

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|--------------------------------------|--|-------------------------------------|---------------------------------------|-----|
| | | | | | | 1 |
| 2 | 3 | 4 Not Falling For You 10-12pm | 5 | 6 Senior Wellness Hub 10-12pm | 7 Office Closed Staff Event | 8 |
| 9 | 10 | 11 Not Falling For You 10-12pm | 12 Crow's Nest Presentation 10-12:30pm | 13 BINGO 10am-12pm | 14 Mosoms Bear Den 10-12pm | 15 |
| 16 | 17 | 18 | 19 Office Closed Staff Event | 20 Office Closed Staff Event | 21 National Indigenous Peoples Day | 22 |
| 23 | 24 | 25 Not Falling For You 10-12pm | 26 Crow's Nest Presentation 10-12:30pm | 27 | 28 | 29 |
| 30 | | | | | | |

June 2024



**Wahkomatowin Senior
Wellness Calendar**
11648 85 Street

Senior Wellness Hub

6th - Mosaic Art (Rm 6)
13th - BINGO (Rm 6)

Mosoms Bear Den

14th - Fathers Day Celebration (Rm 6)

Not Falling for You

4th, 11th, 25th - Strength & Balance Exercise (Gym)

Crow's Nest

12th - TBD (To be determined)
26th - TBD (To be determined)

**Registration required 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!

NOT Falling For You

An exercise program designed for seniors to improve strength and balance

To Register

Kokoms Tea Time, Social Hub, Mosoms Bear Den, Not Falling For You:

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