

January 2024

MONDAY

January 15 9 am
Men's Breakfast at Denny's

10am–12 pm
Barclay Manor Yarn Artisans

10 am–11am
French Conversation

11:15 am–12:30 pm
ESL Beginners with Chris

11:30 am–12:30 pm
Spanish Beginners with Alicia

1–4 pm
Bridge (WECCA)

1–3 pm
Tech Help with Bob

1:30–4:30 pm
Mahjong with Rich

1:30–2:30 pm
Choose to Move

3–4:30 pm
Golden Guys' Group

TUESDAY

10:30–11:30 am
Heritage Harmonies

11:15 am–12:45 pm
ESL Intermediate with Iraj

11:30 am–12:30 pm
Outdoor Walking Group

12:30–4 pm
Barclay Visual Arts Group

January 9 1 - 2:30 pm
Re-entering the work force

1–3 pm
Poker and Tea Time

1:30–3:30 pm (FULL)
ESL Advanced with Walter

3–4 pm
Tech Help with Nitish

3:30–4:30pm
Tech Help with Ron

WEDNESDAY

10 am–noon
Barclay Manor Yarn Artisans

10:30 am–1 pm
Strum & Sing-a-Long with Tara

12–1 pm
Tech Help with Ella

1–2:45 pm
German Conversation Circle

January 10 1 - 3 pm
3rd Strategic Planning

1–3:30 pm
Scrabble

3–4:30 pm
Spanish Conversation with Isis

3–5 pm
Tech Help with Ronaldo

3 - 4 pm
NEW Gentle Hatha Yoga w/ Lisa

3:30–4:30 pm
Tech Help with Slater

January 24 10:30 - 11:30 am
Coffee with Claudine

January 24 5:30 pm
Dinner Club with Mauro

MOVIES FRIDAY

January 19, 2024

Canada, The Story of Us: Episode 9, A New Identity

- As we enter a new year, let's look back at a time when Canada had a new future ahead of it. Canada experiences a boom-time after World War 2, but not all are happy with the status quo and seek to reshape the country - dark legacies of injustice are challenged. The circle of Confederation grows and Canada emerges as a complex and cosmopolitan nation on the world stage.

January 26, 2024

Still Alice

- After being diagnosed with Alzheimer's Disease, a linguistics professor leans on her family to help her courageously move forward.

 Offsite: **Walking/Out Trip**

 Offsite: **Food/Drink**

 Onsite: **Guest Event**

 Offsite: **Community Event**

 Onsite: **Partner Event**

 Onsite: **Tech Help**

Activities & Events

SIGN UP **TUESDAY JANUARY 2**

THURSDAY

10–11:30 am
TED Talks and Discussion

10–10:30 am
Nordic Walking Beginners

10:30–11:30 am
Nordic Walking

11:30 am–12:30 pm
Outdoor Walking Group

12pm–2 pm
Karaoke with Lan

January 18 12:30 pm
Chinese Canadian Museum

1–3 pm
Tech Help with Anita

January 11 2 -3 pm
Where does the waste go?

January 25 2 - 4 pm
Birthday Tea

3–4 pm
Tech Help with Ron

3–4:30 pm
Ukulele Practice Group

FRIDAY

January 19 10 am - noon
Playshop with Deborah

10 am–noon
Tech Help with Stuart

10 am–1 pm
Tech Help with Samuel

January 26 10:30 am - 11:30
WELL Story Time

11–noon
Spanish Intermediate with Alicia

January 12 1:30 – 3:00pm
Valentines Day Card Crafts
with Chu Chu Crafts

12 –1 pm
Tech Help with Nitish

January 12 1 - 3:30 pm
Robert David Duncan

1:30–3:30 pm
Tech Help with Terry

January 19 & 26 1:30 - 3:30 pm
Movies Friday

2–4 pm
Men's Shed with Earl

SUNDAY

January 28 11 am
Sunday Brunch at Sylvia Hotel

TED TALKS

January 4, 2024

- The first-ever cargo ship powered by green fuel
- Why rivals are working together to transform shipping
- The AI-powered tools supercharging your imagination
- How “digital twins” could help us predict the future

January 11, 2024

- How to hack your brain when you're in pain
- Why you should stop setting goals (yes, really)
- How to take the BS out of business speak

January 18, 2024

- Birds aren't real? How a conspiracy takes flight
- How to solve the world's biggest problems
- An extreme weather report from America's weatherman

January 25, 2024

- Can AI help solve the climate crisis?
- Are we the last generation — or the first sustainable one?
- How I found myself — by impersonating other people
- The world's rarest diseases — and how they impact everyone

CHOOSE TO MOVE

January 8, 2024 **Let's set some goals**

January 15, 2024 **Healthy Eating for seniors**

January 22, 2024 **Curious about Cannabis for Pain Management**

Learn the history of Cannabis in human culture, and how and why cannabis can help with pain management. Session is taught by a RN with 35 years of experience helping people manage their pain.

January 29, 2024 **Home Stretch Active Living** with Melissa Gunstone

As a Kinesiologist and Fall Prevention Coach, Melissa will teach us ways to avoid the occurrence of falls through balance, coordination and stretching.