

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b> <b>Move. Ground. Connect.</b> 10-11:15am	<b>30</b> <b>ID Clinic</b> 1-3pm	<b>1</b> <b>Community Arts</b> 10am-12:30pm	<b>2</b> <b>Move. Ground. Connect.</b> 10-11:15am <b>Peer Connections</b> 12-1pm <b>Every Step Counts</b> 1-2:30pm <b>Drop-In Chair Massage</b> 1-3pm	<b>3</b> <b>Acupressure</b> 9am & 10:30am *register <b>Every Step Counts</b> 10:30am-12pm <b>Board Games</b> 723 Yates Street 1-2:30pm
<b>6</b> <b>Move. Ground. Connect.</b> 10-11:15am <b>Western Herbal Medicine Clinic</b> 12:15pm or 1:30pm *register or walk-in	<b>7</b>	<b>8</b> <b>Community Arts</b> 10am-12:30pm	<b>9</b> <b>Move. Ground. Connect.</b> 10-11:15am <b>Peer Connections</b> 12-1pm <b>Every Step Counts</b> 1-2:30pm <b>Drop-In Chair Massage</b> 1-3pm	<b>10</b> <b>Acupressure</b> 9am & 10:30am *register <b>Every Step Counts</b> 10:30am-12pm <b>Board Games</b> 723 Yates Street 1-2:30pm
<b>13</b> <b>Move. Ground. Connect.</b> 10-11:15am <b>Western Herbal Medicine Clinic</b> 12:15pm & 1:30pm *register or walk-in	<b>14</b>	<b>15</b> <b>Community Arts</b> 10am-12:30pm	<b>16</b> <b>Move. Ground. Connect.</b> 10-11:15am <b>Peer Connections</b> 12-1pm <b>Every Step Counts</b> 1-2:30pm <b>Drop-In Chair Massage</b> 1-3pm	<b>17</b> <b>Acupressure</b> 9am & 10:30am *register <b>Every Step Counts</b> 10:30am-12pm <b>Board Games</b> 723 Yates Street 1-2:30pm
<b>20</b> <b>DCC Closed for Statutory Holiday</b>	<b>21</b>	<b>22</b> <b>Community Arts</b> 10am-12:30pm	<b>23</b> <b>Move. Ground. Connect.</b> 10-11:15am <b>Peer Connections</b> 12-1pm <b>Every Step Counts</b> 1-2:30pm <b>Drop-In Chair Massage</b> 1-3pm	<b>24</b> <b>Acupressure</b> 9am & 10:30am *register <b>Every Step Counts</b> 10:30am-12pm <b>Board Games</b> 723 Yates Street 1-2:30pm
<b>27</b> <b>Move. Ground. Connect.</b> 10-11:15am <b>Western Herbal Medicine Clinic</b> 12:15pm or 1:30pm *register or walk-in	<b>28</b>	<b>29</b> <b>Community Arts</b> 10am-12:30pm	<b>30</b> <b>Move. Ground. Connect.</b> 10-11:15am <b>Peer Connections</b> 12-1pm <b>Every Step Counts</b> 1-2:30pm <b>Drop-In Chair Massage</b> 1-3pm	<b>31</b> <b>Acupressure</b> 9am & 10:30am *register <b>Every Step Counts</b> 10:30am-12pm <b>Board Games</b> 723 Yates Street 1-2:30pm

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