



**BEST TOGETHER**

We are United Churches at Big Valley, Erskine and Stettler.

**"CARING TOGETHER, HEALTHY TOGETHER!"**

Time	Board Room	Main Centre Room	East / "Choir" Room	Library Room	Sanctuary
<b>MORNING</b>					
Coffee @ 9:00					
9:15 - 9:45 Chair Yoga					
9:45 - 10:30	Learn to Make Raised Garden Beds	Geneology - "Who Am I"	Art -"Pencil Sketching"	Make 2 Greeting Cards	Hymn sing and Faith for wellbeing
10:30 - 10:45 - Coffee					
10:45 - 11:30	Cooking for 1-2	Wills and Estate Plan	Fitness for Elderly		Intro to Ukele
11:35 - 12:15	Cooking for 1-2	Wills and Estate Plan	Library Services		Learn to Play Bridge
<b>AFTERNOON</b>					
12:15 to 1:00 - Lunch					
Chair Yoga 1:00 - 1:30					
1:30 - 2:15	Learn to Make Raised Garden Beds	Basic Computer	Library Services		Hymn sing and Faith for wellbeing
2:15 - 2:30 - Coffee					
2:30 - 3:15	Crocheting	Basic Computer	Art - "Pencil Sketching"	Make 2 Greeting Cards	Intro to Ukelele
3:20 - 4:00	Knitting	Geneology - "Who Am I"	Fitness for Elderly		Learn to Play Bridge