

## June 2024

### Worship Services

June 02 – Spreading Kindness

June 09 – Spreading Joy

June 16 – Father’s Day (Blessing Bikes)

June 23 – Indigenous People’s Day

June 30 – Summer Series – Popular Musicians: Canada

**Grief Workshop:** Memory Pillows Wed., June 5 at 2:00pm

**Grief Support:** Open Session Wed., June 12 at 2:00pm

**Dreamers Unite:** Topic – Environment

Wednesday, June 19 at 7:00pm

**Tech Class/Support:** Friday, June 14 at 1:00pm

**Cancer Support:** Thursday, June 27 at 1:00pm

### **Seniors Lunch Speaker Series**

Monday, June 24 at 11:00am – Victim Services

### **Strawberry Supper**

Wednesday, June 26 from 5:00-7:00pm

## July 2024

### Worship Services

July 07 – Christmas in July

July 14 – Series: Popular Musicians – Kenny Rogers

July 21 – Series: Popular Musicians – Carole King

July 28 – Series: Popular Musicians – Elvis Presley

Grief – Memorial Service on July 3

Grief – Memory Candle Making on August 7

*(Some programs take a break in July & August)*

## High Country United Church

### Spring & Summer 2024

(Revised April 17)

*\*All programs are free unless otherwise indicated.*

*Events subject to change*

Sundays at 10:30am: Worship Services

Sundays at 7:55pm: Weekly Prayers (online only)

Tuesdays at 10:00am: Knitting/Puzzles/Social

Tuesdays at 11:00am: Arthritis Exercise

Tuesdays at 11:45am: Fairweather Walkers

Tuesdays at 1:00pm: Strumming Seniors

Wednesdays at 11:00am: Strength & Stretch Exercise

Wednesdays at 12:00pm: Fairweather Walkers

Wednesdays at 12:30pm: Choir

Fridays at 11:00am: SMART Exercise class

### **Other Programs and Groups:**

Cancer Support Group

Central West Self-Management Workshops

Grief Support Groups

Seniors Lunch Speaker Series

Technology Classes & Support

## April 2024

### Worship Services

April 07 – Earth Day #1 – Water

April 14 – Earth Day #2 – Air

April 21 – Earth Day #3 – Land (Earth Day)

April 28 – Homecoming Gospel Service

**Grief - Widows/Widowers:** Wed., April 3 at 2pm

**Tech Class/Support – Apple:** Fri., April 12 at 1pm

**Tech Class/Support – Android:** Fri., April 12 at 3pm

**Dreamers Unite – Poverty & Homelessness:**

Wed., April 24 at 7:00PM

**CW Workshop** – Getting the Most Out of Health Care

Appointments: Thursday, April 25 at 10:00AM

**Cancer Support:** Thursday, April 25 at 1pm

**Seniors Lunch Speaker Series**

Monday, April 29 at 11:00am - Telechek

**Music Nights at High Country United Church**

Friday, April 19 at 7:00pm – Tickets \$20

Alex Burnett and Friends

High Country United Church

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## May 2024

### Worship Services

May 05 – World in Prayer

May 12 – Mother's Day (Blessing Classic Cars)

May 19 – Pentecost, Communion

May 26 – UCW Sunday

**Grief – Meditation:** Wed., May 1 at 2:00pm

**CW Workshop:** Understanding Medications

Thursday, May 2 at 10:00AM

**CW Workshop:** Understanding Food Labels

Thursday, May 9 at 10:00AM

**Tech Class/Support:** Fri., May 3 at 1:00pm

**Workshop:** How to Support Those Who Are Grieving

Wednesday, May 22 at 7:00pm

**Cancer Support:** Thursday, May 30 at 1:00pm

**Seniors Lunch Speaker Series**

Mon., May 27 at 11:00am – Elder Abuse Prevention

**Music Nights at High Country United Church**

Friday, May 31 at 7:30pm – Tickets \$20

Boomerang (concert will be held in the barn)

Donate via e-transfer to

[highcountryunited@gmail.com](mailto:highcountryunited@gmail.com)

Donations also accepted via [CanadaHelps.org](http://CanadaHelps.org)

Cheques and cash also welcome.

Thank you for your support and we hope you

enjoy our programs and service.

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