

Sunday

Monday

Tuesday

Wednesday

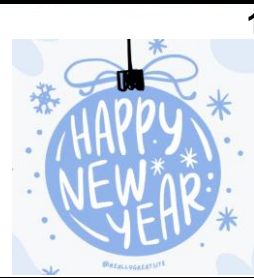
Thursday


Friday

Saturday

# January 2025

## ALPINE SUMMIT SENIORS LODGE



			1 	2 10:00 Tai-Chi 11:00 Jasper Youth Holiday Theatre 1:30 Reading at the Library	3 10:00 Seniors Strength Rotation 11:00 Telerehab (sign up required) 1:30 BINGO 3:15 Happy Hour <i>Joyce &amp; Gail's Birthday</i>	4 10:00 Flexibility 11:00 Tabletop Curling 1:30 Art Tim 3:00 Mexican Bingo
5 9:30 Coffee Time 10:00 United Serv 11:00 Maracas Movement 2:00 Nerf Pistols Target Practice 4:00 Hand Strengthening	6 10:00 Seniors Strength - Bands 1:30 Cribbage	7 10:00 Standing Balance 1:30 Movie Presentation <i>Penny's Birthday</i>	8 10:00 Seniors Strength - Weights 11:00 Catholic Church Service 2:00 The Magic of the Rotary Club	9 10:00 Tai-Chi 11:00 Scripture & Song 1:00 Undecorate the Christmas Trees	10 10:00 Seniors Strength Rotation 11:00 Telerehab (sign up required) 1:30 BINGO 3:15 Happy Hour	11 10:00 Flexibility 11:00 Tabletop Curling 1:30 Art Time 3:00 Mexican Bingo
12 9:30 Coffee Time 10:00 United Serv 11:00 Maracas Movement 2:00 Root Beer Floats 4:00 Hand Strengthening	13 10:00 Seniors Strength - Bands 1:30 Sing-a-long 3:00 Cribbage	14 10:00 Standing Balance 1:30 Movie Presentation	15 10:00 Seniors Strength - Weights 11:00 Catholic Church Service 2:00 DJ BINGO	16 10:00 Tai-Chi 11:00 United Church 1:30 Reading at the Library	17 10:00 Seniors Strength Rotation 10:45 Museum Coffee Hour 1:30 BINGO 3:15 Happy Hour <i>Luisa's Birthday</i>	18 10:00 Flexibility 11:00 Tabletop Curling 1:30 Art Time 3:00 Mexican Bingo
19 9:30 Coffee Time 10:00 United Serv 11:00 Maracas Movement 2:00 Chopstick Game 4:00 Hand Strengthening <small>Activity Professionals Week</small>	20 10:00 Seniors Strength - Bands 1:30 Cribbage  <small>Martin Luther King Jr. Day</small>	21 10:00 Standing Balance with Valerie 1:30 Movie Presentation	22 10:00 Seniors Strength - Weights 11:00 Catholic Church Service 2:00 Chinese Craft <i>David's Birthday</i>	23 10:00 Tai-Chi 2:00 Silvias Karaoke Bar	24 10:00 Seniors Strength Rotation 11:00 Telerehab (sign up required) 1:30 BINGO 3:15 Happy Hour	25 10:00 Flexibility 11:00 Tabletop Curling 1:30 Art Time 3:00 Mexican Bingo
26 9:30 Coffee Time 10:00 United Serv 11:00 Maracas Movement 2:00 Smoothie Bar 4:00 Hand Strengthening <small>Australia Day (Observed)</small>	27 10:00 Dance with Nicole 1:30 Cribbage	28 10:00 Standing Balance with Valerie 1:30 Movie Presentation	29 10:00 Seniors Strength - Weights 11:00 Catholic Church Service 2:00 Chinese New Year <small>Chinese New Year (Year of the Snake)</small>	30 10:00 Tai-Chi 10:45 Residents Meeting 2:00 Tea Party	31 10:00 Seniors Strength Rotation 11:00 Telerehab 1:30 BINGO 3:15 Happy Hour 6:00 Music with Marie	<i>Meghan away January 17 to February 3</i>