

PERKS & PLUSES THIS MONTH

- MONDAYS:** Textures Hair Salon (in the Hair Salon)
- TUESDAYS:** Store to Door Orders Due
- WEDNESDAY:** Blood Pressure Clinic on January 8th (in the Wellness Centre)
- THURSDAYS:** Textures Hair Salon (in the Hair Salon)
- FRIDAYS:** Blood work appointments (in the Wellness Centre)
- Foot Care Clinic:** Dates to be determined—Sign up in Wellness
- Audiology Clinic:** Dates to be determined— Sign up in Wellness
- Waterloo Public Library Book Bag Service:** New Bag Drop Off: Mon, February 3rd, speak to Recreation if you are interested in signing up for this free library book delivery service

UPCOMING —

- Board Game Club** What board games do you enjoy playing? Would you like to learn a new game? Sign up to be a part of this fun afternoon of games, every Wednesday at 2:00pm in the Pub.
- Brain Health Workshop** Staying mentally active is just as important for our brain as staying physically active. Join us in this weekly program as we work together at some fun, interactive brain exercises. Wednesday mornings at 10:30 in the Demo Kitchen.
- Mindfulness Workshop:** Join Kathryn every Friday at 10:30 for our weekly mindfulness activities. Each week we will focus on a different area of mindfulness and physical activity. See Kathryn for more information.
- Winter Walking Tour** Join us on our new indoor winter walking tour on Tuesday January 7th. We will take the bus to the Waterloo Memorial Recreation complex and go for a walk and a picnic lunch. See Kathryn for more information.
- Pizza Take Out Lunch** We will be ordering in Pizza for lunch on Friday January 17th for 12:00pm. Menu Options and sign up are at Reception. Payment can be made by cash or billed to suite. See Kathryn for more information.
- Brain Connect: Technology Education Sessions** Join us in the Demo Kitchen every Friday at 1:30pm to get your technology questions answered!

EVENTS CALENDAR | January 2025

HIGHLIGHTS



SAVE THE DATE:

MONDAY JANUARY 6TH– FIT CLUB KICK OFF

Start the New Year off right by joining our FIT CLUB Challenge. What a perfect way to start 2025 by joining our Fit Club and participating in the wide variety of Fitness Classes we have offered here at The Westhill. Our kick off event takes place on Monday January 6th. Join us in the Fit Club for your punch card and to receive your special gift. Programs with a * are included in our FIT Club Challenge.

THURSDAY JANUARY 23RD—SNOW BALL GALA

We cordially invite you to attend our 1st Annual Snow Ball Gala. Join us for an evening of elegance and entertainment as we come together. Cocktail hour begins at 4:00pm, Dinner and Dancing to follow. KW Kool Swing Band will set the stage from 6:00pm-8:00pm. Formal attire recommended.

- Pickwick’s Pub: Jimmy’s Old Time Radio Show**
Friday, January 3rd
- FIT CLUB Challenge Kick Off**
Monday, January 6th
- Excursion: Indoor Winter Walking Tour**
Tuesday, January 7th
- Pickwick’s Pub: Elvis in the Building-Jim Cameron**
Friday, January 10th
- Family Feud**
Saturday, January 11th
- Excursion: Elora Casino**
Monday, January 13th
- Excursion: Len’s Mill Store**
Tuesday, January 14th
- Lunch Club: Pizza Take Out Lunch**
Friday, January 17th
- Waterloo Public Library Drop Off**
Friday, January 17th
- Glamour Gals**
Saturday, January 18th
- Board Game Social**
Monday, January 20th
- Excursion: KW Art Gallery**
Tuesday, January 21st
- Excursion: Crock a Doodle**
Wednesday January 22nd
- Snow Ball and KW Cool Swing Band**
Thursday, January 23rd
- Dinner Club: The Keg**
Tuesday, January 28th
- Mindfulness Club:**
Fridays throughout January
- Entertainment with Martin Wall:**
Friday, January 31st

