

# January 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>CLOSED</b> No Programs		1 <b>Happy New Year!</b>	2	3	4
5	6 Cardio Strength Fusion 9:30 am Fit & Flex 10:45 Helping Hands 1-3	7 Gentle Yoga 10 am	8 Cardio Strength Fusion 9:30 am Café BREAK 12pm	9 Foot Clinic 9-4 Crib & Coffee 1-3	10 Pole Walking 10am	11
12	13 Cardio Strength Fusion 9:30 am Fit & Flex 10:45 Helping Hands 1-3	14 Gentle Yoga 10 am <b>Dementia Caregiver Support Group 11:30-12:30</b>	15 Cardio Strength Fusion 9:30 am *Café BREAK: Understanding Dementia L&L 12pm	16 Crib & Coffee 1-3 Zumba 6:45	17 Pole Walking 10am (Auditorium only)	18
19	20 Cardio Strength Fusion 9:30 am Fit & Flex 10:45 Helping Hands 1-3	21 Gentle Yoga 10 am	22 Cardio Strength Fusion 9:30 am Café BREAK 12pm	23 <b>NO CRIB TODAY (Outside Event at CC)</b> Zumba 6:45	24 Pole Walking 10am	25
26	27 Cardio Strength Fusion 9:30 am Fit & Flex 10:45 Helping Hands 1-3	28 Gentle Yoga 10 am	29 Cardio Strength Fusion 9:30 am *Café BREAK: Lunch & Movie 12pm	30 Gentle Flow Yoga 10 am Crib & Coffee 1-3 Zumba 6:45	31 Pole Walking 10am	

MHRD Fitness\* = **Blue** Programs = **Green** Events = **Red** Café BREAK= **Magenta**

\*You can register for MHRD programs by visiting [mhrd.ca](http://mhrd.ca) or calling (204) 885-2444

\*\*All programs and events are subject to change, please contact us if you're unsure about the status of a program