

January

Seniors Centre Without Walls

DIAL PAD. 855-204-8148

2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|-------------------------------------|---|---------------------------------|---|----------|
| Gary Over's cancelled No Yoga on the 14th | | | 1 Stat Holiday – Closed | 2 10:00am: Trivia with Jack | 3 10:00am: Piano Music | 4 |
| 5 | 6 10:00am: Pottery & Philosophy 10:30 chat | 7 10:00am: Seated Yoga | 8 1:30pm: Flash in the Sky Boy | 9 10:00am: Dog Talk with TBA | 10 10:00am: Piano Music 1:30pm: Small Towns, SK | 11 |
| 12 | 13 10:00am: Library of Things 10:30 chat | 14 10:00am: Police Officer Scams | 15 10:00am: Oral Story Program | 16 10:00am Trivia with Jack | 17 10:00am: Piano Music | 18 |
| 19 | 20 10:00am: A Visit to Newfoundland 10:30 chat | 21 10:00am: Seated Yoga | 22 10:00am: The Bee and Thistle Winery | 23 10:00am: Art with Christy | 24 10:00am: Piano Music | 25 |
| 26 | 27 10:00am: Arthritis Info 10:30 chat | 28 10:00am: Seated Yoga | 29 10 am TBA 1:00 Puzzle Master 1:30 pm Exercise in motion | 30 10:00am: Art with Christy | 31 10:00am: Piano Music | |
| <p>Phone this number for dial pad if you do not get an invite: 855- 204 -8148 Office phone number: 306. 692-2242</p> | | | | | | |

