



























































JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To join by phone, call: 1-855-703-8985 and enter meeting ID: 225-573-6467#</p>		<p>1 Happy New Year!</p>	<p>2  9:30am: Gratitude  11am: Program Preview  1pm: In the Headlines  3pm: Animal Spotlight</p>	<p>3  9:30am: All Request Music  11am: Exercise  1pm: Writing for Fun  3pm: Coffee Chat</p>
<p>6  9:30am: Now and Then  11am: Exercise  1pm: Wonders of the Sky  3pm: Phantom of the Opera Part 1</p>	<p>7  11am: Imagination Circle  1pm: Let's Talk About  3pm: People- Susan Aglukark  4:30pm: Trivia</p>	<p>8  9:30am: Short Stories  11am: Avalanches in Canada  1pm: Global Events  3pm: Exercise</p>	<p>9 No morning programs  1pm: Unique Communities  3pm: Coffee Chat</p>	<p>10  9:30am: Rock Music Hour  11am: Exercise Chair Yoga  1pm: Finish the Phrase  3pm: Who Why When</p>
<p>13  9:30am: Ponder This  11am: Exercise  1pm: The Big Picture  3pm: Phantom of the Opera Part 2</p>	<p>14  11am: Mindfulness with Carol  1pm: Science Savvy  3pm: Readers' Corner</p>	<p>15  9:30am: Mystery Chronicles  11am: History Of...  1pm: Coffee Chat  3pm: Exercise</p>	<p>16  9:30am: Gratitude  11am: Some Good News  1pm: Crime and Justice  3pm: Working Through Grief  4:30pm: Dinner Theatre</p>	<p>17  9:30am: Disco Music Hour  11am: Exercise  1pm: Writing for Fun  3pm: Food Culture</p>
<p>20  9:30am: Looking Forward To  11am: Exercise  1pm: Next Stop  3pm: Chicken Soup for the Soul</p>	<p>21  11am: Imagination Circle  1pm: Worldviews  1pm: Chronic Pain  3pm: Nutrition for Health  4:30pm: Name That Tune</p>	<p>22  9:30am: NPR Tiny Desk Concerts  11am: Who Why When  1pm: Brain Games  1pm: Finding Your Joy  3pm: Exercise</p>	<p>23  9:30am: Gratitude  11am: Let's Talk About  1pm: For Your Body  3pm: Ask Us: Alison</p>	<p>24  9:30am: Symphonies Music Hour  11am: Exercise  1pm: Art Appreciation  3pm: Coffee Chat</p>
<p>27  9:30am: Animal Spotlight  11am: Exercise  1pm: In the Headlines  3pm: Phantom of the Opera Part 3</p>	<p>28  11am: Music Meditation  1pm: Coffee Chat  1pm: Chronic Pain  3pm: Person Place or Thing</p>	<p>29  9:30am: Vinyl Cafe  11am: Alzheimer Society  1pm: Chinese New Year  1pm: Finding Your Joy  3pm: Exercise</p>	<p>30  9:30am: Gratitude  11am: SCWW Advisory Group  1pm: All Request Music  3pm: People- Harry Houdini  4:30pm: Broadway Musicals</p>	<p>31  9:30am: Songs of Faith  11am: Exercise  1pm: Would You Rather?  3pm: BINGO</p>



Pre-registration required



Special Events



Conversations



Health & Wellness



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Just for Fun!

FEBRUARY 2025

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

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MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30am: Now and Then 11am: Exercise 1pm: Animal Spotlight 3pm: Phantom of the Opera Part 7	4 11am: Imagination Circle 1pm: Ask Us: Alyssa 3pm: People- Joey Moss 4:30pm: Name That Tune	5 9:30am: Funny Bone 11am: Living Documents 1pm: Crime and Justice 1pm: Finding Your Joy 3pm: Exercise	6 9:30am: Gratitude 11am: Global Events 1pm: Coffee Chat 3pm: Science Savvy	7 9:30am: Ska Music Hour 11am: Exercise 1pm: Writing for Fun 3pm: Let's Talk About
10 9:30am: Ponder This 11am: Exercise 1pm: The Big Picture 3pm: Phantom of the Opera Part 8	11 11am: Mindfulness with Carol 1pm: Next Stop 3pm: Readers' Corner	12 9:30am: Music Meditation 11am: Healthy Aging Alberta 1pm: Coffee Chat 1pm: Finding Your Joy 3pm: Exercise	13 <p style="text-align: center;">No morning programs</p> 1pm: Dig It! Gardening Club 3pm: Wonders of the Sky 4:30pm: Dinner Theatre	14 9:30am: St Patrick's Day Songs 11am: Exercise Chair Yoga 1pm: People- Ron Ghitter 3pm: Would You Rather?
17 9:30am: Coffee Chat 11am: Exercise 1pm: Unique Communities 3pm: Phantom of the Opera Part 9	18 11am: Imagination Circle 1pm: In the Headlines 3pm: Nutrition for Health 4:30pm: Where in the World?	19 9:30am: Mystery Chronicles 11am: EPL Presents! 1pm: Worldviews 1pm: Finding Your Joy 3pm: Exercise	20 9:30am: Gratitude 11am: History Of... 1pm: For Your Body 3pm: Working Through Grief	21 9:30am: Classical Music Hour 11am: Exercise 1pm: Writing for Fun 3pm: BINGO
24 11am: Phantom of the Opera Part 10	25 11am: Coffee Chat	26 11am: Who Why When	27 11am: Some Good News	28 11am: Exercise
31 11am: Phantom of the Opera Part 11	<p>To join by phone, call: 1-855-703-8985 and enter meeting ID: 225-573-6467#</p>			



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