

JANUARY

FOREVER YOUNG SCHEDULE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div style="border: 1px solid black; padding: 5px; text-align: center;"> All of the programs are free for members except for those with a </div>			1 New Year's Day Centre Hours: 8am-4pm No Classes	2 No Challah 11:15am-12:15pm Men's Social Group	3
4	5 12-2pm Lunch & Movie <i>In English</i>	6	7 10-11am Walking Club (Gym) 3-5pm Voices Choir	8 10am-12pm Scrabble and More Games	9 8:30am Challah 11:15am-12:15pm Men's Social Group	10
11	12 10am-12pm CyberSeniors 1-3pm Knitting Club	13	14 10-11am Walking Club (Gym) 3-5pm Voices Choir	15 10am-12pm Scrabble and More Games	16 8:30am Challah 11:15am-12:15pm Men's Social Group	17
18	19 10am-12pm CyberSeniors 12-2pm Lunch & Movie <i>In Yiddish</i>	20	21 10-11am Walking Club (Gym) 3-5pm Voices Choir	22 10am-12pm Scrabble & Games 12-2pm Deerfoot Inn & Casino	23 8:30am Challah 11:15am-12:15pm Men's Social Group	24
25	26 10am-12pm CyberSeniors 1-3pm Knitting Club	27	28 10-11am Walking Club (Gym) 3-5pm Voices Choir	29 10am-12pm Scrabble and More Games	30 8:30am Challah 11:15am-12:15pm Men's Social Group	31

Challah Baking

Fill our Centre with the aroma of freshly baked bread. Our volunteers bake and sell delicious Challah. Proceeds support a variety of Forever Young programs.

CyberSeniors

Learn how to use a mouse, search the Internet, use email and learn all about the components of a computer.

Knitting Club

Come and socialize with others. Need instruction? We will provide it without extra charge.

Lunch and Movie

Bring a lunch and enjoy a free film and fellowship with others.

Men's Social Group

Come and meet others to discuss topics of interest to the group and community.

Scrabble and More Games

Looking for something fun to do? Come on out to the Seniors Lounge... we supply the games, you are the players!

Voices Choir

Join our choir, with leader Karina Szulc. A program in collaboration with Jewish Family Service Calgary.

Walking Club

Come walk with us in the gym. When the weather permits, we'll take it outside.

Contact

If you have any questions, comments and / or suggestions about any of the programs, please contact **Nessie Hollander** at nhollander@cjcc.ca or 403-253-8600 ext.224