# January 2024

## Emma’s West Neighbourhood

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Birthdays</strong></td>
<td><strong>Pajama Day</strong></td>
<td><strong>Happy New Year!</strong></td>
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<tr>
<td>Mary</td>
<td>January 16</td>
<td>Margaret L January 29</td>
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<td></td>
</tr>
</tbody>
</table>

- **January 1**
  - 8:00 Breakfast
  - 10:00 For the Soul
  - 12:00 Lunch
  - 2:30 For the Fun of Fit
  - 3:30 Stepping Out
  - 5:00 Dinner

- **January 2**
  - 8:00 Breakfast
  - 12:00 Lunch
  - 2:00 Stepping Out
  - 3:30 For the Fun of Fit
  - 5:00 Dinner
  - 6:00 Brains and Banter
  - 7:00 You and Me

- **January 3**
  - 8:00 Breakfast
  - 9:45 Java Time
  - 10:30 Art Workshop
  - 12:00 Lunch
  - 1:30 Exercise Class
  - 2:30 In the Kitchen
  - 5:00 Dinner
  - 6:15 You and Me

- **January 4**
  - 8:00 Breakfast
  - 10:00 You and Me
  - 12:00 Lunch
  - 2:15 For the Fun of Fit
  - 3:30 Circle of Friends
  - 5:00 Dinner

- **January 5**
  - 8:00 Breakfast
  - 10:00 Soothing Sensations
  - 11:00 Circle of Friends
  - 12:00 Lunch
  - 2:30 You and Me
  - 3:45 Musical Moments
  - 5:00 Dinner
  - 6:15 Stepping Out

- **January 6**
  - 8:00 Breakfast
  - 10:00 You and Me
  - 10:45 Brains and Banter
  - 12:00 Lunch
  - 1:30 Church Service
  - 2:30 For the Fun of Fit
  - 3:45 Chocolate Bingo
  - 5:00 Dinner

- **January 7**
  - 8:00 Breakfast
  - 10:00 For the Soul
  - 11:15 You and Me
  - 12:00 Lunch
  - 2:30 For the Fun of Fit
  - 3:30 Stepping Out
  - 5:00 Dinner
  - 6:15 You and Me

- **January 8**
  - 8:00 Breakfast
  - 12:00 Lunch
  - 1:30 Exercise Class
  - 2:15 Circle of Friends
  - 3:00 Brains and Banter
  - 4:00 Musical Moments
  - 5:00 Dinner
  - 6:00 Java Time

- **January 9**
  - 8:00 Breakfast
  - 12:00 Lunch
  - 2:30 Tea Party
  - 5:00 Dinner

- **January 10**
  - 8:00 Breakfast
  - 9:45 Java Time
  - 10:30 Art Workshop
  - 12:00 Lunch
  - 1:30 Exercise Class
  - 2:30 In the Kitchen
  - 5:00 Dinner
  - 6:15 You and Me

- **January 11**
  - 8:00 Breakfast
  - 10:00 You and Me
  - 12:00 Lunch
  - 2:15 For the Fun of Fit
  - 3:30 Circle of Friends
  - 5:00 Dinner

- **January 12**
  - 8:00 Breakfast
  - 10:00 Soothing Sensations
  - 11:00 Circle of Friends
  - 12:00 Lunch
  - 1:30 You and Me
  - 3:00 Live Entertainment
  - 5:00 Dinner
  - 6:15 Stepping Out

- **January 13**
  - 8:00 Breakfast
  - 10:00 Break
  - 1:30 Church Service
  - 2:30 For the Fun of Fit
  - 3:45 Chocolate Bingo
  - 5:00 Dinner

- **January 14**
  - 8:00 Breakfast
  - 12:00 Lunch
  - 3:00 Cafe Time
  - 4:00 Brains and Banter
  - 5:00 Dinner
  - 6:15 You and Me

- **January 15**
  - 8:00 Breakfast
  - 12:00 Lunch
  - 1:30 Exercise Class
  - 2:15 Circle of Friends
  - 3:00 Brains and Banter
  - 5:00 Dinner
  - 6:15 For the Fun of Fit

- **January 16**
  - 8:00 Breakfast
  - 12:00 Lunch
  - 2:00 Stepping Out
  - 3:30 For the Fun of Fit
  - 5:00 Dinner
  - 6:00 Brains and Banter
  - 7:00 You and Me

- **January 17**
  - 8:00 Breakfast
  - 9:45 Java Time
  - 10:30 Art Workshop
  - 12:00 Lunch
  - 1:30 Exercise Class
  - 2:30 In the Kitchen
  - 5:00 Dinner
  - 6:15 You and Me

- **January 18**
  - 8:00 Breakfast
  - 10:00 You and Me
  - 12:00 Lunch
  - 2:15 For the Fun of Fit
  - 3:30 Circle of Friends
  - 5:00 Dinner

- **January 19**
  - 8:00 Breakfast
  - 10:00 Soothing Sensations
  - 11:00 Circle of Friends
  - 12:00 Lunch
  - 2:30 Wine and Cheese
  - 3:45 Musical Moments
  - 5:00 Dinner
  - 6:15 Stepping Out

- **January 20**
  - 8:00 Breakfast
  - 10:15 In the Kitchen
  - 12:00 Lunch
  - 1:30 Church Service
  - 3:45 Chocolate Bingo
  - 5:00 Dinner

- **January 21**
  - 8:00 Breakfast
  - 10:00 For the Soul
  - 11:15 You and Me
  - 12:00 Lunch
  - 2:30 For the Fun of Fit
  - 3:30 Stepping Out
  - 5:00 Dinner

- **January 22**
  - 8:00 Breakfast
  - 12:00 Lunch
  - 1:30 Exercise Class
  - 2:30 Musical Moments
  - 5:00 Dinner

- **January 23**
  - 8:00 Breakfast
  - 12:00 Lunch
  - 2:00 Stepping Out
  - 3:30 For the Fun of Fit
  - 5:00 Dinner
  - 6:00 Brains and Banter
  - 7:00 Concert Town Hall

- **January 24**
  - 8:00 Breakfast
  - 9:45 Java Time
  - 10:30 Art Workshop
  - 12:00 Lunch
  - 1:30 Exercise Class
  - 2:30 Express Yourself
  - 5:00 Dinner
  - 6:15 You and Me

- **January 25**
  - 8:00 Breakfast
  - 10:00 You and Me
  - 12:00 Lunch
  - 2:15 For the Fun of Fit
  - 3:30 Circle of Friends
  - 5:00 Dinner

- **January 26**
  - 8:00 Breakfast
  - 10:00 Soothing Sensations
  - 11:00 Circle of Friends
  - 12:00 Lunch
  - 2:30 Birthday Party
  - 3:45 Musical Moments
  - 5:00 Dinner
  - 6:15 Stepping Out

- **January 27**
  - 8:00 Breakfast
  - 12:00 Lunch
  - 1:30 Church Service
  - 5:00 Dinner

**Happy New Year!**