

January 2025



Galt

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Years Day 2:00pm Happy New Year Card Making - GAA	2 9:45am It Makes Sense (G) - Resi 2:00pm Artful Chats - ACRM 6:15pm Variety Time - GAA	3 11:00am Music Therapy - Resi 3:00pm Bible Study with Niamh - 3FL	4 3:00pm Musical Memories - GAA
5 2:00pm A Year in Review - GAA	6 11:30am Symposium Restaurant Outing - Pre-register with Alexis - OUT 3:00pm Time to Think - GAA	7 10:30am Scripture and Song - GAA 2:00pm Alzheimer's Society Presentation - AUDI	8 10:00am Elvis Day - ACRM 2:00pm Winter Crafts - GAA 2:00pm Residents Council - ACRM 3:00pm Fun and Fitness - GAA 6:15pm Variety Time - GAA	9 10:30am Baking with St Michael's Students - AUDI 2:00pm Bingo - ACRM 3:15pm Drum Jam - GAA 6:15pm Variety Time - GAA	10 10:15am Music Therapy - GAA 11:00am Music Therapy - Resi 2:00pm Super Fun and Fitness - ACRM 3:00pm Bible Study with Niamh - 3FL	11 2:00pm Table Top Games - GAA
12 3:00pm Wellness Group - GAA	13 1:45pm QiGong Fitness Class- AUD 2:30pm Bilingual (French and English) Coffee and Chats - AUDI	14 10:30am Scripture and Song - GAA 2:00pm Retirement Tea Social - Blair Dining Room	15 11:00am Music Therapy - Resi 11:30am Roman Catholic Communion - ACRM 1:30pm Beauty Shop - ACRM 3:00pm Fun and Fitness - GAA 6:15pm Variety Time - GAA	16 9:45am Horticulture Hands - GAA 2:00pm Birthday Party (December and January Birthdays) - 2nd 6:15pm Variety Time - GAA	17 9:45am Friendly Visits - Resi 10:30am Tots and Tunes - ACRM 2:00pm Super Fun and Fitness - ACRM 3:00pm Bible Study with Niamh - 3FL	18 10:00am Java Music Club - ACRM 3:00pm Time to Think - GAA
19 11:00am Fun and Fitness - GAA 2:30pm Drum Jam - ACRM	20 1:30pm Hands On Exotics - AUDI	21 2:00pm Hearing Loss Presentation - Craif	22 Bell Lets Talk Day 9:30am QiGong Fitness Class - AUDI 10:15am Music Therapy - GAA 11:00am Music Therapy - Resi 2:00pm Musical Guest- Jeff Poolton - 2nd 5:00pm Y & R Dinner and Movie - Pre-register with Alexis - ACRM	23 9:45am Friendly Visits - Resi 9:45am It Makes Sense (G) - Resi 2:00pm Bingo - ACRM 6:15pm Variety Time - GAA	24 9:45am Friendly Visits - Resi 10:30am Tots and Tunes - ACRM 2:00pm Super Fun and Fitness - ACRM 3:00pm Bible Study with Niamh - 3FL	25 2:00pm Comedy Club - GAA
26 9:45am Sunday Morning Hymn Sing - GAA	27 1:45pm QiGong Fitness Class- AUD 2:30pm Bilingual (French and English) Coffee and Chats - AUDI	28 10:30am Scripture and Song - GAA 11:30am 50's Diner Lunch Outing - Pre-register with Alexis - OUT 1:30pm Beauty Shop - ACRM	29 Lunar New Year 11:00am Music Therapy - Resi 3:00pm Fun and Fitness - GAA 6:15pm Year of the Snake - GAA	30 9:30am It Makes Sense (G) - Resi 10:30am Church Service - ACRM 2:00pm Artful Enrichment - ACRM 6:15pm Variety Time - GAA	31 9:45am Friendly Visits - Resi 10:30am Tots and Tunes - ACRM 2:00pm Super Fun and Fitness - ACRM 3:00pm Bible Study with Niamh - 3FL	

2nd - 2nd Floor Dining Room

ACRM - Activity Room

AUDI - Centre Auditorium

GAA - Galt Activity Area

OUT - Outings

Resi - Resident Room for 1-1 scoring

Check Program Boards daily for the most up to date information.

