



**ABORIGINAL
COMMUNITY
ELDERS
SERVICES INC.**

Programs operate from Monday – Friday
11:00am – 2:00pm
Men’s shed – TBC

JULY 2023

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>Mosaic & Massage Therapy Lunch Mosaic class</p>	<p>4</p> <p>NAIDOC Elders luncheon AAL</p>	<p>5</p> <p>ACMI NAIDOC Elder movie Day – One Night the Moon</p>	<p>6</p> <p>ACES NAIDOC breakfast @ VACSAL</p>	<p>7</p> <p>Massage Therapy & Light Exercise Lunch Hydrotherapy</p>
<p>10</p> <p>Games & Massage Therapy Lunch Bingo</p>	<p>11</p> <p>Training/Admin day NO PAG</p>	<p>12</p> <p>Weaving with Emily Lovett Lunch</p>	<p>13</p> <p>Arts & crafts Lunch Arts & crafts Birthday celebration</p>	<p>14</p> <p>Massage Therapy & Light Exercise Lunch Hydrotherapy</p>
<p>17</p> <p>Massage Therapy Lunch Cultural activity with Wax Treasures and Feathers</p>	<p>18</p> <p>Light Exercise Lunch Bingo</p>	<p>19</p> <p>Mind Body & Spirit Day Massage Therapy Tai chi Guided Meditation Acupuncture</p>	<p>20</p> <p>Arts & crafts with Arini Lunch Arts & crafts</p>	<p>21</p> <p>Massage Therapy & Light Exercise Lunch Hydrotherapy</p>
<p>24</p> <p>Massage Therapy/Entertainment Luncheon Entertainment</p>	<p>25</p> <p>Training/Admin day NO PAG</p>	<p>26</p> <p>The Lume First Nations Exhibition & Lunch at the café</p>	<p>27</p> <p>Training/Admin day NO PAG</p>	<p>28</p> <p>Massage Therapy & Light Exercise Lunch Hydrotherapy</p>
<p>31</p> <p>Op shopping/Clothing the Gaps</p>				



(WP) Weather Pending

(TBC) To Be Confirmed

Programs subject to change