



Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2 9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Keith) 9:45 am Coffee Group @ TBA (Lindsay) 1:00 - 2:30 Pool @ Rusty's (Joel) 3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel) 3:15 - 4:15 pm Art/Colouring Group @ CCSS (Samantha) 5:00 - 9:00 pm Dinner & Movie @ TBA (Kathy)	3 1:00 - 2:30 pm Swim Club @ H2O (Diane)  3:30 - 5:00 pm CCSS Men's Group @ CCSS \$ 10 (Keith)	4 9:30 - 11:00 am Café and Walking Group @ Mall Timmies \$ 5 (Samantha)  3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel)
7 10:00 - Noon Samantha's Gym & Swim @ PRC  12:30 - 1:30 Samantha's Lunch Group @ TBA  3:30 - 5:30 pm Games Night & Appies @ CCSS (Joel)	8 12:30 - 2:00 Samantha's Work Out @ PRC  4:00 pm Ladies Night @ CCSS \$ 10 (Talia/Samantha/Diane)	9 9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Keith) 9:45 am Coffee Group @ TBA (Lindsay) 11:30 - 2:30 Swim Club @ H2O (Diane) 1:00 - 2:30 Pool @ Rusty's (Joel) 3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel) 3:15 - 4:15 pm Art/Colouring Group @ CCSS (Samantha) 5:00 - 9:00 pm Dinner & Movie @ TBA (Kathy)	10 1:00 - 2:30 pm Swim Club @ H2O (Diane)  3:30 - 5:00 pm CCSS Men's Group @ IHOP \$ 20 (Keith)	11 3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel)
14 10:00 - Noon Samantha's Gym & Swim @ PRC  12:30 - 1:30 Samantha's Lunch Group @ TBA  3:30 - 5:30 pm Games Night & Appies @ CCSS (Joel)	15 12:30 - 2:00 Samantha's Work Out @ PRC  4:00 pm Bowling & Yum Yums @ Capri Lanes \$ 20 (Lindsay)	16 9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Keith) 9:45 am Coffee Group @ TBA (Lindsay) 11:30 - 2:30 Swim Club @ H2O (Diane) 1:00 - 2:30 Pool @ Rusty's (Joel) 3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel) 3:15 - 4:15 pm Art/Colouring Group @ CCSS (Samantha) 5:00 - 9:00 pm Dinner & Movie @ TBA (Kathy)	17 1:00 - 2:30 pm Swim Club @ H2O (Diane)  3:30 - 5:00 pm CCSS Men's Group @ CCSS \$ 10 (Keith)	18 9:30 - 11:00 am Café and Walking Group @ Mall Timmies \$ 5 (Samantha)  3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel)
21 10:00 - Noon Samantha's Gym & Swim @ PRC  12:30 - 1:30 Samantha's Lunch Group @ TBA  3:30 - 5:30 pm Sports Night @ Appies @ Wing's Pub (Joel)	22 12:30 - 2:00 Samantha's Work Out @ PRC  4:00 pm Dinner Club @ White Spot \$ 20 (Talia)	23 9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Keith) 9:45 am Coffee Group @ TBA (Lindsay) 11:30 - 2:30 Swim Club @ H2O (Diane) 1:00 - 2:30 Pool @ Rusty's (Joel) 3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel) 3:15 - 4:15 pm Art/Colouring Group @ CCSS (Samantha) 5:00 - 9:00 pm Dinner & Movie @ TBA (Kathy)	24 1:00 - 2:30 pm Swim Club @ H2O (Diane)  3:30 - 5:00 pm CCSS Men's Group @ CCSS \$ 10 (Keith)	25 9:00 am - 4:00 pm Big White Day - Tubing, Skating, Snowboarding, Skiing and dining out for lunch (Joel) <b>Register by January 14th</b> 
28 10:00 - Noon Samantha's Gym & Swim @ PRC 12:30 - 1:30 Samantha's Lunch Group @ TBA 3:30 - 5:30 pm Games Night & Appies @ CCSS (Joel)	29 12:30 - 2:00 Samantha's Work Out @ PRC  4:00 pm Ladies Night @ CCSS \$ 10 (Talia/Samantha/Diane)	30 9:00 - 11:30 Old Men Coffee Group and chat @ TBA \$ 5 (Keith) 9:45 am Coffee Group @ TBA (Lindsay) 1:00 - 2:30 Pool @ Rusty's (Joel) 3:00 - 5:00 pm Tone & Fit @ Rutland YMCA (Joel) 3:15 - 4:15 pm Art/Colouring Group @ CCSS (Samantha) 5:00 - 9:00 pm Dinner & Movie @ TBA (Kathy)	31 1:00 - 2:30 pm Swim Club @ H2O (Diane)  3:30 - 5:00 pm CCSS Men's Group @ Capri Bowling & Burgers A/W \$ 25 (Keith)	Please call Joel, Keith, Kathy, Lindsay, Diane, Talia, Samantha, Brittany or Ethan if you have any questions.