

## Monday, October 4, 2021

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### Pop-Up Vaccine Clinic in Lucknow

Date and Time: Monday, October 4 04:00 p.m. - 6:00 p.m.

Address: 662 Campbell St.662 Campbell St.

Clinic will take place at the Lucknow and District Sports Complex. For all eligible ages (everyone 12+).

- Health card not required
- First or second doses (second dose must be at least 28 days after Moderna or Pfizer or 8 weeks after AstraZeneca)
- Get your first and second dose as soon as you can

## Saturday, October 16, 2021

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### Free Sponsored Public Skating - Thank You PRWIN!

Date and Time: Saturday, October 16 05:00 p.m. - 6:00 p.m.

Address: 17 Queen Street17 Queen Street

Free Public Skating

Thank you to the PRWIN for sponsoring this skate!

Provincial Regulations in place - Those 12 and over will be asked to show proof of vaccination. Contact tracing information will be collected. Masks are to be worn, but can be removed before getting on the ice.

A maximum of 50 skaters will be permitted on the ice at a time.

## Saturday, October 23, 2021

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### Free Sponsored Public Skating - Thank You Westario Power!

Date and Time: Saturday, October 23 05:00 p.m. - 6:00 p.m.

Address: 17 Queen Street17 Queen Street

Free Public Skating

Thank you to Westario Power for sponsoring this skate!

Provincial Regulations in place - Those 12 and over will be asked to show proof of vaccination. Contact tracing information will be collected. Masks are to be worn, but can be removed before getting on the ice.

A maximum of 50 skaters will be permitted on the ice at a time.

## Saturday, October 30, 2021

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### Huron Shores Hospice Grief Recovery Group

Date and Time: Saturday, October 30 09:30 a.m. - 11:30 a.m.

Address: Location details will be provided upon registrationLocation details will be provided upon registration

Grief is one of the most widely felt emotions but also one of the most misunderstood feelings. Every relationship is different which

means every loss is different.

If you are dealing with grief related to the loss of a family member or friend, Huron Shores Hospice offers an 8-session educational program that provides a safe environment for you to look at your beliefs about dealing with loss, and provide actions that will lead you to complete unresolved emotions that may still be causing you pain. Our trained and certified grief recovery specialists® will facilitate your journey with compassion, confidentiality, and dignity.

The Grief Recovery Group is not a 'drop-in' support group. The program builds on each previous session, so attendance and commitment for the 8 sessions is essential.

For these in-person groups, we require all participants to be fully COVID 19 vaccinated. Furthermore, masks will need to be worn indoors as per facility requirements and physical distancing maintained when possible. Huron Shores Hospice offers virtual on-line programs as an alternate option to our in-person sessions.

For more information please email [grief@huronshoreshospice.ca](mailto:grief@huronshoreshospice.ca) or call 519-385-5683.

## **Huron Shores Hospice Grief Recovery Group**

Date and Time: Saturday, October 30 09:30 a.m. - 11:30 a.m.

Address: Location details will be provided upon registration

Grief is one of the most widely felt emotions but also one of the most misunderstood feelings. Every relationship is different which means every loss is different.

If you are dealing with grief related to the loss of a family member or friend, Huron Shores Hospice offers an 8-session educational program that provides a safe environment for you to look at your beliefs about dealing with loss, and provide actions that will lead you to complete unresolved emotions that may still be causing you pain. Our trained and certified grief recovery specialists® will facilitate your journey with compassion, confidentiality, and dignity.

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For more information please email [grief@huronshoreshospice.ca](mailto:grief@huronshoreshospice.ca) or call 519-385-5683.

## **Free Sponsored Public Skating - Thank You Huron Shores Lions Club!**

Date and Time: Saturday, October 30 05:00 p.m. - 6:00 p.m.

Address: 17 Queen Street

Free Public Skating

Thank you to the Huron Shores Lions Club for sponsoring this skate!

Provincial Regulations in place - Those 12 and over will be asked to show proof of vaccination. Contact tracing information will be collected. Masks are to be worn, but can be removed before getting on the ice.

A maximum of 50 skaters will be permitted on the ice at a time.

<http://calendar.huronkinloss.com>