

May 2024



Peachland Wellness Centre
 4475 4th Street, Peachland, BC, V0H 1X6
 Phone: 250-767-0141 email: wellnesscentre@telus.net web: www.peachlandwellnesscentre.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 am Tai Chi 1:00 pm Sunshine Singers	2 9:00 am Adult Day Service 10:00 am Bereavement Support Group.	3 9:00 am Type 2 Diabetes Support Group. 10:30 am Intergenerational Singers 1:00 pm Ladies Coffee & Crib	4 1:00 pm Bridge
5	6 9:00 am Walk for Wellness Kick-Off 9:00 am Adult Day Service 1:00 pm Ladies Coffee	7 11:15 am Chair Yoga 1:00 pm Men's Coffee & Crib	8 10:00 am Tai Chi 1:00 pm Sunshine Singers	9 9:00 am Adult Day Service 10:00 am Bereavement Support Group. 10:00 am Dementia Caregiver Support Group	10 10:30 am Intergenerational Singers 1:00 pm Ladies Coffee & Crib	11
12 8:00am Mothers Day Jerry Dober Breakfast	13 9:00 am Adult Day Service 1:00 pm Ladies Coffee	14 10:00 am Parkinson's Support Group. 11:15 am Chair Yoga 1:00 pm Men's Coffee & Crib	15 10:00 am Tai Chi Heritage Park 1:00 pm Sunshine Singers	16 9:00 am Adult Day Service. 10:00 am Bereavement Support Group.	17 9:00 am Type 2 Diabetes Support Group. 10:30 am Intergenerational Singers 1:00 pm Ladies Coffee & Crib	18
19	20 Victoria Day Office Closed	21 11:15 am Chair Yoga 1:00 pm Men's Coffee & Crib	22 10:00 am Tai Chi Heritage Park 1:00 pm Sunshine Singers	23 9:00 am Adult Day Service. 10:00 am Bereavement Support Group.	24 10:30 am Intergenerational Singers 1:00 pm Ladies Coffee & Crib	25
26	27 9:00 am Adult Day Service 1:00 pm Ladies Coffee	28 11:15 am Chair Yoga 1:00 pm Men's Coffee & Crib				