



January 2025

Active Living Recreation Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1 9:00 "Jill's Foot Care Clinic" 2 10:30 GH Curling Club 1:00 Roman Catholic Mass "Father Varghese" 1:30 GH Memorial Service Father Varghese 2:00 We Will Remember You Coffee & Tea Social</p>	<p>3 9:00 Your Wellness Walk Indoor Program 10:30 Fit 4 Life Exercises Instructor Kelsey 11:00 Train Your Brain Winter Trivia & Quizzes 1:30 Friday Afternoon Games "Bingo" Caller: Kelsey</p>	<p>4 9:00 Your Wellness Walk Indoor Program 1:30 Interdenominational Church Service 2:30 Saturday Afternoon Movie: "Viewer's Choice" 6:00 Saturday Night Cards Bridge & Cribbage</p>
<p>5 9:00 Your Wellness Walk Indoor Program 11:00 Brenda's Coffee & Fireside Chat 1:30 Haley's Going For The Gold! "Ice Cream Social" 6:00 Sunday Night Cards Bridge & Cribbage</p>	<p>6 9:00 Your Wellness Walk 10:00 Pretty Clothing Vendor: Jansai 10:30 Staying Alive Exercises Instructor Brenda 11:00 New Year-New You Your 10 Healthy Tips 2:00 "Recreation Meeting"</p>	<p>7 10:30 Seated Yoga Class Instructor Brenda 11:00 Breathing & Meditation Class "Breath Is Life" 11:45 Orthodox Christmas Day Perogy Luncheon 1:30 Tuesday Afternoon "Bingo" Caller: Brenda</p>	<p>8 9:00 Your Wellness Walk Indoor Program 10:30 Keep Fit Exercise Instructor Brenda 11:00 Brenda's Current Events News & Views 1:30 GH Collector's Corner "Rock & Gems Show"</p>	<p>9 9:00 Your Wellness Walk Indoor Program 10:15 Cambridge Daycare Storybook Time! 1:30 Evelyn's Roman Catholic Holy Communion 2:00 Happy Birthday Elvis! "Favorite Music & Food"</p>	<p>10 9:00 Your Wellness Walk Indoor Program 10:30 Fit 4 Life Exercises Instructor Kelsey 11:00 Train Your Brain Winter Trivia & Quizzes 1:30 Keley's Crafters Corner "Snowfake Day"</p>	<p>11 9:00 Your Wellness Walk Indoor Program 9:30 Dr. Farhat's Clinic By Appointment Only 1:30 Church Service 2:30 Saturday Afternoon Movie: "Viewer's Choice" 6:00 Bridge & Cribbage</p>
<p>12 9:00 Your Wellness Walk Indoor Program 11:00 Brenda's Coffee & Fireside Chat 1:30 The Brenda Edmonds Show "Rick Lauber" 6:00 Sunday Night Cards Bridge & Cribbage</p>	<p>13 9:00 Your Wellness Walk Indoor Program 10:30 Staying Alive Exercises Instructor Brenda 11:00 Train Your Brain The Swinging 60's 2:00 Garnet Birthday Party "Maritime Gospel Aires"</p>	<p>14 9:00 Your Wellness Walk Indoor Program 10:00 Coffee Talk Reverend Danielle Key 11:00 It Happend In January Trivia & Quizzes 1:30 Tuesday Afternoon "Bingo" Caller: Brenda</p>	<p>15 9:00 Your Wellness Walk Indoor Program 10:30 Keep Fit Exercise Instructor Brenda 11:00 Brenda's Current Events News & Views 1:30 Let The Games Begin! "Skip-Bo & Scrabble"</p>	<p>16 9:00 Your Wellness Walk Indoor Program 10:30 GH Curling Club - New Members Welcome 1:30 Evelyn's Roman Catholic Holy Communion 2:00 PureCare Pharmacy "Blood Pressure Clinic"</p>	<p>17 9:00 Your Wellness Walk Indoor Program 10:30 Fit 4 Life Exercises Instructor Kelsey 11:00 Train Your Brain Winter Trivia & Quizzes 1:30 Friday Afternoon Games "Bingo" Caller: Kelsey</p>	<p>18 9:00 Your Wellness Walk Indoor Program 1:30 Interdenominational Church Service 2:30 Saturday Afternoon Movie: "Viewer's Choice" 6:00 Saturday Night Cards Bridge & Cribbage</p>
<p>19 9:00 Your Wellness Walk Indoor Program 11:00 Brenda's Coffee & Fireside Chat 1:30 Haley's Jackson Pollack Inspired "Painting Class" 6:00 Sunday Night Cards Bridge & Cribbage</p>	<p>20 9:00 Your Wellness Walk Indoor Program 10:30 Staying Alive Exercises Instructor Brenda 11:00 Train Your Brain With Mental Aerobics 2:00 GH Residents & Staff "Talent Show"</p>	<p>21 9:00 Your Wellness Walk Indoor Program 10:30 Seated Yoga Class Instructor Brenda 11:00 Breathing & Meditation Class "Breath Is Life" 1:30 Tuesday Afternoon "Bingo" Caller: Brenda</p>	<p>22 9:00 Your Wellness Walk Indoor Program 10:00 Intoductuion Of The Doc/Movie; "Pegasus" 10:30 80th Anniversary Dutch Resistnace Story 1:30 Bowling Month "Wii Games 10-Pin Bowling"</p>	<p>23 9:00 Your Wellness Walk Indoor Program 10:30 Competative Games "Chair Volleyball" 1:30 Evelyn's Roman Catholic Holy Communion 2:00 Robbie Burns Day Event "Mary Ellen & David"</p>	<p>24 9:00 Your Wellness Walk Indoor Program 10:30 Fit 4 Life Exercises Instructor Kelsey 11:00 Train Your Brain Winter Trivia & Quizzes 1:30 Travelogue Destination: "Oxford, England"</p>	<p>25 9:00 Your Wellness Walk Indoor Program 9:30 Dr. Farhat's Clinic By Appointment Only 1:30 Church Service 2:30 Saturday Afternoon Movie: "Viewer's Choice" 6:00 Bridge & Cribbage</p>
<p>26 9:00 Your Wellness Walk Indoor Program 11:00 Brenda's Coffee & Fireside Chat 1:30 Chinese New Year's Party "Year Of The Snake" 6:00 Sunday Night Cards Bridge & Cribbage</p>	<p>27 9:00 Your Wellness Walk Indoor Program 10:30 Staying Alive Exercises Instructor Brenda 11:00 Train Your Brain 20 Quizzes & Trivia 2:00 2025 Australia Day! With "Aussie Jan Newman"</p>	<p>28 9:00 Your Wellness Walk Indoor Program 10:00 Coffee Talk Reverend Danielle Key 11:00 It Happend In January Trivia & Quizzes 1:30 Tuesday Afternoon "Bingo" Caller: Brenda</p>	<p>29 9:00 Your Wellness Walk Indoor Program 10:30 Keep Fit Exercise Instructor Brenda 11:00 Brenda's Current Events News & Views 1:30 Let The Games Begin! "Skip-Bo & Scrabble"</p>	<p>30 8:45 Edmonton Public Libary Exchange 9:00 Your Wellness Walk 10:30 GH Curling Club 1:30 Evelyn's Roman Catholic Holy Communion 2:00 New Neighbours "Hot Chocolate Social"</p>	<p>31 9:00 Your Wellness Walk Indoor Program 10:30 Fit 4 Life Exercises Instructor Kelsey 11:00 Train Your Brain Winter Trivia & Quizzes 1:30 Friday Afternoon Games "Bingo" Caller: Kelsey</p>	