

# JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
<b>JANUARY 3-7th, 2022</b> <b>NO PROGRAMS</b>				
<b>10</b> <b>9:30am:</b> Podcasts <b>11am:</b> Exercise  <b>1pm:</b> Writing For Fun  <b>3pm:</b> In the Headlines	<b>11</b> <b>11am:</b> Relaxation  <b>1pm:</b> French Conversation <b>3pm:</b> Managing Stress  <b>4:30pm:</b> Trivia	<b>12</b> <b>9:30am:</b> Podcasts  <b>11am:</b> Heritage Moments <b>1pm:</b> Coffee Chat  <b>3pm:</b> Exercise	<b>13</b> <div style="border: 1px solid black; padding: 2px; text-align: center;">NO MORNING PROGRAMS</div> <b>1pm:</b> Staff of the Month: Elizabeth <b>3pm:</b> Did You Know?	<b>14</b> <b>9:30am:</b> All Request Music <b>11am:</b> Exercise  <b>1pm:</b> Elder Wisdom  <b>3pm:</b> Name that Tune
<b>17</b> <b>9:30am:</b> Podcasts <b>11am:</b> Exercise  <b>1pm:</b> The Art of Debate <b>3pm:</b> Happy Birthday Betty White	<b>18</b> <b>11am:</b> Beyond Meditation  <b>1pm:</b> Cultural Exchange  <b>3pm:</b> TNR Actions  <b>4:30pm:</b> WordPlay	<b>19</b> <b>9:30am:</b> Podcasts <b>11am:</b> Nova Scotia Fisherman  <b>1pm:</b> Introduction to Classical Music <b>3pm:</b> Exercise	<b>20</b> <b>9:30am:</b> Gratitude <b>11am:</b> The Storyteller  <b>1pm:</b> Coffee Chat <b>3pm:</b> Working Through Grief	<b>21</b> <b>9:30am:</b> Concerts at Home  <b>11am:</b> Exercise  <b>1pm:</b> Elder Wisdom  <b>3pm:</b> BINGO
<b>24</b> <b>9:30am:</b> Podcasts <b>11am:</b> Exercise <b>1pm:</b> Writing for Fun <b>2:30pm:</b> Parents of Estranged Children  <b>3pm:</b> Let's Talk About...	<b>25</b> <b>11am:</b> Relaxation  <b>1pm:</b> Coffee Chat  <b>3pm:</b> COVID-19 Updates  <b>4:30pm:</b> Family Feud	<b>26</b> <b>9:30am:</b> Podcasts <b>11am:</b> Did You Know with EPL <b>1pm:</b> Intro to Classical Music <b>1:30pm:</b> Across the Miles  <b>3pm:</b> Exercise	<b>27</b> <b>9:30am:</b> Gratitude <b>11am:</b> Reader's Corner  <b>1pm:</b> Garden Club  <b>3pm:</b> Weird Science	<b>28</b> <b>9:30am:</b> Musician Bio  <b>11am:</b> Exercise  <b>1pm:</b> Elder Wisdom  <b>3pm:</b> Jeopardy
<b>31</b> <b>9:30am:</b> Podcasts <b>11am:</b> Exercise <b>1pm:</b> The Art of Debate <b>2:30pm:</b> Parents of Estranged Children <b>3pm:</b> Seniors' and Depression, Part 1	<p>To join by <b>phone</b>, call: <b>1-855-703-8985</b></p> <p>when prompted, enter Meeting ID: <b>225-573-6467#</b></p> <p><b><u>Note: Program names in red require pre-registration.</u></b>  <b><u>Please contact program staff to register - 780.395.2626</u></b></p>			

# FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
/	<b>1</b> 11am: Beyond Meditation  1pm: <b>Cultural Exchange</b>  3pm: Funeral Planning 4:30pm: <b>BINGO</b>	<b>2</b> 9:30am: Podcasts  11am: Did You Know? 1pm: Intro to Classical Music 3pm: Exercise	<b>3</b> 9:30am: Gratitude 11am: Read Aloud Short Story 1pm: Olympics 2022  3pm: SCWW Advisory	<b>4</b> 9:30am: Movie Themes  11am: Exercise  1pm: Amazing Elders 3pm: Name that Tune
<b>7</b> 9:30am: Podcasts 11am: Exercise 1pm: Writing for Fun 2:30pm: <b>Parents of Estranged Children</b> 3pm: Let's Talk About...	<b>8</b> 11am: Relaxation  1pm: French Conversation  3pm: Domains of Wellness  4:30pm: Trivia	<b>9</b> 9:30am: Podcasts  11am: Heritage Moments 1pm: Intro to Classical Music 3pm: Exercise	<b>10</b> <div style="border: 1px solid black; padding: 2px; text-align: center;">NO MORNING PROGRAMS</div> 1pm: Olympics 2022  3pm: Staff of the Month: Janine	<b>11</b> 9:30am: Old Love Songs  11am: Exercise  1pm: Amazing Elders 3pm: Jeopardy
<b>14</b> 9:30am: Podcasts 11am: Exercise 1pm: The Art of Debate 2:30pm: <b>Parents of Estranged Children</b> 3pm: In the Headlines	<b>15</b> 11am: Beyond Meditation  1pm: <b>Cultural Exchange</b>  3pm: Arthritis 4:30pm: Word Play	<b>16</b> 9:30am: Podcasts 11am: Richard's Maritime History 1pm: Intro to Classical Music 3pm: Exercise	<b>17</b> 9:30am: Gratitude 11am: The Storyteller  1pm: Olympics 2022 3pm: Working Through Grief	<b>18</b> 9:30am: Concerts at Home  11am: Exercise  1pm: Amazing Elders 3pm: <b>BINGO</b>
<b>FAMILY DAY</b>	<b>22</b> 11am: Relaxation  1pm: Italian Food Phrases 3pm: Nutrition for Health  4:30pm: Super Sleuths	<b>23</b> 9:30am: Podcasts  11am: Did You Know with EPL 1pm: Olympics 2022 3pm: Exercise	<b>24</b> 9:30am: Gratitude 11am: Readers' Corner 1pm: <b>Better Choices, Better Health</b> 3pm: Participant of the Month	<b>25</b> 9:30am: Musician Bio's 11am: Exercise  1pm: Amazing Elders  3pm: Family Feud
<b>28</b> 9:30am: Podcasts 11am: Exercise 1pm: The Art of Debate 2:30pm: <b>Parents of Estranged Children</b> 3pm: Seniors & Depression, Part 2	To join by <b>phone</b> , call: <b>1-855-703-8985</b> when prompted, enter Meeting ID: <b>225-573-6467#</b>  <b><u>Programs in red require pre-registration - contact staff at 780.395.2626</u></b>			

# MARCH

	Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 11am: Beyond Meditation 1pm: Cultural Exchange 3pm: Dementia & Alzheimer's 4:30pm: BINGO	<b>2</b> 9:30am: Podcasts 11am: TNR Actions 1pm: Coffee Chat 3pm: Exercise	<b>3</b> 9:30am: Gratitude 11am: Read Aloud Short Story 1pm: Better Choices, Better Health 3pm: Did You Know?	<b>4</b> 9:30am: Celtic Music 11am: Exercise 1pm: Amazing Elders 3pm: Name that Tune
<b>7</b> 9:30am: Podcasts 11am: Exercise 1pm: Writing for Fun 2:30pm: Parents of Estranged Children 3pm: International Women's Day	<b>8</b> 11am: Relaxation 1pm: French Conversation 3pm: High Blood Pressure, Part 1 4:30pm: Trivia	<b>9</b> 9:30am: Podcasts 11am: Heritage Moments 1pm: Coffee Chat 3pm: Exercise	<b>10</b> <div style="border: 1px solid green; padding: 2px; text-align: center;">NO MORNING PROGRAMS</div> 1pm: Better Choices, Better Health 3pm: Staff of the Month: Gayle	<b>11</b> 9:30am: All Request Music 11am: Exercise 1pm: Amazing Elders 3pm: Jeopardy	
<b>14</b> 9:30am: Podcasts 11am: Exercise 1pm: The Art of Debate 2:30pm: Parents of Estranged Children 3pm: Let's Talk About..	<b>15</b> 11am: Beyond Meditation 1pm: Cultural Exchange 3pm: High Blood Pressure Part 2 4:30pm: WordPlay	<b>16</b> 9:30am: Podcasts 11am: Richard's Maritime History 1pm: Coffee Chat 3pm: Exercise	<b>17</b> 9:30am: Gratitude 11am: The Storyteller 1pm: Better Choices, Better Health 3pm: Working Through Grief	<b>18</b> 9:30am: Concerts at Home 11am: Exercise 1pm: Amazing Elders 3pm: BINGO	
<b>21</b> 9:30am: Podcasts 11am: Exercise 1pm: Writing for Fun 2:30pm: Parents of Estranged Children 3pm: Let's Talk About...	<b>22</b> 11am: Relaxation 1pm: World Water Day 3pm: Nutrition for Health 4:30pm: Super Sleuths	<b>23</b> 9:30am: Podcasts 11am: Did You Know with EPL 1pm: Coffee Chat 3pm: Exercise	<b>24</b> 9:30am: Gratitude 11am: Reader's Corner 1pm: Better Choices, Better Health 3pm: Participant of the Month	<b>25</b> 9:30am: Musician Bio's 11am: Exercise 1pm: Amazing Elders 3pm: Family Feud	
<b>28</b> 2:30pm: Parents of Estranged Children	<b>MARCH 29-30, 2022</b> <b>NO PROGRAMS</b>			<b>31</b> 1pm: Better Choices, Better Health	