

# St. Joseph's Hospice Supportive Care Calendar – January 2019

## REGISTRATION IS REQUIRED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 New Year's Day – Closed	2	3	4	5
6	7 Drop-In Meditation 10:30-11:45  H.E.A.L. 1:00-3:00 6:00-8:00	8 Massage Therapy 1:30, 2:30, 3:30	9 Mindfulness for the Bereaved 1:00-3:00  Integrated Energy Therapy 2:00	10 Reconnective Healing 1:00, 1:45, 2:30, 3:15	11 Exploring Grief 10:00- Noon  Mani, Pedi, or Hair 1:00, 2:00, 3:00	12
13	14 Drop-In Meditation 10:30-11:45 H.E.A.L. 1:00-3:00 6:00-8:00	15 Massage Therapy 1:30, 2:30, 3:30	16 Mindfulness for the Bereaved 1:00-3:00	17 Cooking for One 6:30-8:30	18 Exploring Grief 10:00- Noon  Massage Therapy 1:00, 2:30, 4:00	19
20	21 Drop-In Meditation 10:30-11:45 H.E.A.L. 1:00-3:00 6:00-8:00	22	23 Mindfulness for the Bereaved 1:00-3:00  Integrated Energy Therapy 2:00	24 Reconnective Healing 1:00, 1:45, 2:30, 3:15	25 Exploring Grief 10:00- Noon  Mani, Pedi, or Hair 1:00, 2:00, 3:00	26
27	28 Drop-In Meditation 10:30-11:45 H.E.A.L. 1:00-3:00 6:00-8:00	29 Massage Therapy 1:30, 2:30, 3:30	30 Mindfulness for the Bereaved 1:00-3:00	31 Massage Therapy 12:00, 1:30, 3:00		

To book an appointment, register for a program, or receive more information, contact:

Supportive Care at (519) 931 3474



- Programs printed in BLACK are offered to ALL clients
- Programs printed in RED are offered to BEREAVED clients only
- Programs printed in GREEN are offered to CAREGIVER and BEREAVED clients only