JANUARY 2025

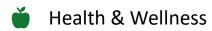
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To join by phone, call: 1-855-703-8985 and enter meeting ID: 225-573-6467#		1 Happy New Year!	9:30am: Gratitude 11am: Program Preview	9:30am: All Request Music 11am: Exercise
			1pm: In the Headlines 3pm: Animal Spotlight	1pm: Writing for Fun3pm: Coffee Chat
9:30am: Now and Then 11am: Exercise 1pm: Wonders of the Sky 3pm: Phantom of the Opera Part 1	 11am: Imagination Circle 1pm: Let's Talk About 3pm: People- Susan Aglukark 4:30pm: Trivia 	9:30am: Short Stories 11am: Avalanches in Canada 1pm: Global Events 3pm: Exercise	No morning programs 1pm: Unique Communities 3pm: Coffee Chat	9:30am: Rock Music Hour 11am: Exercise Chair Yoga 1pm: Finish the Phrase 3pm: Who Why When
9:30am: Ponder This 11am: Exercise 1pm: The Big Picture 3pm: Phantom of the Opera Part 2	 11am: Mindfulness with Carol 1pm: Science Savvy 3pm: Readers' Corner 	9:30am: Mystery Chronicles 11am: History Of 1pm: Coffee Chat 3pm: Exercise	9:30am: Gratitude 11am: Some Good News 1pm: Crime and Justice 3pm: Working Through Grief 4:30pm: Dinner Theatre	9:30am: Disco Music Hour 11am: Exercise 1pm: Writing for Fun 3pm: Food Culture
9:30am: Looking Forward To 11am: Exercise 1pm: Next Stop 3pm: Chicken Soup for the Soul	 11am: Imagination Circle 1pm: Worldviews 1pm: Chronic Pain 3pm: Nutrition for Health 4:30pm: Name That Tune 	9:30am: NPR Tiny Desk Concerts 11am: Who Why When 1pm: Brain Games 1pm: Finding Your Joy 3pm: Exercise	9:30am: Gratitude 11am: Let's Talk About 1pm: For Your Body 3pm: Ask Us: Alison	9:30am: Symphonies Music Hour 11am: Exercise 1pm: Art Appreciation 3pm: Coffee Chat
9:30am: Animal Spotlight 11am: Exercise 1pm: In the Headlines 3pm: Phantom of the Opera Part 3	 11am: Music Meditation 1pm: Coffee Chat 1pm: Chronic Pain 3pm: Person Place or Thing 	9:30am: Vinyl Cafe 11am: Alzheimer Society 1pm: Chinese New Year 1pm: Finding Your Joy 3pm: Exercise	9:30am: Gratitude 11am: SCWW Advisory Group 1pm: All Request Music 3pm: People- Harry Houdini 4:30pm: Broadway Musicals	9:30am: Songs of Faith 11am: Exercise 1pm: Would You Rather? 3pm: BINGO



