



August 2022

Circle of Wisdom Elders & Seniors Centre

Monday	Tuesday	Wednesday	Thursday	Friday
1. Closed Holiday	2. 10:30 am Smudge Open Pantry 1-3 pm Drop in 1-4 pm- Sewing/Craft	3. 10:30 am Smudge Open Pantry 1-3 pm	4. 10:30 am Smudge Open Pantry 1-3 pm	5. 10:30 am Smudge Open Pantry 1-3 pm
8. 10:30 am Smudge Open Pantry 1-3 pm	9. 10:30 am Smudge Open Pantry 1-3 pm Drop in 1-4 pm- Sewing/Craft	10. 10:30 am Smudge Open Pantry 1-3pm Grandmothers 10:00–2:00 Indian Residential School worker available from 1- 3	11. 10:30 am Smudge Open Pantry 1-3 pm	12. 10:30 am Smudge
15. 10:30 am Smudge Open Pantry 1-3 pm Drop in 1-4 pm- Sewing	16. 10:30 am Smudge Open Pantry 1-3 pm Drop in 12-4 pm- Sewing Setting Healthy Boundaries with our adult children 10:30-2 pm	17. 10:30 am Smudge Open Pantry 1-3 pm Care Packages	18. 10:30 am Smudge Open Pantry 1-3 pm Care Packages	19. 10:30 am Smudge Care Package
22. 10:30 am Smudge Open Pantry 1-3 pm	23. 10:30 am Smudge Open Pantry 1-3 pm Drop in 1-4 pm- Sewing/Craft	24. 10:30 am Smudge Open Pantry 1-3 pm Indian Residential School worker available from 1- 3	25. 10:30 am Smudge Open Pantry 1-3 pm Grandmothers Circle Shawl Making 10-2pm Arrive at 9:30 am	26. 10:30 am Smudge
29. 10:30 am Smudge Open Pantry 1-3 pm	30. 10:30 am Smudge Open Pantry 1-3 pm Drop in 1-4 pm	31. 10:30 am Smudge Open Pantry 1-3 pm	All programming is free, please call food care package (COBS BREAD, Soup sister (low sodium soup), referrals for medical)	Circle of Wisdom Newsletter https://circleofwisdom.ca/circle-of-wisdom-elders-seniors-centre-newsletter-

Hours of Operations:
Monday to Friday
9:00 am to 5:00 pm

Location:
#210, 1603-10 Ave SW
Calgary, Alberta, Canada T3C 0J7

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