

DCC Programming Schedule: April 2024 – Drop-in Services – Monday, Tuesday, Thursday, and Friday: 9:00am-3:15pm; Wednesday: 9:00am -1:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
1 DCC Closed for Statutory Holiday	2	3 Community Arts 10am-12:30pm	4 Move. Ground. Connect. 10-11:15am Peer Connections 12-1pm Every Step Counts 1-2:30pm Drop-In Chair Massage 1-3pm	5 Acupressure 9am & 10:30am *register Every Step Counts 10:30am-12pm Board Games 723 Yates Street 1-2:30pm
8 Move. Ground. Connect. 10-11:15am Western Herbal Medicine Clinic 12:15pm or 1:30pm *register or walk-in	9	10 Community Arts 10am-12:30pm	11 Move. Ground. Connect. 10-11:15am Peer Connections 12-1pm Every Step Counts 1-2:30pm Drop-In Chair Massage 1-3pm	12 Acupressure 9am & 10:30am *register Every Step Counts 10:30am-12pm Board Games 723 Yates Street 1-2:30pm
15 Move. Ground. Connect. 10-11:15am Western Herbal Medicine Clinic 12:15pm & 1:30pm *register or walk-in	16	17 Community Arts 10am-12:30pm Pick-up a Bagged Lunch 12-1pm	18 Move. Ground. Connect. 10-11:15am Peer Connections 12-1pm Every Step Counts 1-2:30pm Drop-In Chair Massage 1-3pm	19 Acupressure 9am & 10:30am *register Every Step Counts 10:30am-12pm Board Games 723 Yates Street 1-2:30pm
22 Move. Ground. Connect. 10-11:15am Western Herbal Medicine Clinic 12:15pm & 1:30pm *register or walk-in	23	24 Community Arts 10am-12:30pm	25 Move. Ground. Connect. 10-11:15am Peer Connections 12-1pm Every Step Counts 1-2:30pm Drop-In Chair Massage 1-3pm	26 Acupressure 9am & 10:30am *register Every Step Counts 10:30am-12pm Board Games 723 Yates Street 1-2:30pm
29 Move. Ground. Connect. 10-11:15am Western Herbal Medicine Clinic 12:15pm & 1:30pm *register or walk-in	30 ID Clinic 1-3pm	27 Community Arts 10am-12:30pm	28 Move. Ground. Connect. 10-11:15am Peer Connections 12-1pm Every Step Counts 1-2:30pm Drop-In Chair Massage 1-3pm	29 Acupressure 9am & 10:30am *register Every Step Counts 10:30am-12pm Board Games 723 Yates Street 1-2:30pm

*Programs are drop-in unless otherwise indicated. Please register by calling 250-383-0076, emailing dcc@coolaid.org, or dropping in 755 Pandora Avenue.