



New Beginnings Club Sarnia
Schedule for
January 2025



260 Indian Rd. S. Eastland Plaza (519) 491-2668

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Social Coffee Time 10:15 Tai Chi with Susan 11:00 Group Activities (see below) 12:00 Lunch (\$5.00) 1:00 Life is Movement 1:00 Pathways Pool 2:00 Group Activities	9:00 Social Coffee Time 10:00 Fitness & Mobility 11:00 Group Activities (see below) 11:00 Communication Group 12:00 Lunch (\$5.00) 1:00 Life is Movement 2:00 Group Activities	9:00 Social Coffee Time 10:00 Let's Keep it Moving 11:00 Group Activities (see below) 12:00 Lunch (\$5.00) 1:00 Life Is Movement 2:00 Group Activities	9:00 Social Coffee Time 10:00 Fitness & Mobility 11:00 Group Activities (see below) 11:00 Communication Group 12:00 Lunch (\$5.00) 1:00 Life is Movement 2:00 Group Activities	9:00 Social Coffee Time 10:00 Fitness & Mobility 11:00 Fit Minds 12:00 Lunch (\$5.00) 1:00 Euchre Tournament

	Monday	Tuesday	Wednesday	Thursday	Friday
			1 CLOSED	2 CLOSED	3 CLOSED
5	6 11:00 2024 Slide Show 1:15 Supper's Ready \$10	7 11:00 Time Capsule 2:00 Dice Breakers	8 11:00 2025 Goal Setting 2:00 Sorry Game	9 11:00 Sarnia Now & Then 2:00 Giant Scrabble	10 Fit Minds (Lehrend)
12	13 11:00 Snowball Toss 1:15 Supper's Ready \$10	14 Hair Cuts 9:30-11:30 11:00 Axe Throwing Game 2:00 Diamond Painting Coasters	15 11:00 Mindfulness Practices 2:00 Group Crossword	16 11:00 Jeopardy 2:00 Key Chain Making	17 Fit Minds (Karah)
19	20 11:00 Mini Golf 1:15 Supper's Ready \$10	21 11:00 Truth or Lie 2:00 Diamond Painting Coasters	22 11:00 Chicken Soup for the Soul 2:00 Bowling	23 11:00 Acrylic Cardinal with Penny 2:00 Drawing Tutorial	24 Fit Minds (Lehrend)

26	<p style="text-align: right;">27</p> <p>11:00 Target Toss</p> <p>1:15 Supper's Ready \$10</p>	<p style="text-align: right;">28</p> <p>11:00 Valentine's Card & Smores</p> <p>2:00 Diamond Painting Coasters</p>	<p style="text-align: right;">29</p> <p>11:00 Chicken Soup for the Soul</p> <p>1:00 Caregiver Support</p> <p>2:00 Monkey Ball</p>	<p style="text-align: right;">30</p> <p>11:00 BINGO</p> <p>2:00 Tapple</p>	<p style="text-align: right;">31</p> <p>Fit Minds (Karah)</p>	
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