

January

1	2 1:00 Canasta Tickets on sale for Dinner Theatre on Jan. 31	3	4 10:45 Sit & Be Fit 11:30 Lunch (Roast Beef) 1:00 Singles Bridge 2:00 Ho-Downers	5 10:30 Dancercise 1:30 Red Deer Art Club 5:30 Supper Dance Live Band – Gaetz Valley Minstrels (Advance tickets required)	6 1:00 - 500 Cards, Square Dance & Scrabble	7
8	9 1:00 Canasta 1:30 Golden Circle Singers	10 10:00 Yoga 1:30 Crib 6:30 Partner Bridge	11 9:30 Yoga 10:45 Sit & Be Fit 11:30 Lunch (Breaded Pork Chops) 1:00 Singles Bridge 2:00 Ho-Downers	12 10:30 Dancercise 1:30 Red Deer Art Club 7:30 – Dance – Five Plus One	13 8:30 – 1:00 Breakfast Special 1:00 - Military Whist, Square Dance & Scrabble	14
15	16 9:30 Yoga 10:30 Zumba Gold 1:00 Canasta 1:30 Golden Circle Singers	17 10:00 Yoga 1:00 Post Stroke Wellness Group 1:30 Crib	18 9:30 Yoga 10:45 Sit & Be Fit 10:00-Free Blood Pressure Clinic 11:30 Lunch (Oven Fried Chicken) 1:00 Singles Bridge 2:00 Ho-Downers	19 10:30 Dancercise 1:30 Red Deer Art Club 7:30 Dance - Country Gold North	20 1:00 - 500 Cards, Square Dance & Scrabble	21
22	23 9:30 Yoga 10:30 Zumba Gold 1:00 Canasta 1:30 Golden Circle Singers	24 10:00 Yoga 1:30 CNIB Support Group 1:30 Crib 6:30 Partner Bridge	25 9:30 Yoga 10:45 Sit & Be Fit 11:30 Lunch (Scotch Pie) Robbie Burns Day Entertainment 1:00 Singles Bridge 2:00 Ho-Downers	26 10:30 Dancercise 1:30 Red Deer Art Club 7:30 Dance – Country Express	27 8:30 – 1:00 Breakfast Special 1:00 Military Whist, Square Dance & Scrabble	28
29	30 9:30 Yoga 10:30 Zumba Gold 1:00 Canasta 1:30 Golden Circle Singers	31 10:00 Yoga 6pm Dinner Theatre (Advance tickets only)	Tickets on sale for the Valentines Lunch on February 14 th .			

January

--	--	--	--	--	--	--