

JANUARY

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			01 	02 Round Table Social At 11am 
05 Meditation 10am and 2:30pm 30 min workout with Heather 10am and 2:00pm	06 Self affirmation Boards @ 12pm 	07 Workout with Heather at 11am Magic @ 12-3pm 	08 Hearing Life Sign up to get your ears checked 12-3pm 	09 Round Table Social at 11am saving challenge 
12 Meditation 10am and 2:30pm 30 min workout with Heather 10am and 2:00pm	13 Phil Young Presentation on Scams @ 1:30pm 	14 Workout with Heather at 11am Magic @ 12-3pm 	15 Presentation by Counselling Centre of East Algoma on 6 doctors at 1:30pm	16 Round Table Social at 11am manifesting what you want 
19 Blue Monday Come and enjoy fun games	20 ODSP and OW all day!! Pool Tournament 130pm 	21 Ryan from CCEA at 1:30pm coupling skills for addictions 	22 Spa day with Shyanne and Heather at 1pm 	23 Round Table Social at 11am vision board 
26 Meditation 10am and 2:30pm 30 min workout with Heather 10am and 2:00pm	27 Social Media security on your phones with Ajay at 1:30pm 	28 Workout with Heather at 11am Magic @ 12-3pm 	29 Presentation by Counselling Centre of East Algoma on building resilience at 1:30pm	30 Round Table Social at 11am journaling challenge 