

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Bent Arrow Pipe Cememony/Feast 1-4pm Round Dance 5- 10pm
3	4	5	6	7 Senior Wellness Hub 10-12pm Pow Wow Practice 5:30-7:30pm	8 Mosoms Bear Den 10-12pm Soup & Bannock 12pm (Gym)	9
10	11	12	13 Crow's Nest Presentation 1-3pm	14 Senior Wellness Hub 10-12pm Pow Wow Practice 5:30-7:30pm	15 Kokoms Teatime 10-12pm	16
17	18	19	20	21 Senior Wellness Hub 10-12pm	22 Mosoms Bear Den 10-12pm Soup & Bannock 12pm (Gym)	23
24 Easter 31	25	26	27 Crow's Nest Presentation 1-3pm	28	29 Good Friday Bent Arrow Closed	23

March



2024

**Wahkomatowin
Senior Wellness
Calendar**
11648 85 Street

Kokoms Teatime
15th - Candle making (Rm 6)

Senior Wellness Hub
7th - Medicine Wheel & Wall Hanging (Rm 6)
14th - Field Trip - Royal Alberta Museum (Rm 6)
21st - Bingo (Rm 26)

Mosoms Bear Den
8th - String art (Rm 6)
22nd - Wood burning if you have tools please bring them (Rm 6)

Crow's Nest
13th - AHS Dementia presentation (Rm 6)
27st - Service Canada Dental Care / CRA 65+ Tax info (Rm 6)

Please ensure you register for all programs - see info on next page

About Our Programs

Kokooms Tea Time

This is a group for women to engage in arts & crafts, sharing stories, and connecting with others.

Social Hub

A program for seniors looking to socialize and make new friends. Each session will help you connect with others through different activities, events, and outings.

Mosoms Bear Den

A welcoming and respectful group for senior men to work on projects, go on outings, and explore the therapeutic nature of arts & crafts.

Crow's Nest Informational Presentations

A program for seniors seeking resources through presentations and discussions to help make better, more informed choices, and to learn something new!

To Register

Kokooms Tea Time, Social Hub, Mosoms Bear Den:

Contact Melinda Rutherford by email melinda.rutherford@bentarrow.ca or phone 587-598-2047

Crow's Nest:

Contact Sophie Laboucan by email sophie.laboucan@bentarrow.ca or phone 587-341-4794