

# Davenport Perth Neighbourhood & Community Health Centre

## REGISTERED ADULT PROGRAMS: November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> <b>Breathing and Stretching classes</b> 10 am – 11 am Sanctuary	<b>2</b>	<b>3</b>	<b>4</b> <b>Breathing and Stretching classes</b> 1:15 pm – 2:30 am Sanctuary	<b>5</b>
<b>6</b>	<b>7</b>	<b>8</b> <b>Breathing and Stretching classes</b> 10 am – 11 am Sanctuary	<b>9</b>	<b>10</b>	<b>11</b> <b>Remembrance Day</b>	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> <b>Breathing and Stretching classes</b> 10 am – 11 am Sanctuary	<b>16</b>	<b>17</b>	<b>18</b> <b>Breathing and Stretching classes</b> 1:15 pm – 2:30 am Sanctuary	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b> <b>Breathing and Stretching classes</b> 10 am – 11 am Sanctuary <b>Back care classes</b> 3:45 pm – 5 pm Garden Room	<b>23</b>	<b>24</b>	<b>25</b> <b>Breathing and Stretching classes</b> 1:15 pm – 2:30 am Sanctuary	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b> <b>Breathing and Stretching classes</b> 10 am – 11 am Sanctuary <b>Back care classes</b> 3:45 pm – 5 pm Garden Room	<b>30</b>			

**Back care classes require registration – DPNCHC – Contact Janet**  
**Breathing and stretching classes – Contact Gabrielle Langois**

