

Monday

Tuesday

Wednesday

Thursday

Friday

January 2025		1	2	3
		10:00 Guitar with Donna 12:30 Lunch 1:30 Trivia	10:30 Movin' & Groovin" 12:30 Lunch 1:30 Music and music makers	
6	7	8	9	10
	10:30 Movin' & Groovin" 12:30 Lunch 1:30 Bingo	10:00 Guitar with Donna 12:30 Lunch 1:30 Creative time /Word Mining	10:30 Fitness with Viv 12:30 Lunch 1:30 Music and music makers	
13	14	15	16	17
	10:30 Fun & Fitness 12:30 Lunch 1:30 Folk n' Rock tunes with Ron & Avril	10:00 Guitar with Donna 12:30 Lunch 1:30 Creative time /Big Crossword	10:30 Fitness with Viv 12:30 Lunch 1:30 Music and music makers	
20	21	22	23	24
	10:30 Movin' & Groovin" 12:30 Lunch 1:30 Bingo	10:00 Guitar with Donna 12:30 Lunch 1:30 Baking/ Trivia	10:30 Fitness with Viv 12:30 Lunch 1:30 Music and music makers	
27	28	29	30	31
	10:30 Fun and Fitness/ Baking cookies 12:30 Lunch 1:30 Folk n' Rock tunes with Ron & Avril	10:00 Guitar with Donna 12:30 Lunch 1:30 Celebrating Chinese New Year	10:30 Fitness with Viv 12:30 Lunch 1:30 Music and music makers 2:30 Monthly Birthday Cake	

*** All Programs subject to change