

# January 2025-The Hawthorn

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	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 2:00 Hawthorn Cribbage Club (Summit Dining Room)	7 2:00 Musical Entertainment by Aron & Frances Loewen *	8 9:00 Functional Fitness 10:00 Chair Fitness 2:00 Hawthorn- Knit & Stitch Group (Reading Lounge) 7:00 Hawthorn- Games Night	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 2:00 Hawthorn Cribbage Club (Summit Dining Room)	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) * \$ 2:00 Hawthorn- Knit & Stitch Group (Reading Lounge) 7:00 Hawthorn- Games Night	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 2:00 Hawthorn Cribbage Club (Summit Dining Room)	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 2:00 Hawthorn- Knit & Stitch Group (Reading Lounge) 7:00 Hawthorn- Games Night	23 1:30 Hymns & Praise with Darlene	24 10:00 Hybrid Fitness 2:00 Hawthorn Birthday Social (Summit Dining Room)	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 * 2:00 Hawthorn Cribbage Club (Summit Dining Room)	28 2:00 Hawthorn Carpet Bowling	29 9:00 Functional Fitness 10:00 Chair Fitness 2:00 Hawthorn- Knit & Stitch Group (Reading Lounge) 5:00 Community Dinner- Chinese New Year * 7:00 Hawthorn- Games Night	30 10:00 Pet Therapy Dog Visit 1:30 Hymns & Praise with Darlene	31 10:00 Hybrid Fitness	