

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> 	<p>WELCOME 2024!</p>			<p>5</p> 
<p>8</p> <p>9:30am: Nostalgia– Newspapers 11am: Exercises 1pm: Program Preview 3pm: Voyage of Dawn Treader 1</p>	<p>9</p> <p>11am: Mindfulness 1pm: Coffee Chat 3pm: Who, Why, When 4:30pm: Trivia</p>	<p>10</p> <p>9:30am: Secret Societies 11am: Armchair Travel: Alaska 1pm: Estranged Relationships 1pm: Name That Tune 3pm: Exercises</p>	<p>11</p> <p>No Morning Programs 1pm: In the Headlines 3pm: Person, Place or Thing</p>	<p>12</p> <p>9:30am: Bollywood Music 11am: Exercises 1pm: Yellowstone National Park 3pm: Mystery Chronicles</p>
<p>15</p> <p>9:30am: Ponder This 11am: Exercises 1pm: The Big Picture 3pm: Voyage of Dawn Treader 2</p>	<p>16</p> <p>11am: Imagination Circle 1pm: Feel Better about Yourself 1pm: My Travels 3pm: NFH: Adding Protein & Fiber 4:30pm: Don't Quote Me</p>	<p>17</p> <p>9:30am: Crime & Justice 11am: EPL Presents! 1pm: Estranged Relationships 3pm: Exercises</p>	<p>18</p> <p>9:30am: Gratitude 11am: Storyteller 1pm: Coffee Chat 3pm: Working Through Grief 4:30pm: Dinner Theatre</p>	<p>19</p> <p>9:30am: All Request Music 11am: Exercises 1pm: Let's Talk About 3pm: Some Good News</p>
<p>22</p> <p>9:30am: Nostalgia– Drive-in Movies Theatres 11am: Exercises 1pm: Writing for Fun—Poetry 3pm: Voyage of Dawn Treader 3</p>	<p>23</p> <p>11am: Mindfulness 1pm: Feel Better about Yourself 3pm: Reader's Corner 4:30pm: Wheel of Fortune</p>	<p>24</p> <p>9:30am: Ancient Empires 11am: Coffee Chat 1pm: Estranged Relationships 1pm: Picture This 3pm: Exercises</p>	<p>25</p> <p>9:30am: Gratitude 11am: Day of Education 1pm: FYB: Eye Health 3pm: History of Jazz Music</p>	<p>26</p> <p>9:30am: Jazz Music 11am: Exercises 1pm: Weird Science 3pm: BINGO</p>
<p>29</p> <p>9:30am: Ponder This 11am: Exercises 1pm: The Big Picture 3pm: Voyage of Dawn Treader 4</p>	<p>30</p> <p>11am: The Seven Teachings 1pm: Feel Better about Yourself 1pm: Animal Spotlight 3pm: David Suzuki 4:30pm: Finish the Phrase</p>	<p>31</p> <p>9:30am: Crime & Justice 11am: Coffee Chat 1pm: Estranged Relationships 3pm: Exercises</p>	<p>To join by phone, call: 1-855-703-8985 When prompted, enter Meeting ID: 225-573-6467#</p>	

