

January 2025



Hespeler

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

HAA - Hespeler Activity Area

OUT - Outings

PAA - Preston Activity Area

Resi - Resident Room for 1-1 scoring

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