



# Community Health Programs

## October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Elders Group 11:00-1:00pm	2
5	6 Womens Wellness 1:00-3:00pm Mens Group 10:00-12:00pm Weaving Group 5:00-8:00pm	7 Elders Meals on Wheels Dr Eberhard 1pm-4pm Youth Rec 5:00-6:30pm	8 Elders Group 11:00-1:00pm Mental Health Awareness Eve 5-7pm	9
12 Office Closed for Thanksgiving	13 Womens Wellness 1:00-3:00pm Mens Group 10:00-12:00pm Weaving Group 5:00-8:00pm	14 Elders Meals on Wheels Dr Eberhard 1pm-4pm Youth Rec 5:00-6:30pm	15 Elders Group 11:00-1:00pm	16
19	20 Womens Wellness 1:00-3:00pm Mens Group 10:00-12:00pm Weaving Group 5:00-8:00pm	21 Elders Meals on Wheels Dr Eberhard 1pm-4pm Youth Rec 5:00-6:30pm Good Food Box	22 Elders Group 11:00-1:00pm	23
26	27 Womens Wellness 1:00-3:00pm Mens Group 10:00-12:00pm Weaving Group 5:00-8:00pm	28 Elders Meals on Wheels Dr Eberhard 1pm-4pm Youth Rec 5:00-6:30pm	29 Elders Group 11:00-1:00pm	30

**Good Food Box**

Womans Wellness 1:00 - 3:00 Gym Mezzanine

Elders Meals on Wheels - 12:00pm Jennifer Daniels

Mens Group 10:00-12:00pm Health Boardroom

Doctor Day Malahat Health Unit Dr. Eberhard 1:00-4:00pm

Youth Rec 5:00-6:30pm Gym

Elders Group 11:00-1:00pm Gym Mezzanine Linda & Audrey

Mental Health Awareness Evening 5:00-7:00pm Gym Patio

Weaving Group 5:00-8:00pm KKC

Please call Malahat Health at 250-743-3900 to register or for futher information