





J A N U A R Y	Monday	Tuesday	Wednesday	Thursday	Friday
	2 	3 <div>2</div>	4 <div>0</div>	5 <div>2</div>	6 <div>3</div>
	9 11am: Exercise 1pm: Program Preview 3pm: Everyday Moralities	10 11am: Imagination Circle 1pm: Reader’s Corner 3pm: Some Good News	11 11am: San Juan Island Pig War 1pm: Brain Games 3pm: Exercise	12 <div>NO MORNING PROGRAM</div> 1pm: Coffee Chat 3pm: Good Sleep Hygiene	13 11am: Classical Music Hour 1pm: Animal Spotlight 3pm: Where in the World
	16 11am: Exercise 1pm: Writing for Fun 3pm: Everyday Moralities	17 11am: Mindfulness-Being Ourselves 1pm: Mystery Chronicles 2:30pm: Estranged Children 3pm: Let’s Talk About...	18 11am: Falls & Injury Prevention 1pm: Its All Canada 3pm: Exercise	19 11am: A Storytelling 1pm: Gratitude 3pm: Dolly Parton	20 11am: All Request Music 1pm: Who Why When 3pm: Jeopardy
	23 11am: Exercise 1pm: Old Souls & Protest Songs 3pm: Everyday Moralities	24 11am: Imagination Circle 1pm: Next Stop, 2:30pm: Estranged Children 3pm: Eating on a Budget 4:30pm: Name that Tune	25 9:30am: True Crime 11am: EPL Presents! 1pm: Trivia 3pm: Exercise	26 11am: What’s the Word? 1pm: Gratitude 3pm: Working Through Grief	27 11am: Vinyl Café 1pm: In the Headlines 3pm: BINGO
	30 11am: Exercise 1pm: Writing for Fun 3pm: Everyday Moralities	31 11am: Mindfulness-Being Ourselves 1pm: Roger Freedman 2:30pm: Estranged Children 3pm: Heritage Moment 4:30pm: Family Feud	To join by phone , call: 1-855-703-8985 When prompted, enter Meeting ID: 225-573-6467#		

F E B R U A R Y	Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:30am: Innocence Files 11am: Coffee Chat 1pm: Black History Alberta 3pm: Exercise	2 11am: Canadian Revenue Agency 1pm: Gratitude 3pm: Ground Hog Day	3 11am: Classical Music Hour 1pm: Coast to Coast 3pm: Where in the World
	6 9:30am: PODFeat - Helluva Story 11am: Exercise 1pm: Who Has Seen the Wind- 1 3pm: Father Gregory Boyle	7 11am: Imagination Circle 1pm: Who Has Seen the Wind- 2 2:30pm: Estranged Children 3pm: Reader's Corner 4:30pm: Brain Games	8 9:30am: True Crime 11am: It's All Canada 1pm: Who Has Seen the Wind- 3 3pm: Exercise	9 <div>NO MORNING PROGRAM</div> 1pm: Animal Spotlight 3pm: Medical Emergency Preparedness	10 11am: All Request Music 1pm: Coast to Coast 3pm: Trivia
	13 9:30am: PODFeat - Helluva Story 11am: Exercise 1pm: Writing for Fun 3pm: Next Stop,	14 11am: Mindfulness-Being Ourselves 1pm: New Family Units 2:30pm: Estranged Children 3pm: Be My Valentine 4:30pm: Name that Tune	15 9:30am: Innocence Files 11am: Old Souls & Protest Songs 1pm: SCWW Advisory Group 3pm: Exercise	16 9:30am: Gratitude 11am: A Storytelling 1pm: New Family Units 3pm: Working Through Grief	17 9:30am: Music of the Maritimes 11am: In the Headlines 1pm: Coast to Coast 3pm: Brain Games
	20 <div>FAMILY DAY </div>	21 11am: Imagination Circle 1pm: Let's Talk About... 2:30pm: Estranged Children 3pm: Healthy Drinks Liquid Nutrition 4:30pm: Jeopardy	22 9:30am: True Crime 11am: EPL Presents! 1pm: Angela Merkel 3pm: Exercise	23 9:30am: Gratitude 11am: Pop Culture: 60s 1pm: Space News 3pm: Winter's Green Thumb	24 9:30am: Vinyl Café 11am: Exercise 1pm: Coast to Coast 3pm: BINGO
	27 9:30am: All Request Music 11am: Exercise 1pm: Writing for Fun 3pm: Who Why When	28 11am: Mindfulness-Being Ourselves 1pm: Coffee Chat 2:30pm: Estranged Children 3pm: Some Good News 4:30pm: Mystery Chronicles	<div>To join by phone, call: 1-855-703-8985 When prompted, enter Meeting ID: 225-573-6467#</div>		

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30am: Innocence Files 11am: Alberta's Economy 1pm: Animal Spotlight 3pm: Exercise	2 9:30am: Gratitude 11am: Who Why When 1pm: 2-1-1 Alberta 3pm: Dr. Seuss	3 9:30 am: Hymn Concert 11am: Let's Talk About... 1pm: Coast to Coast 3pm: Where in the World
6 9:30am: PODFeat -Today, Explained 11am: Exercise 1pm: Jeopardy 3pm: Everyday Moralities	7 11am: Imagination Circle 1pm: In the Headlines 2:30pm: Estranged Children 3pm: Reader's Corner 4:30pm: Brain Games	8 9:30am: True Crime 11am: International Women's Day 1pm: Climate Crisis: AB Soil 3pm: Exercise	9 <div>NO MORNING PROGRAM</div> 1pm: TED Talk 3pm: Better Bladder Health	10 9:30am: All Request Music 11am: Coffee Chat 1pm: Coast to Coast 3pm: Mystery Chronicles
13 9:30am: PODFeat -Today, Explained 11am: Exercise 1pm: Writing for Fun 3pm: Everyday Moralities	14 11am: Mindfulness-Being Ourselves 1pm: Pop Culture: 70s 2:30pm: Estranged Children 3pm: Roméo Dallaire 4:30pm: Trivia	15 9:30am: Innocence Files 11am: What's the Word? 1pm: Next Stop, 3pm: Exercise	16 9:30am: Gratitude 11am: A Storytelling 1pm: Some Good News 3pm: Working Through Grief	17 9:30am: Woodstock '69 11am: Climate Crisis: AB Bees 1pm: Coast to Coast 3pm: Brain Games
20 9:30am: All Request Music 11am: Exercise 1pm: Senior's Benefit Plan 3pm: Everyday Moralities	21 11am: Imagination Circle 1pm: Old Souls & Protest Songs 2:30pm: Estranged Children 3pm: Food Safety 4:30pm: Name that Tune	22 9:30am: True Crime 11am: EPL Presents! 1pm: It's All Canada 3pm: Exercise	23 9:30am: Gratitude 11am: Climate Crisis: AB Watershed 1pm: Coffee Chat 3pm: Pop Culture: 80s	24 9:30am: Vinyl Café 11am: Exercise 1pm: Coast to Coast: Craig Baird 3pm: BINGO

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