



Scheduled Programs – Winter 2012 -"AT A GLANCE"!

Name of Program	Date & Time	Venue	Instructor or Organization	For who?	Cost
Lunch `N Learns	First Thursday of the month! 11:30-1:00pm	Chestermere Whitecappers' Centre, Chestermere Rec. Centre, W. Chestermere Drive	<p>January 5 "Grandparenting... THE best job of all!" Parent Educator/Program Facilitator Kidz 1st Network/Parent Link Centre</p> <p>February 2 "Cancer Today: what you need to know" Anne Walker w. Canadian Cancer Society</p> <p>March 1 "Planning Your Garden...the time is NOW!" Tricia Ingram, Owner/Head Grower Cobblestone Garden Centre</p> <p>April 5 "Final Arrangements: What you need to know" Joanne Lang, Mountain View Memorial Gardens</p> <p>May 3 "Diabetes: What You Need to Know" Jessie Atkins, Canadian Diabetes Association</p>	All adults interested!	NO CHARGE <i>-bring your own lunch - coffee 'n cookies provided (coin donations gratefully accepted)</i>
Information & Resources Drop-In	First Thurs. of the month 1:00-4:00pm Drop in anytime!	Chestermere Whitecappers' Centre, Chestermere Rec. Centre, W. Chestermere Drive	1:00-4:00pm (immediately following the Lunch `N Learns) Community Services Dept., Town of Chestermere	All adults needing information on... Seniors Benefit programs, legal info., nutrition 'n fitness, driving tips, downsizing, elder abuse, home care, basic computer assistance... 'n so much more!	NO CHARGE
Chronic Illness Group	First & Third Wed. of the month 10:30am – 12noon January 4 & 18 February 1 & 15 March 7 & 21	Chestermere Municipal Bldg.	Facilitated by Calgary Health Region	All are welcome	NO CHARGE
Foot Clinic	Last Thursday of every other month 9:00am – 3:00pm January 26, March 29, May 31	Whitecappers' Centre, Chestermere Rec. Centre W. Chestermere Dr	Evey Fowler, RN Certified Master Pedicurist in partnership with Community Services	All adults interested <i>Appointment needed; please call 403-207-7061</i>	\$35 (receipt issued for reimbursement from health insurance plans)

