

DCC Programming Schedule: July 2024 – Drop-in Services – Monday, Tuesday, and Friday: 9am-3:15pm; Wednesday: 10am-1pm; Thursday: 10am-3:15pm

Monday	Tuesday	Wednesday	Thursday	Friday
1 Statutory Holiday DCC Closed	2	3 Community Arts 10am-12:30pm Every Step Counts 1-2:30pm	4 Every Step Counts 9-10:30am Peer Connections 12-1pm Drop-In Chair Massage 1-3pm	5 Acupressure 9am & 10:30am *register
8 Move. Ground. Connect. 10-11:15am Western Herbal Medicine Clinic 12:15pm or 1:30pm *register	9 Mindfulness Meditation for All 10-11am	10 Community Arts 10am-12:30pm Every Step Counts 1-2:30pm	11 Every Step Counts 9-10:30am Peer Connections 12-1pm Drop-In Chair Massage 1-3pm	12 Acupressure 9am & 10:30am *register
15 Move. Ground. Connect. 10-11:15am Western Herbal Medicine Clinic 12:15pm or 1:30pm *register	16	17 Community Arts 10am-12:30pm Every Step Counts 1-2:30pm	18 Every Step Counts 9-10:30am Peer Connections 12-1pm Drop-In Chair Massage 1-3pm	19 Acupressure 9am & 10:30am *register
22 Move. Ground. Connect. 10-11:15am Western Herbal Medicine Clinic 12:15pm or 1:30pm *register	23	24 Community Arts 10am-12:30pm Every Step Counts 1-2:30pm	25 Every Step Counts 9-10:30am Peer Connections 12-1pm Drop-In Chair Massage 1-3pm	26 Acupressure 9am & 10:30am *register
29 Move. Ground. Connect. 10-11:15am Western Herbal Medicine Clinic 12:15pm or 1:30pm *register	30	31 Community Arts 10am-12:30pm Every Step Counts 1-2:30pm	1 Every Step Counts 9-10:30am Peer Connections 12-1pm Drop-In Chair Massage 1-3pm	2 Acupressure 9am & 10:30am *register

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