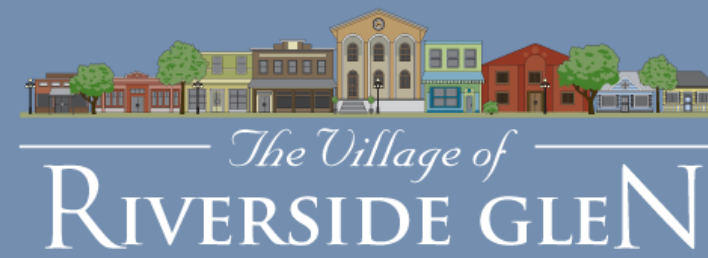


JANUARY 2025

Emma



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1 New Years Day

8:00 Breakfast
10:00 Neighbourhood Time
12:00 Lunch
2:00 Fitness with Melissa
3:30 Stepping Out
5:00 Dinner

2

8:00 Breakfast
11:00 Fitness with Melissa
12:00 Lunch
2:00 Express Yourself
3:30 Musical Moments
5:00 Dinner
6:30 You and Me

3

8:00 Breakfast
10:00 Neighbourhood Time
11:00 In the Kitchen
12:00 Lunch
1:30 Dance Party with Hilda
3:30 Soothing Sensations
5:00 Dinner

4

8:00 Breakfast
10:00 Morning Movie
11:00 Soothing Sensations
12:00 Lunch
2:00 Circle of Friends
3:00 Hot Chocolate Cart
5:00 Dinner

5

8:00 Breakfast
11:00 For the Soul
12:00 Lunch
2:00 Nail Care
3:30 You and Me
5:00 Dinner

6

8:00 Breakfast
10:00 Neighbourhood Time
12:00 Lunch
2:00 Fitness with Melissa
3:30 You and Me
5:00 Dinner

7

8:00 Breakfast
10:00 Neighbourhood Time
11:00 Brains and Banter
12:00 Lunch
2:00 Hymn Sing
2:30 Fitness with Melissa
3:00 Java Music Time
5:00 Dinner
6:30 You and Me

8

8:00 Breakfast
10:00 Neighbourhood Time
12:00 Lunch
2:00 Fitness with Melissa
5:00 Dinner

9

8:00 Breakfast
10:00 Neighbourhood Time
11:00 For the Fun of Fit
12:00 Lunch
2:00 Music with Wendy
5:00 Dinner

10

8:00 Breakfast
10:00 Neighbourhood Time
11:00 In the Kitchen
12:00 Lunch
2:00 Fitness with Melissa
3:30 Soothing Sensations
5:00 Dinner

11

8:00 Breakfast
10:00 Morning Movie
11:00 Brains and Banter
12:00 Lunch
2:00 Soothing Sensations
3:30 Circle of Friends
5:00 Dinner

12

8:00 Breakfast
11:00 For the Soul
12:00 Lunch
2:00 Nail Care
3:30 You and Me
5:00 Dinner

13

8:00 Breakfast
11:00 Circle of Friends
12:00 Lunch
2:00 Neighbourhood Time
3:30 Hope for the Heart
5:00 Dinner

14

8:00 Breakfast
10:00 Neighbourhood Time
11:00 Brains and Banter
12:00 Lunch
2:00 Hymn Sing
2:30 Fitness with Melissa
5:00 Dinner
6:30 You and Me

15

8:00 Breakfast
10:00 Neighbourhood Time
12:00 Lunch
2:00 Fitness with Melissa
5:00 Dinner

16

8:00 Breakfast
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2:00 Express Yourself
3:30 Musical Moments
5:00 Dinner
6:30 You and Me

17

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12:00 Lunch
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5:00 Dinner

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5:00 Dinner

20

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5:00 Dinner

21

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22

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5:00 Dinner

23

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29

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30

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31

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