

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2022



Happy Birthday
Amanda!



New Year's Day

<p>TELUS Sparks New Dome show "Tricks of the Night" I will need to preorder tickets so please let me know asap. Appr. \$35.00 additional cost</p>	<p>2 09:00 Daily News 09:30 Swimming 12:00 Lunch Prep/ Lunch 12:45 Grocery Shopping 02:30 Snack 02:45 Healthy Habits: Self-Care 03:30 Kahoot 6:30 No Program</p>	<p>3 09:00 Daily News 09:30 Seated Yoga 10:15 Snack 10:30 Boomwhackers 12:00 Lunch Prep/Lunch 01:00 Baking 02:30 Life Skills 03:30 Games</p>	<p>4 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Meet up/ Social 12:00 Lunch Prep/Lunch 12:45 Sewing Creations 02:00 Snack 02:15 Book Club 03:30 Journal Me 6:30 Hot Cocoa Social</p>	<p>5 9:00 Daily News 09:30 Tai Chi 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/ Lunch 01:00 Gym 02:15 Snack 02:45 Winter Walk 03:00 Mind Teasers 5:30 Flames Pizza Night</p>	<p>6 09:00 Daily News 09:30 Dance Off 10:30 Cool Down 11:00 Meal Planning 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Travel to Cancun 03:45 Journal Me 6:30 Movie Night-</p>	<p>7 8 </p>
<p></p>	<p>9 09:00 Daily News 09:30 Swimming 12:00 Lunch Prep/ Lunch 12:45 Grocery Shopping 02:30 Snack 02:45 Healthy Habits: Self-Care 03:30 Kahoot 6:30 Build your own Pizza</p>	<p>10 09:00 Daily News 09:30 Seated Yoga 10:15 Snack 10:30 Body Percussions 12:00 Lunch Prep/Lunch 01:00 Baking 02:30 Life Skills 03:30 Reading</p>	<p>11 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Green Thumb 12:00 Lunch Prep/Lunch 12:45 Sewing Creations 02:00 Snack 02:15 Book Club 03:30 Journal Me 6:30 Karaoke at the Green bar</p>	<p>12 9:00 Daily News 09:30 Tai Chi 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/ Lunch 01:00 Gym 02:15 Snack 02:45 Winter Walk 03:00 Mind Teasers</p>	<p>13 09:00 Daily News 09:30 Dance Off 10:30 Cool Down 11:00 Meal Planning 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Travel to Tahiti 03:45 Journal Me 6:30 Games Night Air Hockey Tourney</p>	<p>14 15 </p>
<p></p>	<p>16 09:00 Daily News 09:30 Swimming 12:00 Lunch Prep/ Lunch 12:45 Grocery Shopping 02:30 Snack 02:45 Healthy Habits: Self-Care 03:30 Kahoot 6:30 Horseraces Martin Luther King Jr. Day</p>	<p>17 09:00 Daily News 09:30 Seated Yoga 10:15 Snack 10:30 Drum Fit 12:00 Lunch Prep/Lunch 01:00 Baking 02:30 Life Skills 03:30 Games</p>	<p>18 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Meet up/ Social 12:00 Lunch Prep/Lunch 12:45 Sewing Creations 02:00 Snack 02:15 Book Club 03:30 Journal Me 6:30 Supper at Mikes restaurant</p>	<p>19 9:00 Daily News 09:30 Tai Chi 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/ Lunch 01:00 Gym 02:15 Snack 02:45 Winter Walk 03:00 Mind Teasers</p>	<p>20 09:00 Daily News 09:30 Dance Off 10:30 Cool Down 11:00 Meal Planning 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Travel to Hawaii 03:45 Journal Me 6:30 Fun Poker night</p>	<p>21 22 </p>
<p> Activity Professionals Week</p>	<p>23 09:00 Daily News 09:30 Swimming 12:00 Lunch Prep/ Lunch 12:45 Grocery Shopping 02:30 Snack 02:45 Healthy Habit: Self-Care 03:30 Kahoot 6:30 Name that Tune</p>	<p>24 09:00 Daily News 09:30 Seated Yoga 10:15 Snack 10:30 Boomwhackers 12:00 Lunch Prep/Lunch 01:00 Baking 02:30 Life Skills 03:30 Reading 6:30 Heart-math for parents</p>	<p>25 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Green Thumb 12:00 Lunch Prep/Lunch 12:45 Sewing Creation 02:00 Snack 02:15 Book Club 03:30 Journal Me 5:00 Flames Pizza Night Australia Day (observed)</p>	<p>26 9:00 Daily News 09:30 Tai Chi 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/ Lunch 01:00 Gym 02:15 Snack 02:45 Winter Walk 03:00 Mind Teasers</p>	<p>27 09:00 Daily News 09:30 Dance Off 10:30 Cool Down 11:00 Meal Planning 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Travel to Aruba 03:45 Journal Me 6:30 Karaoke Night</p>	<p>28 29 </p>
<p></p>	<p>30 09:00 Daily News 09:30 Swimming 12:00 Lunch Prep/ Lunch 12:45 Grocery Shopping 2:30 Snack 2:45 Healthy Habits: Self-Care 03:30 Kahoot 6:30 Woodworking/Cricut creations</p>	<p>31</p>				

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