

# JANUARY 2026 SENIORS PROGRAM CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Group Info
		<b>HAPPY NEW YEARs Eve!</b>	1 No Service today Holiday	2 Self Expression- TAAC Gym 1:30-3:30 (snacks)	
5	6 Seniors Be Fit- Sit & Fit 1p-2p & Square Dance 2p-3p in the TAAC gym	7 Beaver Valley Manor Lunch 10:00-12:30 bring \$2 for lunch  confirm with Bryhre by Jan 2 <sup>nd</sup> at noon please.	8 Late Life Planning Fruitvale House 2:30pm-4:30pm	9 Self Expression- TAAC Gym 1:30-3:30 (snacks)	Late Life Planning- (LLP)
12	13 Seniors Be Fit- Sit & Fit 1p-2p & Square Dance 2p-3p TAAC gym	14 LLP-9:30-10:30 TAAC 10:30-12:30 Alpha  Seniors Cooking Group 1:30-4:30 Lasagna Soup & Monthly Plan	15 Late Life Planning Fruitvale House 2:30pm-4:30pm	16 Self Expression- TAAC Gym 1:30-3:30 (snacks)	
19	20 Seniors Be Fit- Sit & Fit 1p-2p & Square Dance 2p-3p TAAC Gym	21 LLP-9:30-10:30 TAAC 10:30-12:30 Alpha  Seniors Dance 2p-4p Tek Arena Gym \$6 register in advance	22 Late Life Planning Fruitvale House 2:30pm-4:30pm	23 Self Expression- TAAC Gym 1:30-3:30 (snacks)	
26	27 Seniors Be Fit- Sit & Fit 1p-2p & Square Dance 2p-3p TAAC Gym	28 Community Meeting Memory and Aging 1:00-2:30pm  Trail Aquatic Centre Multipurpose room	29 Late Life Planning Fruitvale House 2:30pm-4:30pm	30 Self Expression- TAAC Gym 1:30-3:30 (snacks)	*Register in advance for Memory & Aging