



This week's activities at 405 Ogilvie December 2 - 6

Tuesday, Dec. 3

Today's Menu: Sandwiches, soup, and fruit salad.

Dry Meat Making with Charles, 10 a.m. - 12 p.m.

Tea with Elder Karen
10 a.m. - 2 p.m.

Melt and pour soap making

Coffee filter snowflake decorations

Tree decorations with Elder Karen

Wednesday, Dec. 4

Women's Day

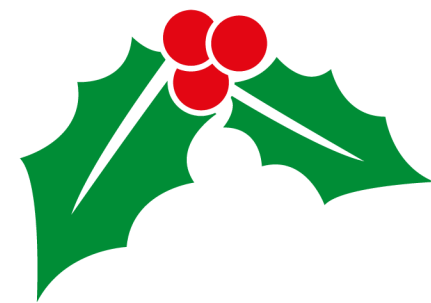
Today's Menu: Snack plates

Sewing with Edith

Jam and bannock making

Dried orange garland making with Renee

Women's drop-in group
1:30 - 4 p.m.



Thursday Dec 5

Today's Menu: Pizza & garden salad

Tea with Elder Karen
10 a.m. - 2 p.m.

Haircuts 11 a.m. - 4 p.m.

Job search support with Employment Central
1 - 3 p.m.

Tree decorations with Elder Karen

Make a bird feeder

Men's group 5 - 8 p.m.

Friday Dec 6

Outreach Breakfast at Nats'ekhi Kù Health Centre
10 a.m. - 12 p.m.

405 Ogilvie closed



Welcome Winter Solstice programming, 10 a.m. - 3 p.m.

Regular programming through Pathways

Regular programming through Health & Wellness

- Food service is 10 a.m. - 3 p.m. or when we run out.
- Women's Day - 405 is open for women only activities 10 a.m.- 4 p.m.
- Hair cuts are by drop in with Sherry Massie
- Sewing with Edith: use a sewing machine to create tote bag, stocking, or lap blanket
- Tea with Elder Karen (talk, join in traditional art therapy while getting addictions support)