

Sun Mon Tue Wed Thu Fri Sat

1 Easter Monday

Bent Arrow Closed

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Pow Wow Practice
5:30-7:30pm

5 Kokoms Teatime
10-12pm

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10 Crow's Nest Presentation
10-12:30pm

11 Senior Wellness Hub 1-3pm

Pow Wow Practice
5:30-7:30pm

12 Mosoms Bear Den
10-12pm

Soup & Bannock 12pm
(Gym)

13

14

15

16 Kokom & TTS Peer Support
1-3pm

17

18 Senior Wellness Hub 1-3pm

19 Open Program
10-12pm

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23 Kokom & TTS Peer Support
1-3pm

24 Crow's Nest Presentation
10-12:30pm

25

26 Soup & Bannock 12pm
(Gym)

27

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30

April 2024



**Wahkomatowin Senior
Wellness Calendar**
11648 85 Street

Kokoms Teatime

5th - Candle making (Rm 1)
16th - Peer Support with TTS (TTS Classroom)
23rd - Peer Support with TTS (TTS Classroom)

Senior Wellness Hub

11th - String Art (Rm 26)
18th - BINGO (Gym)

Mosoms Bear Den

12th - Soap stone carving (Rm 6)

Open Program: No Program

19th - Complete unfinished crafts (Rm 6)

Crow's Nest

10th - ETS ARC Transit Talk (Rm 6)
24th - Service Canada Den (Rm 6)

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

About Our Programs

Kokoms Tea Time

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

Peer Support with the Transitions to Success program. This program will involve a craft and discussion on different topics. Women empowering women.

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

Kokoms 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