

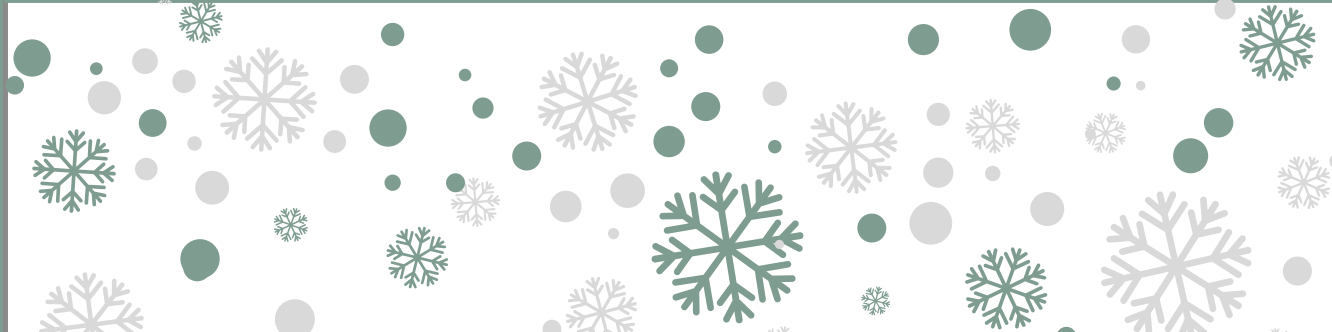

# JANUARY

Nelson

**Legend**  
 L- Library  
 TH—Town Hall  
 MS- Main Street  
 CC- Community Center  
 FC- Fitness Center

**Note/Announcement:**

Programs Subject To Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1 New Years Day</b> 9:00 Neighbourhood Time 10:00 For The Soul 2:00 Movie- TH 4:00 Stepping Out	<b>2</b> 9:00 Neighbourhood Time 10:30 For The Fun of Fit 2:30- In The Kitchen- CC 4:00 You and Me	<b>3</b> 9:00 Neighbourhood Time 10:00 Circle of Friends 11:15 Line Dancing- FC 2:30 Art Therapy 3:30 Musical Moments	<b>4</b> 9:00 Neighbourhood Time 10:30 Tim Hortons Social- CC 1:15 Horticulture Therapy 2:00 Stepping Out 3:00 Brent Meidinger- TH
<b>5</b> 9:00 Neighbourhood Time 10:00 Movie Matinee- L 11:00 Total Body Fitness 1:30 Stepping Out 2:15 Church- TH 3:30 Musical Moments	<b>6</b> 9:00 Neighbourhood Time 10:30 For The Fun of Fit 2:00 Soothing Sensations 3:30 Brains and Banter	<b>7</b> 9:00 Neighbourhood Time 11:00 Spiritual Care 2:00 Circle of Friends 3:30 Express Yourself	<b>8</b> 9:00 Neighbourhood Time 10:00 Christmas Take Down 11:15 Fun & Fit 2:00 Soothing Sensations 3:30 Musical Moments	<b>9</b> 9:00 Neighbourhood Time 10:30 For The Fun of Fit 11:00 Spiritual Care 1:15 Horticulture Therapy 2:30 Happy Hour- TH 3:30 Stepping Out	<b>10</b> 9:00 Neighbourhood Time 10:00 Circle of Friends 11:15 Line Dancing- FC 2:30 Art Therapy 3:30 Musical Moments	<b>11</b> 9:00 Neighbourhood Time 10:30 Brains and Banter 2:00 Stepping Out 3:00 Brad Boland- TH
<b>12</b> 1:00 Neighbourhood Time 2:15 Church- TH 3:30 Brains and Banter 6:30 You and Me	<b>13</b> 9:00 Neighbourhood Time 10:30 For The Fun of Fit 2:00 Soothing Sensations 3:30 Brains and Banter	<b>14</b> 1:00 Neighbourhood Time 2:00 Circle of Friends 3:00 In The Kitchen 6:15 You and Me	<b>15</b> 9:00 Neighbourhood Time 10:00 For The Soul 11:15 Fun & Fit 2:30 Soothing Sensations 3:30 Musical Moments	<b>16</b> 9:00 Neighbourhood Time 10:30 Express Yourself 1:15 Horticulture Therapy 2:30- In The Kitchen- CC 4:00 You and Me	<b>17</b> 9:00 Neighbourhood Time 10:00 Circle of Friends 1:30 Little Hobby Farm- FC 2:30 Art Therapy 3:00 Stepping Out	<b>18</b> 9:00 Neighbourhood Time 10:30 High Tea- CC 2:00 Stepping Out 3:00 Geri Defoe- TH
<b>19 World Religion Day</b> 9:00 Neighbourhood Time 10:00 Movie Matinee- L 11:00 Total Body Fitness 1:30 Stepping Out 2:15 Church- TH 3:30 Musical Moments	<b>20</b> 9:00 Neighbourhood Time 10:30 Mother Goose- TH 2:00 Soothing Sensations 3:30 Brains and Banter	<b>21 Hugging Day</b> 11:00 Spiritual Care 1:00 Neighbourhood Time 2:00 Circle of Friends 3:30 Stepping Out 5:00 Pizza- CC	<b>22 Bell Let's Talk Day</b> 9:00 Neighbourhood Time 10:00 For The Soul 11:15 Fun & Fit 3:30 You and Me	<b>23</b> 9:00 Neighbourhood Time 10:30 For The Fun of Fit 1:15 Horticulture Therapy 2:30- In The Kitchen- CC 4:00 You and Me	<b>24 Breakfast Club</b> 9:00 Neighbourhood Time 10:00 Circle of Friends 2:00 Stepping Out 2:30 Art Therapy	<b>25 Robbie Burns Day</b> 9:00 Neighbourhood Time 10:30 Circle of Friends- CC 2:00 Stepping Out 3:00 Escapades- TH
<b>26</b> 1:00 Neighbourhood Time 2:15 Church- TH 3:30 Brains and Banter 6:30 You and Me	<b>27</b> 9:00 Neighbourhood Time 10:30 For The Fun of Fit 2:00 Soothing Sensations 3:30 Brains and Banter	<b>28</b> 10:30 Birthday Social- CC 11:00 Spiritual Care 1:00 Neighbourhood Time 2:00 Circle of Friends 3:30 Express Yourself 6:15 You and Me	<b>29 Chinese New Year</b> 9:00 Neighbourhood Time 11:15 Fun & Fit 1:30 Music Therapy 2:30 Express Yourself- CC 3:30 You and Me	<b>30</b> 9:00 Neighbourhood Time 10:30 For The Fun of Fit 1:15 Horticulture Therapy 2:30- In The Kitchen- CC 4:00 You and Me	<b>31</b> 9:00 Neighbourhood Time 10:00 Circle of Friends 2:00 Stepping Out 2:30 Art Therapy 3:30 In The Kitchen	

# JANUARY

## **In The Kitchen**

- 2- Pizza
- 16- Strawberry Banana Smoothie
- 23- Brown Derby
- 30- Cream Cheese Caramel Apple Dip
- 31- Hot Chocolate and Cookies

## **Socials with Appleby**

- 4 - Timbits and Coffee
- 18 - High Tea
- 21 - Make Your Own Pizza

## **Popcorn and Movie Morning with Appleby**

Popcorn will be set up on Mainstreet

Movies for the month:

- 5 - I'll See You in my Dreams
- 19 - The Notebook



## **Outings**

- Mall Outing
- Scenic Drive
- Chucks Roadhouse
- Indoor Golf
- Williams Café

## **Diner's Club**

- Firehouse Subs