

January 2025

Preston

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Years Day 3:00pm New Year Story Writing - PAA	2 9:45am Coffee and Chats - PAA 10:45am Fun and Fitness (H & P) - PAA 2:00pm Artful Chats - ACRM	3 10:15am Music Therapy - PAA 11:00am Music Therapy - Resi 3:00pm Bible Study with Niamh - 3FL	4 2:00pm Table Top Games - PAA
5 9:45am A Year in Review - PAA	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 3:00pm Musical Memories - PAA	7 2:00pm Alzheimer's Society Presentation - AUDI 6:15pm Variety Time - PAA	8 10:00am Elvis Day - ACRM 2:00pm Residents Council - ACRM 3:00pm Winter Crafts - PAA	9 10:30am Baking with St Michael's Students - AUDI 2:00pm Bingo - ACRM	10 10:45am Wellness Group - PAA 11:00am Music Therapy - Resi 2:00pm Super Fun and Fitness - ACRM 3:00pm Bible Study with Niamh - 3FL	11 9:45am Coffee and Chats - PAA
12 11:00am Time to Think - PAA	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	14 9:45am Horticulture Hands - PAA 10:45am Fun and Fitness (H & P) 2:00pm Retirement Tea Social - Blair Dining Room 6:15pm Variety Time - PAA	15 10:15am Music Therapy - PAA 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 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 - PAA
19 9:45am Sunday Morning Hymn Sing - PAA 2:30pm Drum Jam - ACRM	20 1:30pm Hands On Exotics - AUDI	21 2:00pm Hearing Loss Presentation - Craff 6:15pm Variety Time - PAA	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 11:00am Drum Jam - PAA
26 3:00pm Comedy Club - PAA	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	28 9:45am It Makes Sense (P) - Resi 10:45am Fun and Fitness (H & P) 11:30am 50's Diner Lunch Outing - Pre-register with Alexis - OUT 1:30pm Beauty Shop - ACRM 6:15pm Variety Time - PAA	29 Lunar New Year 10:15am Music Therapy - PAA 11:00am Music Therapy - Resi 2:00pm Year of the Snake - PAA	30 10:30am Church Service - ACRM 2:00pm Artful Enrichment - ACRM	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.