

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

<p>1</p>  <p>happy new year</p> <p>New Year's Day</p>	<p>2</p> <p>New Year's Day Observed</p> <p>No Programs</p>	<p>3</p> <p>09:00 Daily News 09:15 Grocery Shopping 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch 01:00 Life Skills 02:00 Book Club 03:15 Board Games 5:30 Flames Burger Night</p>	<p>4</p> <p>09:00 Daily News 09:30 Mid Week Stretch 10:15 Snack 10:30 Baking 12:00 Lunch 01:00 Breathing Sticks 02:15 Mind Teasers 03:15 Finish the Lyrics 6:30 Loco for Cocoa</p>	<p>5</p> <p>09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Group Story Writing 12:00 Lunch 01:00 Green Thumb 02:15 Physical Games 03:30 Journal Me</p>	<p>6</p> <p>09:00 Daily News 09:30 Let's Dance 10:30 Musical Games 11:45 Lunch 12:30 Adaptive Art Program 01:30 Volunteer at Library 02:15 Meal Planning 03:00 Cocoa and Jokes 06:30 Flames Pizza Night</p>	<p>7</p> <p>Let's Bowl 2:00 (Cost \$10)</p>
<p>8</p>	<p>09:00 Daily News 09:30 Tai Chi and Meditation 10:30 Creative Arts 12:00 Lunch 01:00 Grocery Shopping 02:00 Healthy Habits 03:15 Word Puzzles 5:00 Build a Bowl Meal - do you dare</p>	<p>9</p> <p>09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch 01:00 Life Skills 02:00 Book Club 03:15 Board Games</p>	<p>10</p> <p>09:00 Daily News 09:30 Mid Week Stretch 10:15 Snack 10:30 Baking 12:00 Lunch 01:00 Paint to Music 02:15 Mind Teasers 03:15 Karaoke Fun 8:30 Green bar Karaoke</p>	<p>11</p> <p>09:00 Daily News 09:30 Zumba 10:00 Snack 10:30 Histroy of Flight 11:00 Early Lunch 12:00 Field Trip to The Hanger Flight Museum 5:30 Flames Crazy Quesadilla night</p>	<p>12</p> <p>09:00 Daily News 09:30 Let's Dance 10:30 Musical Games 11:45 Lunch 12:30 Adaptive Art Program 01:30 Volunteer at Library 02:15 Meal Planning 03:00 Tropical Trip to Hawaii 06:30 Movie Night</p>	<p>13</p>
<p>15</p>	<p>09:00 Daily News 09:30 Yoga and Meditation 10:30 Creative Arts 12:00 Lunch 01:00 Grocery Shopping 02:00 Healthy Habits 03:15 Word Puzzles 5:00 Supper at BP's Jr. Day</p>	<p>16</p> <p>09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch 01:00 Life Skills 02:00 Book Club 03:15 Board Games</p>	<p>17</p> <p>09:00 Daily News 09:30 Mid Week Stretch 10:15 Snack 10:30 Baking 12:00 Lunch 01:00 Growth Mindset 02:15 Mind Teasers 03:15 Name that Tune 7:30 Flames and snacks</p>	<p>18</p> <p>09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Group Crossword 12:00 Lunch 01:00 Green Thumb 02:15 Year of the Rabbit Chinese New Year 03:30 Journal Me</p>	<p>19</p> <p>09:00 Daily News 09:30 Let's Dance 10:30 Musical Games 11:45 Lunch 12:30 Adaptive Art Program 01:30 Volunteer at Library 02:15 Meal Planning 03:00 Apple Cider and Riddles 06:30 Clubhouse</p>	<p>20</p>
<p>22</p> <p>Chinese Food at BNT in Langdon 4:30pm</p> <p>Chinese New Year (Year of the Rabbit)</p>	<p>23</p> <p>09:00 Daily News 09:30 Tai Chi and Meditation 10:30 Creative Arts 12:00 Lunch 01:00 Grocery Shopping 02:00 Healthy Habits 03:15 Word Puzzles 7:30 Flames game Activity Professionals Day</p>	<p>24</p> <p>09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch 01:00 Life Skills 02:00 Book Club 03:15 Board Games</p>	<p>25</p> <p>09:00 Daily News 09:30 Mid Week Stretch 10:15 Snack 10:30 Baking 12:00 Lunch 01:00 Volunteer at Spcc 02:30 Mind Teasers 03:15 Finish the Lyrics 6:30 Horseraces</p>	<p>26</p> <p>09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 The Price is Right Game 12:00 Lunch 01:00 Wood Working 02:15 Physical Games 03:30 Journal Me 6:30 Flames and pizza night Australia Day (observed)</p>	<p>27</p> <p>09:00 Daily News 09:30 Let's Dance 10:30 Musical Games 11:45 Lunch 12:30 Adaptive Art Program 01:30 Volunteer at Library 02:15 Meal Planning 03:00 Cocoa and Would You Rather 06:30 No Program</p>	<p>28</p>

# January 2023

Connect Leisure Services 403-901-5676