toni)  6:30 – 7:30pm Candlelight Restorative Yoga (Kenzie)	27 9-10 Yoga for You (Toni)	28 Special Event Bucket List Festival For Tickets: https://lghfoundation.com/event/time-of-your-life-bucket-list/
1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)					
30 11-12:30 Info Session Advance Care Planning	Questions? Contact: Jane Jordan - 604-363-0961 everydaycounts@vch.ca				
1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)	<i>All activities take place in the Every Day Counts Centre located in the NS Hospice Parking Lot (official address is: 319 East 14th St). Enter via NS Hospice Driveway near the corner of East 13th & St. Andrews. Pay parking available in the NS Hospice Parking Lot. 2-hour free parking available on 13th Street</i>				