



The Salvation Army  
Vancouver Community  
And Family Services  
3213 Fraser Street Vancouver, BC  
Tel:604-872-7676 Fax:604-872-7678

# WOMEN IN TOUCH

Every Thursday 10:30 – 12:00 noon

Date	Activity	
January 28	Guest Speaker: Major Sharon Tidd	Welcome Back!
February 4	Presentation from Raven Song Students	Women's Health
February 11	Valentine's Day	Be my Valentine!
February 18	Knitting with Ann	Bring your own knitting needles, wool, and projects if you have them to show the group!
February 25	Walk around Robson Park	Come prepared! We will be outside rain or shine!
March 3	Life Journals and Live Out Loud	Workshop on Journaling and Start 30 Day Journey of Live Out Loud
March 10	Board games	Bring your own games and teach the group how to play!
March 17	Celebrate Spring Equinox and St. Patrick's Day	Decorating Eggs- Remember to wear something green!
March 24	Presentation from Raven Song Students	Women's Health
March 31	Knitting with Ann	Bring your own knitting needles, wool, and projects if you have them to show the group!

\*\*\*LUNCH INCLUDED

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