

Every Day in May: A Program of Mind, Body, and Spirit 2025

Purpose of the Program

The goal of “Every Day in May” is to unite the parish members of St. Peter’s in fostering wellness across mind, body, and spirit. Participants will engage in activities they’ve never tried before, tracking their progress through a simple point system. At the end of the month, one participant will be crowned the Grand Winner!

Program Overview

Target Audience: Members of St. Peter’s Parish

Program Dates: May 1 to May 31, 2025

Program Focus: Encouraging healthy lifestyle habits and spiritual growth through a fun, engaging, and competitive program.

How to Enroll

1. Enrollment Period: Begins the week of April 13, 2025

2. How to Register:

- Email Subject Line: "Enrollment Every Day in May"
- Email Body: Include your name and the name you’d like to appear on the leaderboard (e.g., Superman).
- Send your email to: parishnurse@stpeterscobourg.org

After registration, you will receive a confirmation email.

Program Details

- Point System:
 - Points are earned by participating in various wellness activities.
 - Tracking: You will receive a calendar or another tracking tool via email to log your points.
 - Weekly Check-in: Submit your points every Thursday to parishnurse@stpeterscobourg.org. Family members and friends can submit on behalf of participants.
- Anonymous Participation: You can use an alias instead of your full name on the leaderboard for privacy.
- Double Points: Participants requiring special assistance can use a double point system.
- Honour System: The point system relies on participants' honesty, but additional activities may be added with input from the Parish Nurse or Health and Wellness Committee.

Motivational Workshops

Three workshops will be held during May, focusing on mind, body, and spirit. Each workshop is about one hour in duration. Pre-registration is required.

1. Spirit: The Joy of Singing – Hosted by Angie Reichenbach
 - Date & Time: May 1, 2025, from 1:00 – 2:30 PM
 - Location: Chapel
2. Body: Workshop on Balance – Led by Heather Powell, Yoga Instructor
 - Date & Time: May 8, 2025, at 1:30 PM
 - Location: Shepherd Hall
3. Mind: Workshop on Blue Space – Led by Barbara Snelgrove
 - May 13, 2025 – 0900 hrs
 - Lions Pavilion, Victoria Park, Cobourg

Additional Program Features

- Buddy System: We encourage participants to team up with a buddy to stay motivated.
- Healthy Competition: The program promotes fun and friendly competition as you track your progress.
- No Computer? No Problem: If you don't have access to a computer, call the Parish Office to leave a message for the Parish Nurse, and you'll receive your program information in an alternative format.

The YMCA Northumberland has provided us with two weeks (May 9 to May 23, 2025) of free passes to the facility and programs for registrants. They will have a list of registrants at their front desk, all you need to do is identify that you are from St. Peters, Cobourg and give your name.

Coffee Hour & Winner Announcement

After the service on June 1, 2025, join us for a coffee hour where we will announce the winners of the Every Day in May program. Celebrate your accomplishments and the achievements of your fellow parishioners!

Point System Breakdown

- Track your points using the provided calendar.
- Earn points daily by participating in wellness activities and workshops.

Let's work together to enhance our wellness and spirit this May!