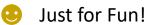












FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
9:30am: Now and Then	11am: Imagination Circle	9:30am: Coffee Chat	9:30am: Gratitude	9:30am: Bollywood Music Hour
🐞 11am: Exercise	1pm: Crime and Justice	11am: Ask Us: Andrea	11am: Black History Month	🍎 11am: Exercise
1pm: Black History Month	1pm: Chronic Pain	1pm: Global Events	1pm: Mindful Colouring	1pm: Writing for Fun
3pm: Phantom of the Opera Part 4	3pm: Let's Talk About	1pm: Finding Your Joy	3pm: Alberta Craft Council	3pm: Next Stop
	4:30pm: Don't Quote Me	3pm: Exercise		
10	11	12	13	14
9:30am: Ponder This		9:30am: From John to Justin	No morning programs	9:30am: Love Songs
🍎 11am: Exercise	11am: Mindfulness with Carol	11am: Coffee Chat		11am: Exercise Chair Yoga
1pm: The Big Picture	1pm: People- Gladys West	1pm: Brain Games	1pm: Some Good News	1pm: Animal Spotlight
3pm: Phantom of the Opera Part 5	1pm: Chronic Pain	1pm: Finding Your Joy	3pm: Wonders of the Sky	3pm: Person Place or Thing
	3pm: Readers' Corner	3pm: Exercise	4:30pm: Dinner Theatre	
17	18	19	20	21
Happy Family Day!	11am: Imagination Circle	9:30am: All Request Music	9:30am: Gratitude	9:30am: Opera Music Hour
	1pm: Who Why When	11am: Unique Communities	11am: Science Savvy	11am: Exercise
	1pm: Chronic Pain	1pm: Let's Talk About	🝎 1pm: For Your Body	1pm: Writing for Fun
	3pm: Nutrition for Health	1pm: Finding Your Joy	3pm: Working Through Grief	3pm: Coffee Chat
	4:30pm: Wheel of Fortune	3pm: Exercise		
24	25	26	27	28
9:30am: Trivia		9:30am: Mystery Chronicles	9:30am: Gratitude	9:30am: Samba Music Hour
11am: Exercise Q&A	11am: Mindfulness	11am: Would You Rather?	11am: In the Headlines	11am: Exercise
1pm: Next Stop	1pm: Coffee Chat	1pm: History Of	pm: Scams and Frauds	1pm: People- The Van Doos
3pm: Phantom of the Opera Part 6	1pm: Chronic Pain	1pm: Finding Your Joy	3pm: Worldviews	3pm: BINGO
	3pm: Art Appreciation	3pm: Exercise	4:30pm: Broadway Musicals	

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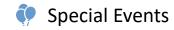
1-855-703-8985

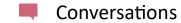
and enter meeting ID:

225-573-6467#



Pre-registration required

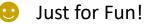












MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am: Now and Then 11am: Exercise 1pm: Animal Spotlight 3pm: Phantom of the Opera Part 7 10 9:30am: Ponder This 11am: Exercise 1pm: The Big Picture 3pm: Phantom of the Opera Part 8	11am: Imagination Circle 1pm: Ask Us: Alyssa 3pm: People- Joey Moss 4:30pm: Name That Tune 11 11am: Mindfulness with Carol 1pm: Next Stop	5 9:30am: Funny Bone 11am: Living Documents 1pm: Crime and Justice 1pm: Finding Your Joy 3pm: Exercise 12 9:30am: Music Meditation 11am: Healthy Aging Alberta 1pm: Coffee Chat 1pm: Finding Your Joy 3pm: Exercise	9:30am: Gratitude 11am: Global Events 1pm: Coffee Chat 3pm: Science Savvy No morning programs 1pm: Dig It! Gardening Club 3pm: Wonders of the Sky 4:30pm: Dinner Theatre	 9:30am: Ska Music Hour 11am: Exercise 1pm: Writing for Fun 3pm: Let's Talk About 9:30am: St Patrick's Day Songs 11am: Exercise Chair Yoga 1pm: People- Ron Ghitter 3pm: Would You Rather?
9:30am: Coffee Chat 11am: Exercise 1pm: Unique Communities 3pm: Phantom of the Opera Part 9 24 11am: Phantom of the Opera Part 10	11am: Imagination Circle 1pm: In the Headlines 3pm: Nutrition for Health 4:30pm: Where in the World? 25 11am: Coffee Chat	9:30am: Mystery Chronicles 11am: EPL Presents! 1pm: Worldviews 1pm: Finding Your Joy 3pm: Exercise 26 11am: Who Why When	9:30am: Gratitude 11am: History Of 1pm: For Your Body 3pm: Working Through Grief 11am: Some Good News	9:30am: Classical Music Hour 11am: Exercise 1pm: Writing for Fun 3pm: BINGO 28 11am: Exercise
31 11am: Phantom of the Opera Part 11	To join by phone, call: 1-855-703-8985 and enter meeting ID: 225-573-6467#			







