



# Every Day in May Calendar

A maximum of 5 points can be earned each day for engaging in activities that promote the health of your  
MIND, BODY, and SPIRIT!

## 2024

Email your weekly scores to [parishnurse@stpeterscobourg.org](mailto:parishnurse@stpeterscobourg.org) or call the office (905-372-3442) to report your score

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
<p><i>Pick a clever "pseudo-name" for yourself and share it with our Parish Nurse or leave your new name with the office. What name will you pick? Superman! Wonder Gal! Happy Go Lucky! BE CREATIVE!!!!</i></p>						Report your Weekly Total: _____
5	6	7	MIND 8	9	10	11
						Report your Weekly Total: _____
12	BODY 13	14	15	16	17	18
						Report your Weekly Total: _____
19	20	21	22	23	24	25
						Report your Weekly Total: _____
26	27	28	29	SPIRIT 30	31	
					Report your Weekly Total: _____	

**SPECIAL EVENTS** Please call the church office to register  
Give yourself: 1 pt for registering  
2 pts for attending

**BODY** CHAIR YOGA @ St. Peter's  
**MIND** FEELING & HEALING  
**SPIRIT** A MUSICIAN JOURNEY

Instructor, Eric Mejorado, YMCA, Cobourg **Monday May 13<sup>th</sup>** 1-2 pm.  
Guest speaker, **Sandra McGregor**, Gestalt Psychotherapist, **Wednesday May 8<sup>th</sup>** 2-3 pm  
Presenter Syd Birrell, St. Peter's Musical Director, **Thursday May 30<sup>th</sup>**, 2-3 pm