

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>January 2025</h1>			1	2	3	4
			New Year's Day			Daily Update Get Fit-Circuit Menu Planning/Grocery list Lunch Prep/ Bingo Clean up Christmas Walking Track Snack Clubhouse Clean Group games
5	6	7	8	9	10	11
Daily Update Get Fit Snack Healthy Habit Lunch Prep/Physical game Sewing/Groceries/Basket Activities Creative Art Clubhouse clean Hot Cocoa Social	Daily Update Get fit Snack Slow cooker/basket activities Lunch Prep/Table games Life skills Group games Clubhouse clean Book Club/ National Geographics	Daily Update Get fit snack Sports club/Concession/Baking Lunch Prep/ Trivia Green Thumb Musical games Snack Clubhouse Clean Mind Teasers Mikes Karaoke	Daily Update Get Fit-Circuit Menu Planning/Grocery list Lunch prep/ Bingo Woodworking Walking Track Snack Clubhouse Clean Group games	Daily Update Walking Track Snack Happy Cat Volunteering Library Volunteering Lunch Free Time Floor Curling Snack Karaoke		
12	13	14	15	16	17	18
Daily Update Get fit/Grocery Shopping Snack <b>Field Trip to Studio Bell</b> Clubhouse clean Hot Cocoa Social	Daily Update Get fit Snack Slow cooker/basket activities Lunch Prep/ Table games Life skills Creative Arts Clubhouse clean Book Club/ National Geographics	Daily Update Get fit snack Sports club/Concession/Baking Lunch Prep/ Trivia Green Thumb Musical Games Snack Clubhouse Clean Mind Teasers Mikes Karaoke	Daily Update Get Fit-circuit Menu Planning/Grocery list Lunch prep/ Bingo Woodworking Walking Track Snack Clubhouse Clean Group games	Daily Update Walking Track Snack Happy Cat Volunteering Library Volunteering Recycling Lunch Free Time Horseraces Snack Karaoke		
19	20	21	22	23	24	25
Daily Update Get fit Snack Healthy Habit Lunch Prep/Physical game Sewing/Groceries/Basket Activities Creative Arts Clubhouse clean Hot Cocoa Social	Daily Update Get Fit Snack Slow cooker/Basket Activities Lunch Prep/ Table games <b>Field Trip to Lets Bowl</b> Clubhouse clean Book Club/ National Geographics	Daily Update Get fit snack Sports club/Concession/Baking Lunch Prep/ Trivia Green Thumb Musical Games Snack Clubhouse Clean Mind Teasers Mikes Karaoke	Daily Update Get Fit-circuit Menu Planning/Grocery list Lunch prep/ Bingo Woodworking Walking Track Snack Clubhouse Clean Group games	Daily Update Walking Track Snack Happy Cat Volunteering Library Volunteering Lunch Free Time Wii Bowling Snack Karaoke		
26	27	28	29	30	31	
Activity Professionals Week  Daily Update Get fit Snack healthy Habit Lunch Prep/Physical game Sewing/Groceries/Basket Activities Creative Arts Clubhouse clean Hot Cocoa Social	Daily Update Get fit Snack Slow cooker/basket activities Lunch Prep/Table games Life skills Making Music Clubhouse clean Book Club/ National Geographics	Daily Update Get fit snack Sports club/Concession/Baking Lunch Prep/ Trivia <b>Field Trip to Southland Leisure Center</b> Mikes Karaoke  Chinese New Year (year of the snake)	Daily Update Get Fit-Circuit Menu Planning/Grocery list Lunch prep/ Bingo Woodworking Walking Track Snack Clubhouse Clean Group games	Daily Update Walking Track Snack Happy Cat Volunteering Library Volunteering Lunch Free Time Movie Matinee		
Australia Day (Observed)						

Connect Leisure Services 755C Lakeside Blvd. 403-901-5676 for more information.