



January 2019
 MONDAY to FRIDAY 10:00 – 3:00

Make today ridiculously amazing!
 Call (902) 421-6131 to confirm events.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy New Year! Centre Closed	2 *Storytellers 10:30 a.m.	3 *Functional Fitness 10:30 a.m. *Crib Club 1:00 p.m.	4	5
*Foot Clinic First Wed.	7 *Coffee & Conversation 10:30 a.m. *Knitting Circle 1:00 p.m.	8 *Functional Fitness 10:30 a.m. *Bingo 1:00 p.m.	9 *Storytellers 10:30 a.m. *Technology Class 1:30 p.m.	10 *Functional Fitness 10:30 a.m. *Crib Club 1:00 p.m.	11 *Therapy Dog Visit 10:00 a.m. *Karaoke & Happy Hour! !:00 p.m.	12
Every Month *	14 *Coffee & Conversation 10:30 a.m. *Knitting Circle 1:00 p.m.	15 *Functional Fitness 10:30 a.m. *Bingo 1:00 p.m.	16 *Storytellers 10:30 a.m.	17 *Dinner Theatre Two Performances Call 421-6131 for details.	18	19
20	21 *Coffee & Conversation 10:30 a.m. *Knitting Circle 1:00 p.m.	22 *Functional Fitness 10:30 a.m. *Bingo 1:00 p.m.	23 *Storytellers 10:30 a.m. *Games Afternoon 1:15 p.m.	24 *Functional Fitness 10:30 a.m. *Crib Club 1:00 p.m.	25 *Therapy Dog Visit 10:00 a.m. *Karaoke & Happy Hour! 1:00 p.m.	26 *Call 421-6131 to confirm events.
27	28 *Coffee & Conversation 10:30 a.m. *Knitting Circle 1:00 p.m.	29 *Functional Fitness 10:30 a.m. *Bingo 1:00 p.m.	30 *Storytellers 10:30 a.m.	31 *Functional Fitness 10:30 a.m. *Crib Club 1:00 p.m.	*Movie Matinee 1:15 p.m.	