

SENACA TIMES

October, November, December 2019



Info/Support Groups:

- Informal sharing of information and workshops
- Refreshments are served
- All welcome

Bond:

3rd Tuesday of every month
 9:30-11am
 Family Room - 53 Bond Street
 October 15, November 19 & December 17, 2019

Palermo:

1st Wednesday of every month
 3-4:30pm
 October 2, November 6 & December 4, 2019

Coptic:

3rd Thursday of the month
 3-4:30
 October 17, November 21 & December 19, 2019

WORKSHOPS & EDUCATION

- Compassionate Caregivers – Tips for staying Afloat
 Thursday Oct. 3/19 10-12
 Regional Learning Center - 2030 Bristle Circle Suite 205
 To Register - Sandi Robinson
 (905) 829 - 4499 x 109/905-829-7006
- Powerful Tools for Caregivers - Workshop Series
 Monday Mornings - 9:30-11am November 4th - December 9th, 2019
 Regional Learning Center
 Register (905) 338-2983
WWW.maximiseyourhealth.ca
- Carers Day - Insights and Inspirations for Family Caregivers
 Regional Learning Center
 Wednesday October 30/19 10-3pm
 Lunch and snacks provided - No Cost
 Can register online
- Understanding the Home Care System
 Monday November 18th 2019 1-3pm
 Regional Learning Center
 To register call - (905) 829 - 7006
 Or email - info@mhlhirc.ca



All Sites will be holding Christmas Parties at their sites:

- Bond** - Thursday December 5th 2019 2-4pm
- Palermo** - Wednesday December 11th 2019 2-4pm
- Coptic** - Friday December 13th 2019 2-4pm

Foot Care Clinic



- Bond St.** Contact Jacinth At 905-337-8937
- Palermo** Contact Sheryl At 905-847-3394
- Coptic** Contact Nadia At 905-812-8222

Holiday Hours...



Christmas Eve	8am to 2pm
Christmas Day	CLOSED
Boxing Day (Dec 26)	CLOSED
New Year Eve	8am to 2pm
New Year Day, 2020	CLOSED

S.E.N.A.C.A WILL BE CLOSED:
 MONDAY OCTOBER 14
 THANKSGIVING DAY

