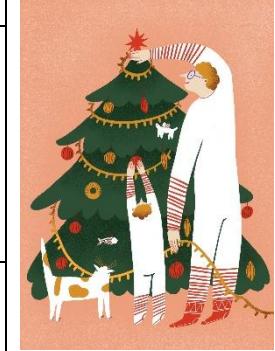


# DECEMBER 2025 SENIORS PROGRAM CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
1 	2 Late Life Planning DP- 10:30a-11:30p Alpha House 1p-2:30p	3 Seniors Cooking Group 1:30-4:30 Inclusion Centre Chocolate Fudge	4 Fruitvale House Late life planning 2:30pm-4:00pm	5 Self Expression- TAAC Gym 1:30-3:30 (snacks)  TACL Christmas Party at the Legion 5p-9p	  
8 Holiday Train Castlegar 1:30pm-5:30pm	9 Late Life Planning DP- 10:30a-11:30p Alpha House 1p-2:30p	10 Seniors Dance at the Tek Gym 2p-4p \$6 in advance	11 Late Life Planning Fruitvale House 2:30pm-4:30pm	12 No Seniors Program today	
15 	16 Late Life Planning DP 10:30a-11:30p Alpha House 1p-2:30p	17 Community Meeting Monthly Planning 1:30pm-3:30pm Bridgeview Cafe	18 Seniors Christmas Dinner at the CIC 2:00pm-6:00pm (Persons served only)	19 Seniors Be Fit- Sit & Fit 10a-11a & Square Dance 11a-12p  Self Expression- TAAC Gym 1:30-3:30 (snacks)	
22	23 Late Life Planning DP 10:30a-11:30p Alpha House 1p-2:30p	24 Community Meeting 1:30-3:30 Christmas Play atTAAC	25 Stat Holiday	26 Stat Holiday	
29	30 Late Life Planning Day Program- 10:30a-11:30a Alpha House- 1p-2:30p	31 Community Meeting 1:30-3:30 TAAC Gym New Years Party Pizza and juice \$10 Register with Bryhre			