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>To join by phone, call: 1-855-703-8985</p> <p>When prompted, enter Meeting ID: 225-573-6467#</p>			<p>1 9:30am: Gratitude 11am: LeVar Burton Reads 1pm: Immigration Policies 3pm: Funny Bone 4:30pm: Dinner Theatre</p>	<p>2 9:30am: Classical Music Hour 11am: Exercises 1pm: In the Headlines 3pm: Let's Talk About</p>
<p>5 9:30am: Nostalgia– Game Shows 11am: Exercises 1pm: The Big Picture 3pm: Voyage of Dawn Treader 5</p>	<p>6 11am: Imagination Circle 1pm: Feel Better about Yourself 3pm: Coffee Chat 4:30pm: Two Truths and a Lie</p>	<p>7 9:30am: Secret Societies 11am: Personal Directives 1pm: Estranged Relationships 1pm: Would You Rather 3pm: Exercises</p>	<p>8 No Morning Programs 1pm: Lester B. Pearson 3pm: Catacombs of Paris</p>	<p>9 9:30am: Love Songs 11am: Exercises 1pm: Maya Angelou 3pm: Animal Spotlight</p>
<p>12 9:30am: Grateful Living 11am: Exercises 1pm: Writing for Fun 3pm: Voyage of Dawn Treader 6</p>	<p>13 11am: Mindfulness 1pm: Feel Better About Yourself 1pm: Spreading Kindness 3pm: Reader's Corner 4:30pm: Trivia</p>	<p>14 9:30am: Grateful Living 11am: Armchair Travel: Bermuda 1pm: Estranged Relationships 3pm: Weird History– Valentine's Day</p>	<p>15 9:30am: Grateful Living 11am: Storyteller 1pm: FYB: Allergies 3pm: Working Through Grief 4:30pm: Dinner Theatre</p>	<p>16 9:30am: Grateful Living 11am: Exercises 1pm: Coffee Chat 3pm: Mystery Chronicles</p>
<p>19 Family Day Stat</p>	<p>20 11am: Imagination Circle 1pm: Feel Better About Yourself 3pm: NFH: Lowering Inflammation 4:30pm: Jeopardy</p>	<p>21 9:30am: Crime & Justice 11am: EPL Presents! 1pm: Estranged Relationships 1pm: Let's Talk About 3pm: Exercises</p>	<p>22 9:30am: Gratitude 11am: SCWW Advisory Group 1pm: Coffee Chat 3pm: Fortress of Louisbourg</p>	<p>23 9:30am: All Request Music 11am: Exercises 1pm: Helen Keller 3pm: BINGO</p>
<p>26 9:30am: Ponder This 11am: Exercises 1pm: Writing for Fun 3pm: Voyage of Dawn Treader 7</p>	<p>27 11am: Mindfulness 1pm: Feel Better About Yourself 1pm: Coffee Chat 3pm: Some Good News 4:30pm: Wheel of Fortune</p>	<p>28 9:30am: Ancient Empires 11am: Elder Abuse 1pm: Estranged Relationships 3pm: Exercises</p>	<p>29 9:30am: Gratitude 11am: Weird Science 1pm: History of Big Band Music 3pm: Powerful Pollinators</p>	

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To join by phone, call: 1-855-703-8985</p> <p>When prompted, enter Meeting ID: 225-573-6467#</p>				<p>1 9:30am: Big Band Music 11am: Exercises 1pm: Rita McNeil 3pm: Who, Why, When– AI</p>
<p>4 9:30am: Nostalgia– Golden Age of Comics 11am: Exercises 1pm: The Big Picture 3pm: Voyage of Dawn Treader 8</p>	<p>5 11am: Imagination Circle 1pm: Feel Better about Yourself 1pm: Would you Rather 3pm: Some Good News 4:30pm: Where in the World</p>	<p>6 9:30am: Secret Societies 11am: Arm Chair Travel: Singing NO Estranged Relationships 1pm: Coffee Chat 3pm: Exercises</p>	<p>7 No Morning Programs 11am: Jed & The Valentine 1pm: Weird Science 3pm: Name That Tune 4:30pm: DT: Peer Gynt Part 1</p>	<p>8 9:30am: All Request Music 11am: Exercises 1pm: Women Erased from History 3pm: Mystery Chronicles</p>
<p>11 9:30am: Ponder This 11am: Exercises 1pm: Writing for Fun 3pm: Vinyl Cafe</p>	<p>12 11am: Mindfulness 1pm: Sexuality 101 3pm: Reader’s Corner 4:30pm: Trivia</p>	<p>13 9:30am: Ancient Empires 11am: Desert Island 1pm: Estranged Relationships 3pm: Exercise</p>	<p>14 9:30am: Gratitude 11am: Coffee Chat 1pm: Let’s Talk About 3pm: Royal Salt Mines 4:30pm: DT: Peer Gynt Part 2</p>	<p>15 9:30am: St. Patrick's Day Songs 11am: Exercises 1pm: Mother Moses 3pm: Animal Spotlight</p>
<p>18 9:30am: Nostalgia– Retro Candy 11am: Exercises 1pm: The Big Picture 3pm: Short Stories</p>	<p>19 11am: Imagination Circle 1pm: Coffee Chat 3pm: NFH: Meal Planning & Prepping 4:30pm: Mad Libs</p>	<p>20 9:30am: Crime & Justice 11am: EPL Presents! 1pm: Estranged Relationships 1pm: In the Headlines 3pm: Exercises</p>	<p>21 9:30am: Gratitude 11am: Storyteller 1pm: FYB: Healthy Bowels 3pm: Working Through Grief 4:30pm: DT: Peer Gynt Part 3</p>	<p>22 9:30am: Songs of Faith 11am: Exercises 1pm: Tricky Family Businesses 3pm: BINGO</p>
<p>25 11am: Coffee Chat</p>	<p>26 11am: Wheel of Fortune</p>	<p>27 11am: Some Good News 1pm: Estranged Relationships</p>	<p>28 11am: All Request Music</p>	<p>29 Good Friday</p>