SOCIAL & RECREATIONAL ACTIVITIES - JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			New Years Day 1 9:30 No exercise 10:30 Meet a friend for a coffee or tea (WC) 10:30 Brain Games: Pick up at Reception 2:00 Board Game Club (SU) (PP) 3:00 News & Views (FL) 6:30 Shuffleboard (PP)	2 9:00-12:00 Boardwalk Loop (SU) 9:30 Westhill FIT Exercise (FC) 10:30 Kitchen Traditions: Brownies (DK) 1:00 Parkinson’s Caregiver Support Group (BL) 1:30 Knit and Crochet Circle (FL) 1:30 Excursion: Longos (SU) 2:00 Billiards League (SU) 2:00 Solo Card Game (DK) 3:30 Journaling (FL) 3:30 Wii Bowling (CH) 4:00 Pet Visits with Ember (PP) 6:45 Toonie Bingo (DK)	3 9:30 SMART Exercises (FC) 10:00 Catholic Communion (CH) 10:30 Mindfulness workshop (DK) 1:30 Brain Connect: Technology Education Sessions (DK) 2:00 Bocce Ball (FC) 3:00 Pickwick’s Pub: Jimmy’s Old Time Radio Show (PP) 6:45 Euchre Club (UB)	4 No Exercise 10:00 Cribbage (UB) 10:15: Meet a friend for a coffee or tea (FL,WC,UB) 10:30 Shuffleboard (PP) 2:00 Movie Matinee: “When Harry Met Sally” (CH) 2-4:00 Drop in Euchre (UB) 3:00 Billiards Drop In (BL) 6:45 Card Night Drop In (All are Welcome) (DK)
5 10:15 Brain Game: Pick-up at Reception 10:30 Snooker Club (BL) 2:00 Movie Matinee: “17 Again” (CH) 2:00 Dominos (PP) 2:00 Bridge Club (UB) 2-4:00 Euchre Club (UB/DK) 2-4:00 Meet a Friend for Coffee or Tea (FL, WC, UB) 2:30 Snooker Club (BL)	6 Fit Club Kick off Day 9:30 Westhill FIT Exercise* (PT) 10:30 Recreation Planning & Welcoming Meeting (CH) 2:00 Horse Races (DK) 3:15 Mocktail Monday: Board Game Social (PP) 6:45 Euchre Club (DK,UB)	7 9:30 Westhill FIT Strength Training* (FC) 10:30 Paint & Create (BL) 10:30 –1:00 Indoor Winter Walking Tour at the Waterloo Rec Centre with lunch* (SU) 1:30 Toonie Bingo (DK) 3:00 Arts and Crafts Social (BL) 3:30 Wii Bowling (CH) 5:30 Pet Therapy with Eddie (PP) 6:45 Card Club (DK) 6:45 Horse Races (PP)	8 9:30 SMART Exercises* (FC) 10:30 Smoothies (WC) 10:30 Brain Health Workshop*(DK) 2:00-4:00 Excursion: Country Drive and Hot Chocolate (SU) 2:30 The Art of Card Making (BL) 2:30 Anglican Church Service (CH) 3:00 News & Views (FL) 3:30 Pickwick’s Pub (PP) 6:30 Shuffleboard (PP)	9 9:30 Westhill FIT Exercise* (FC) 1:00-4:00 Boardwalk Loop (SU) 1:30 Knit and Crochet Circle (FL) 2:00 Billiards League (SU) 2:00 Solo Card Game (DK) 2:30 Chair Zumba With Jessie* (FC) 3:30 Journaling (FL) 3:30 Wii Bowling* (CH) 4:00 Pet Visits with Ember (PP) 4:00 Christmas Cocktail Hour (PP) 6:00 Christmas Dinner Celebration (TE) 6:45 Toonie Bingo (DK)	10 9:30 SMART Exercise* (FC) 10:30 Presbyterian Worship Service (CH) 10:30 Mindfulness workshop* (DK) 1:30 Brain Connect: Technology Education Sessions (DK) 2:00 Bocce Ball* (FC) 3:00 Pickwick’s Pub: Elvis is in the building with Jim Cameron (PP) 6:45 Euchre Club (UB)	11 9:30 Westhill Exercise* (FC) 10:00 Cribbage (UB) 10:15 Manicures with Lori (SU)(DK) 10:30 Shuffleboard (PP) 2:00 Movie Matinee: “Breakfast at Tiffany’s (CH) 2-4:00 Drop in Euchre (DK) 3:00 It’s Game Time: Family Feud (PP) 3:00 Billiards Drop In (BL) 6:45 Card Night Drop In (All are Welcome) (DK)
