

Every Day Counts Program November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Questions? Contact: Jane Jordan - 604-363-0961 everydaycounts@vch.ca</p> <p>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 at the East 13th & St. Andrews corner. Pay parking available in the NS Hospice Parking Lot. 2-hour free parking available on 13th Street.</p>				<p>1 9-10 Yoga for You (Toni)</p>
<p>4 1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)</p> <p>4:00pm Kids Care Support Group registration required</p>	<p>5 10:30-11:30 Tai Chi Healing Exercises (Brad)</p> <p>1:30 – 2:30 Meditation (Toni)</p>	<p>6 9-10 Chair Yoga for Every Body (Toni)</p> <p>11-5pm Sew Its Wednesday Machine Sewing Drop-In</p> <p>6:00pm Synergy Community Choir – registration required</p>	<p>7 10-11:30 Music Therapy Relaxation (Meg/Iris)</p> <p>1-2pm Gentle Movement for Pain (Toni)</p> <p>6:30 – 7:30 Restorative Yoga (Kenzie)</p>	<p>8 9-10 Yoga for You (Toni)</p>
<p>11 REMEMBRANCE DAY</p>	<p>12 10:30-11:30 Tai Chi Healing Exercises (Brad)</p> <p>1:00 – 2:30 Portrait in the Garden Contact Jane to reserve</p>	<p>13 9-10 Chair Yoga for Every Body (Toni)</p> <p>1-4pm In Stitches Hand Sewing Drop-In</p> <p>6:00pm Synergy Community Choir – registration required</p>	<p>14 10-11:30 Music Therapy Relaxation (Meg/Iris)</p> <p>1-2pm Gentle Movement for Pain (Toni)</p> <p>6:30 – 7:30 Restorative Yoga (Kenzie)</p>	<p>15 9-10 Yoga for You (Toni)</p>
<p>18 11-12:30 Info Session Navigating Palliative Resources on the North Shore Inbar</p>	<p>19 10:30-11:30 Tai Chi Healing Exercises (Brad)</p> <p>1:30 – 2:30 Meditation with Toni</p>	<p>20 9-10 Chair Yoga for Every Body (Toni)</p> <p>11-5pm Sew Its Wednesday Machine Sewing Drop-In</p> <p>6:00pm Synergy Community Choir registration required</p>	<p>21 10-11:30 Music Therapy Relaxation (Meg/Iris)</p> <p>1-2pm Gentle Movement for Pain (Toni)</p> <p>6:30 – 8:30pm – Special Event Autumn Antics Social Event</p>	<p>22 9-10 Yoga for You (Toni)</p>
<p>1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)</p>				
<p>25 11– 12:30 Easy Open House Join us for coffee and a chat</p>	<p>26 10:30-11:30 Tai Chi Healing Exercises (Brad)</p>	<p>27 9-10 Chair Yoga for Every Body (Toni)</p> <p>1-4pm In Stitches Hand Sewing Drop-In</p> <p>6:00pm – Synergy Community Choir – registration required</p>	<p>28 10-11:30 Music Therapy Relaxation (Meg/Iris)</p> <p>1-2pm Gentle Movement for Pain (Toni)</p> <p>6:30 – 7:30 Restorative Yoga (Kenzie)</p>	<p>29 9-10 Yoga for You (Toni)</p>
<p>1-2pm Yoga for Strength & Present Moment Awareness (Kenzie)</p> <p>4:00pm Healing Waves Family Support Program registration required</p>				