



# January 2025

## Emma's Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>January is Alzheimer's Awareness Month</b>			1 10:00 Neighbourhood Time 11:15 Resolution Café 2:30 Musical Moments 3:30 Fun & Fitness  <b>New Year's Day</b>	2 10:00 Neighbourhood Time 11:15 For the Fun of Fit 1:30 For the Soul 2:30 Happy Hour Cart	3 10:00 Neighbourhood Time 11:00 For the Fun of Fit 1:30 Circle of Friends 3:30 Musical Moments 6:15 Comedy Hour	4 10:00 For the Fun of Fit 11:00 Brains and Banter 1:15 Neighbourhood Time 1:30 Musical Matinee "My Fair Lady" 3:30 Soothing Sensations
5 9:15 Neighbourhood Time 11:00 Vinyl Café 2:00 For the Soul 2:45 Stepping Out 3:00 Chapel Service in the Chapel	6 11:00 Java Music 1:30 Neighbourhood Time <b>2:30 Live Music with "New Horizons Big Band" in Town Hall</b>	7 <b>10:15 Country Drive</b> 11:00 For the Fun of Fit 2:15 Express Yourself 3:30 Brains and Banter 6:15 Neighbourhood Time	8 10:00 Neighbourhood Time 2:30 Musical Moments <b>2:30 2025 Curling Event in the Fitness Centre</b> 3:30 Stepping Out	9 10:00 Neighbourhood Time 11:15 For the Fun of Fit 1:30 For the Soul 2:30 Happy Hour on Emma's	10 10:00 Neighbourhood Time 11:00 For the Fun of Fit 1:30 Circle of Friends 3:00 Musical Moments 4:00 You and Me 6:15 Comedy Hour	11 10:00 For the Fun of Fit 11:00 Brains and Banter 1:15 Neighbourhood Time 1:30 Musical Matinee "The King and I" 3:30 Soothing Sensations
12 9:15 Neighbourhood Time 11:00 Vinyl Café 2:00 For the Soul 2:45 Stepping Out 3:00 Chapel Service in the Chapel	13 10:00 Neighbourhood Time 11:00 Java Music 1:30 Express Yourself 2:30 Songbird Music Therapy 4:00 You and Me	14 11:00 For the Fun of Fit 2:15 Express Yourself 3:30 Brains and Banter 6:15 Neighbourhood Time	15 10:00 Neighbourhood Time 11:15 Tea and Travels 3:00 Emma's Neighbourhood Birthday Party 4:00 Stepping Out	16 10:00 Neighbourhood Time 11:15 For the Fun of Fit 1:30 For the Soul 2:30 Happy Hour on Egerton	17 10:00 Neighbourhood Time 11:00 For the Fun of Fit 1:30 Circle of Friends 3:30 Musical Moments 6:15 Comedy Hour	18 10:00 For the Fun of Fit 11:00 Brains and Banter 1:15 Neighbourhood Time 1:30 Musical Matinee "Anne Murray" 3:30 Soothing Sensations
19 9:15 Neighbourhood Time 11:00 Vinyl Café 2:00 For the Soul 2:45 Stepping Out 3:00 Chapel Service in the Chapel  <b>World Religion Day</b>	20 11:00 Java Music 1:30 Express Yourself 2:30 Musical Moments 4:00 Neighbourhood Time	21 11:00 For the Fun of Fit 2:00 Musical Matinee: "The Sound of Music" <b>2:30 Winter Celebration of Life in Town Hall</b> 3:30 Brains and Banter 6:15 Neighbourhood Time  <b>Hugging Day</b>	22  10:00 Neighbourhood Time 11:15 Tea and Travels 2:30 Musical Moments 3:30 For the Fun of Fit <b>7:30 An Evening of Robbie Burns TH</b>  <b>Bell Let's Talk Day</b>	23 10:00 Neighbourhood Time 11:15 For the Fun of Fit 1:30 For the Soul 2:30 Happy Hour on Emma's	24 10:00 Neighbourhood Time 11:00 For the Fun of Fit 1:30 Circle of Friends 3:00 Musical Moments 6:15 Comedy Hour	25 10:00 For the Fun of Fit 11:00 Brains and Banter 1:15 Neighbourhood Time 1:30 Musical Matinee "Johnny Cash" 3:30 Soothing Sensations  <b>Robbie Burns Day</b>
26 11:00 Vinyl Café 2:00 For the Soul 2:45 Stepping Out 3:00 Chapel Service in the Chapel	27 10:00 Neighbourhood Time 11:00 Java Music 1:30 Express Yourself 2:30 Musical Moments 4:00 You and Me	28 11:00 For the Fun of Fit 2:15 Express Yourself 3:30 Brains and Banter 6:15 Neighbourhood Time	29 10:00 Neighbourhood Time 11:15 Tea and Travels <b>2:30 Residents' Council Meeting: Alzheimer's Awareness Month Fundraiser</b> 3:45 Stepping Out  <b>Chinese New Year</b>	30 10:00 Neighbourhood Time 11:15 For the Fun of Fit 1:30 For the Soul 2:30 Happy Hour on Egerton	31 10:00 Neighbourhood Time 11:00 For the Fun of Fit <b>2:30 Live Music with "Record Day" in Town Hall</b> 3:30 You and Me 6:15 Comedy Hour	