

January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
\$= Cost Associated with Event *= Sign-up Required for Event All events/programs happen in Selkirk Multi-Purpose Room unless noted otherwise.			1 New Years Day	2 1:30 Hymns & Praise with Alynne and Dave Shinness	3 10:00 Hybrid Fitness \$	4
5	6 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	7 2:00 Musical Entertainment by Aron & Frances Loewen * \$	8 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	9 1:30 Hymns & Praise with Darlene	10 10:00 Hybrid Fitness \$ 2:00 Rebalance Rehab Education Session- Diet and Nutrition	11
12	13 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	14 10:00 Unity Christian School Memories Project Part 1 (Summit Dining Room) * 1:30 Movie Matinee- Little Women	15 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 11:30 Catholic Mass Provided by St. Mary's Parish 2:00 Happy Hour Social (Summit Dining Room) * \$	16 10:00 Pet Therapy Dog Visit 1:30 Hymns & Praise with Darlene	17 10:00 Hybrid Fitness \$	18
19	20 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	21 10:00 Unity Christian School Memories Project Part 2 (Summit Dining Room) * 11:00 Rebalance Rehab Education Session-Grief * 2:00 Coffee & Conversations (Summit Dining Room) * \$	22 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	23 1:30 Hymns & Praise with Darlene	24 10:00 Hybrid Fitness \$	25
26 2:30 Sunday Service Provided by River of Life Church	27 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 2:00 Classical Piano with Dr. Boris Konovalov * \$	28	29 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 5:00 Community Dinner- Chinese New Year * \$	30 10:00 Pet Therapy Dog Visit 1:30 Hymns & Praise with Darlene	31 10:00 Hybrid Fitness \$	