

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025



				1 NATASHA AND TRACEY AWAY New Year's Day		2 9:30 FLEXIBILITY EXERCISES 2:00 MUSIC - T.V. VIDEO TRACEY AWAY		3 9:30 JOINT ROTATION EXERCISES 2:00 MOVIE IN TV ROOM TRACEY AWAY		4			
5		6 9:30 EXERCISE 10:30 BIBLE STUDY 2:00 FLOOR CURLING		7 9:30 STRENGTH EXERCISES (DUMBELLS) 10:30 CURRENT EVENTS DISCUSSION 2:00 BINGO		8 9:30 STANDING BALANCE EXERCISES 2:00 TV HORSE RACES 4:00 CATHOLIC SERVICE		9 9:30 HAND STRENGTH EXERCISES 10:30 FUN WITH WORDS 1:00 HEARING CLINIC 2:00 LAUGHING YOGA & MEDITATION		10 9:30 RESISTANCE BANDS EXERCISES 11:00 SHOPPING - DV		11	
12 6:30 TIPPLE BAPTIST CHURCH W/ PASTOR DWAYNE		13 9:30 EXERCISE 10:30 BIBLE STUDY 11:00 LIBRARY 2:00 RED ROSE DANCERS FOOT CARE WITH SHAMEN		14 9:30 FLEXIBILITY EXERCISES 2:00 BINGO FOOT CARE WITH SHAMEN		15 9:30 JOINT ROTATION EXERCISES 10:30 FAMILY FEUD 2:00 MUSIC - GLEN & SYLVIA		16 9:30 STRENGTH EXERCISES (DUMBELLS) 10:30 RESIDENT MEETING 2:00 LAUGHING YOGA & MEDITATION Allister & Helen K Birthdays		17 9:30 STANDING BALANCE EXERCISES 10:30 ARM CHAIR TRAVEL - OXFORD ENGLAND 2:00 FLOOR CURLING		18	
19 2:00 ENTWISTLE CHURCH W/ PASTOR ERICH Activity Professionals Week		20 9:30 EXERCISE 10:30 BIBLE STUDY 2:00 BINGO Martin Luther King Jr. Day		21 9:30 HAND STRENGTH EXERCISES 10:30 CURRENT EVENTS DISCUSSION 2:00 MUSIC - NORMA & SHIRLEY RICE		22 9:30 RESISTANCE BANDS EXERCISES 10:00 WHITECOURT & MAYERTHORPE THRIFT STORE		23 9:30 FLEXIBILITY EXERCISES 10:30 FUN WITH WORDS 2:00 LAUGHING YOGA & MEDITATION		24 9:30 JOINT ROTATION EXERCISES 10:30 FOOD CLUB 2:00 DICE HORSE RACES		25	
26 6:30 HYMN SING Australia Day (Observed)		27 9:30 EXERCISE 10:30 BIBLE STUDY 11:00 LIBRARY 2:00 RED ROSE DANCERS		28 9:30 STRENGTH EXERCISES (DUMBELLS) 2:00 YC RURAL CRIME PRESENTATION - W/ MADISON 6:16 MUSIC - TERRY JORDAN		29 9:30 STANDING BALANCE EXERCISES 2:00 GRADE 9 CLASS Chinese New Year (Year of the Snake)		30 9:30 HAND STRENGTH EXERCISES 2:00 LAUGHING YOGA & MEDITATION		31 9:30 RESISTANCE BANDS EXERCISES 2:00 MUSIC - ELMER RIEHL BAND			

CALENDAR SUBJECT TO CHANGE

HAPPY BIRTHDAY TO ALLISTER BARR AND HELEN KAMINSKI - JANUARY 16TH