12 10:15 Brain Game: Pick-up at Reception 10:30 Snooker Club (BL) 2:00 Movie Matinee: “The Second Best Exotic Marigold Hotel” (CH) 2:00 Dominos (PP) 2:00 Bridge Club (UB) 2-4:00 Euchre Club (UB/DK) 2-4:00 Meet a Friend for Coffee or Tea (FL, WC, UB) 2:30 Snooker Club (BL)	13 Waterloo Public Library Bag Return 9:30 Westhill FIT Exercise* (FC) 9:30 Excursion: Elora Casino (SU) 10:30 Culinary Meeting (CH) 2:00 Horse Races (PP) 3:15 Mocktail Monday: Trivia Night 6:45 Euchre Club (DK, UB)	14 9:30 Westhill FIT Strength Training* (FC) 11:15 Excursion: Noon Hour Concert: First United KWS Musician (SU) 1:30 Toonie Bingo (DK) 1:30 Len’s Mill Store (SU) 3:00 Arts and Crafts Social (BL) 3:30 Wii Bowling* (CH) 5:30 Pet Therapy: with Eddie (PP) 6:45 Card Club (DK) 6:45 Horse Races (PP)	15 9:30 SMART Exercises* (FC) 10:30 Smoothies (WC) 10:30 Brain Health Workshop (DK) 11:45 Excursion: Lunch Club: Anna Mae’s (SU) 2:00 Board Game Club (SU) (PP) 3:00 News & Views (FL) 6:30 Shuffleboard (PP)	16 9:30 Westhill FIT Exercise* (FC) 10:15 Ladies Club Tea (DK) 1:30 Knit and Crochet Circle (FL) 1:30 Parkinson’s Support Group (CH) 1:00-4:00 Boardwalk Loop (SU) 2:00 Billiards League (SU) 2:00 Solo Card Game (DK) 3:30 Journaling (FL) 3:30 Wii Bowling* (CH) 4:00 Pet Visits with Ember 6:45 Toonie Bingo (DK)	17 Waterloo Public Library Bag Drop off 9:30 SMART Exercises* (FC) 10:00 Catholic Communion (CH) 10:30 Book Club (BL) 12:00 Lunch Club: Pizza (DK) (SU)(\$) 1:30 Brain Connect: Technology Education Sessions (DK) 2:00 Bocce Ball* (FC) 3:00 Pickwick’s Pub: Trivia Night (PP) 6:45 Euchre Club (UB)	18 No Exercise 10:00 Cribbage (UB) 10:15: Wii bowling* (CH) 10:30 Shuffleboard (PP) 1:30-3:30 Glamour Gals: Manis 2:00 Movie Matinee: “Bonneville” (CH) 2-4:00 Drop in Euchre (DK) 3:00 Billiards Drop In (BL) 6:45 Card Night Drop In (All Are Welcome) (DK)
19 10:15 Brain Game: Pick-up at Reception 10:30 Snooker Club (BL) 2:00 Dominos (PP) 2:00 Movie Matinee: Sean Connery James Bond “Dr. No” (CH) 2:00 Bridge Club (UB) 2-4:00 Euchre Club (UB/DK) 2-4:00 Meet a Friend for Coffee or Tea (FL, WC, UB) 2:30 Snooker Club (BL)	20 9:30 Westhill FIT Exercise* (FC) 10:30 Town Hall (CH) 2:00 Horse Races (PP) 3:15 Mocktail Monday: Board Game Social (PP) 6:45 Euchre Club (DK, UB)	21 9:30 Westhill FIT Strength Training* (FC) 9:30 Excursion: New Hamburg MCC Thrift (SU) 10:30 Paint & Create (BL) 1:30 Toonie Bingo (DK) 1:30 KW Art Gallery (SU) 3:00 Arts and Crafts Social (BL) 3:30 Wii Bowling* (CH) 5:30 Pet Therapy: with Eddie (PP) 6:45 Card Club (DK) 6:45 Horse Races (PP)	22 9:30 SMART Exercises* (FC) 9:30 Excursion: Fairview Park Mall (SU) 10:30 Smoothies (WC) 10:30 Brain Health Workshop* (DK) 1:30 Excursion: Crock a doodle (SU) (\$) 2:00 Board Game Club (SU) (PP) 2:30 The Art of Card Making (BL) 3:00 News & Views (FL) 6:30 Shuffleboard (PP)	23 Winter Snow Ball 9:00-12:00 Boardwalk Loop (SU) 9:30Westhill FIT Exercise* (FC) 1:30 Excursion: St. Jacobs Market and Outlet Mall (SU) 1:30 Knit and Crochet Circle (FL) 2:00 Billiards League (SU) 2:00 Solo Card Game (DK) 2:30 Chair Zumba with Jessie* (FC) 4:00 Pet Visits with Ember (PP) 4:00 Cocktail Hour (PP) 6:00-8:00 KW Cool Swing Band (PP)	24 9:30 SMART Exercises* (FC) 10:30 Mindfulness workshop* (DK) 1:30 Brain Connect: Technology Education Sessions (DK) 2:00 Bocce Ball (FC) 3:00 Pickwick’s Pub: Music Bingo (PP) 6:45 Euchre Club (UB)	25 PURPLE DAY 9:30 Westhill Exercises* (FC) 10:00 Cribbage (UB) 10:15 Manicures with Lori 10:30 Shuffleboard (PP) 2:00 Movie Matinee: “Brooklyn” (CH) 2-4:00 Drop in Euchre (DK) 3:00 Billiards Drop In (BL) 6:45 Card Night Drop In (All Are Welcome) (DK)
26 10:15 Brain Game: Pick-up at Reception 10:30 Snooker Club (BL) 2:00 Movie Matinee: Daniel O’Donnell “From the Heartland” (CH) 2:00 Dominos (PP) 2:00 Bridge Club (UB) 2-4:00 Euchre Club (UB/DK) 2-4:00 Meet a Friend for Coffee or Tea (FL, WC, UB) 2:30 Snooker Club (BL)	27 9:30 Westhill FIT Exercise* (FC) 10:30 Newcomers Welcome and Manager Meet and Greet (CH) (All welcome) 2:00 Horse Races (PP) 3:15 Mocktail Monday: Name That Tune (PP) 6:45 Euchre Club (DK, UB)	28 9:30 Westhill FIT Strength Training* (FC) 10:30 Paint & Create (BL) 1:00 Excursion: Hawkesville Bakery (SU) 1:30 Toonie Bingo (DK) 3:00 Arts and Crafts Social (BL) 3:30 Wii Bowling* (CH) 5:00 Dinner Club: The Keg (SU) 5:30 Pet Therapy: with Eddie (PP) 6:45 Card Club (DK) 6:45 Horse Races (PP)	29 9:30 SMART Exercises* (FC) 9:30 Excursion: Food Basics (SU) 10:30 Smoothies (WC) 10:30 Brain Health Workshop (DK) 11:45 January Birthday Lunch (TE) 2:00 Board Game Club (SU) (PP) 2:30 The Art of Card Making (BL) 3:00 News & Views (FL) 6:30 Shuffleboard (PP)	30 9:00-12:00 Boardwalk Loop (SU) 9:30 Westhill FIT Exercise* (FC) 10:30 Kitchen Traditions: Berry Turnovers (DK) 1:30 Excursion: Elmira Deli and Donuts (SU) 1:30 Knit and Crochet Circle (FL) 2:00 Billiards League (SU) 2:00 Solo Card Game (DK) 3:30 Journaling (FL) 3:30 Wii Bowling* (CH) 4:00 Pet Visits with Ember (PP) 6:45 Toonie Bingo (DK)	31 9:30 SMART Exercises* (FC) 10:30 Mindfulness Workshop and Celebration (DK) 1:30 Brain Connect: Technology Education Sessions (DK) 2:00 Bocce Ball (FC) 3:00 Pickwick’s Pub: Entertainment with Martin Wall (PP) 6:45 Euchre Club (UB)	