

December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Youth Centre 6-9pm	3	4 Gym Nights 5:30 - 7:15 Gift Distribution	5 Youth Centre 6-9pm Gift Distribution	6 Gift Distribution	7 Youth Christmas Party 6-11pm
8 Children's Christmas Party 6-11pm	9 Collective Kitchen 6-9pm 5 Days Of Giveaways	10 Chronic Disease - 10am - 2pm 5 Days Of Giveaways	11 Gym Nights 5:30 - 7:15 5 Days Of Giveaways	12 Youth Centre 6-9pm Pre/Post Natal 10am-2pm 5 Days Of Giveaways	13 5 Days Of Giveaways	14 Christmas Family Movie 6pm
15	16 Youth Centre 6-9pm	17	18 Christmas Hamper Distribution Gym Nights 5:30 - 7:15	19 Youth Centre 6-9pm Christmas Hamper Distribution	20 Office Closed @ 12pm	21
22 Candle Light Vigil	23 Office Closed Youth Centre 6-9pm Brunch With the Ladies 11am - 1pm	24 Office Closed Christmas Eve	25 Office Closed Christmas Day	26 Office Closed GP Shopping Trip - 9am Sober Dance	27 Office Closed Mario Kart Tournament 1pm	28
29	30 Office Closed Family Skate 1-4pm Youth Centre 6-9pm Breakfast with the Boys 9am-11am	31 Office Closed New Year's Eve	<p>Please Contact the Health Centre if you have any questions 780-524-3717 Please watch for individual posting for Program information The Sturgeon Lake Health Centre is Closed for Christmas Holidays from Dec 20 2024 at 12pm - Jan 6 2025</p>			

<p>Adult Therapist - Every Tuesday & Thursday 10 am - 3 pm Child Therapist - Every Well Baby Clinic - Every Wednesday 10am - 3:15pm STBBI Clinic - Every Tuesday 10am - 2pm</p>	<p>Youth Nights - Every Monday and Thursday 6-9pm Gym Nights - Every Wednesday 5:30 - 7:15pm AA - Every Thursday 7 - 8 pm</p>
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