

**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: Friday, January 9th speak to Recreation if you are interested in signing up for this free library book delivery service

**UPCOMING —**

**Board Game Social** 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.

**Winter Walking Tour** Join us on our indoor winter walking tour on Tuesday, January 6th at 10:30am and Thursday, January 29th at 1:30pm. 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.

**Westhill Women’s Circle** We’re thrilled to announce a brand-new weekly program here at our retirement residence: **The Women’s Circle!** Join us every **Monday afternoon at 2:30pm** for a fun, vibrant, and hip gathering designed just for the ladies. Whether you’re looking to laugh, learn, connect, or just enjoy great company, The Women’s Circle is the place to be. Come sip, chat, and join the circle!



- Pickwick’s Pub: Jeff Poolton**  
Friday, January 2nd
- FIT CLUB Challenge Kick Off**  
Monday, January 5th
- Excursion: Elora Casino (SU)**  
Monday, January 5th
- Excursion: Indoor Winter Walking Tour (SU)**  
Tuesday, January 6th
- Elvis’ Birthday Party**  
Thursday, January 8th
- Excursion: First United Concert (SU)**  
Tuesday, January 13th
- Excursion: Len’s Mill Store (SU)**  
Tuesday, January 13th
- Hot Chocolate Tasting**  
Thursday, January 15th
- Town Hall**  
Monday, January 19th
- Excursion: New Hamburg MCC Thrift (SU)**  
Tuesday, January 20th
- Après Ski Party**  
Thursday, January 22nd
- Lunch Club: Chinese Food (SU)**  
Friday, January 23rd
- Dinner Club: The Keg (SU)**  
Tuesday, January 27th
- Puzzle Party**  
Thursday, January 29th
- Mindfulness Club**  
Fridays throughout January
- Entertainment with Martin Wall**  
Friday, January 30th
- Glamour Gals (SU)**  
Saturday, January 31st

**SAVE THE DATE:**

**MONDAY, JANUARY 5TH– FIT CLUB KICK OFF** What a perfect way to start 2026 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 5th at 9:30am. Programs with a \* are included in our FIT Club Challenge.

**WEDNESDAY, JANUARY 21ST– TREASURES AND TALES** Join us at 2:00 pm on Wednesday, January 21st for a special Collectibles Show where residents are invited to display their treasured items and share the stories behind them. From keepsakes to collections, come celebrate memories, hobbies, and a lifetime of collecting.

**THURSDAY, JANUARY 22ND– APRES SKI PARTY** Experience the charm of a ski lodge at our **Après Ski Party at 2:30pm**. Enjoy seasonal refreshments, alpine-inspired snacks, and a relaxed winter atmosphere. A perfect way to unwind, socialize, and embrace the cozy side of winter.

# SOCIAL & RECREATIONAL ACTIVITIES - JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				New Years Day 1 9:30 Westhill FIT Exercise* (FC) 10:30 Fun and Fitness with Chelsea* 1:30 Pet Visits with Ember 2:30 New Years Resolution Workshop 3:15 Wii Bowling (CH) 6:30 Shuffleboard (PP)	9:30 SMART Exercises* (FC) 2 10:15 Catholic Communion (CH) 10:30 Vision Board Workshop with Kathryn (BL) (SU) 1:15 Tech Connect with Kathryn (DK) 2:00 Bocce Ball (FC) 2:00 Mindful Meditation (CH) 3:00 Pickwick's Pub: Jeff Poolton (PP) 6:45 Euchre Club (UB)	9:30 Westhill Exercises* (FC) 3 10:00 Cribbage (UB) 10:15 Manicures with Lori (SU)(DK) 10:30 Shuffleboard (PP) 2:00 Movie Matinee: "When Harry Met Sally" with Billy Crystal & Meg Ryan (CH) 2-4:00 Drop in Euchre (UB) 3:00 "Where Am I" can you guess? (PP) 3:00 Billiards Drop In (BL) 6:45 Card Night Drop In
10:15 Brain Game: Pick-up at Reception 10:30 Snooker Club (BL) 2:00 Movie Matinee: "Cinderella Man" with Russell Crowe & Renee Zellweger (CH) 2:00 Dominos (PP) 2:00 Bridge Club (UB) 2-4:00 Euchre Club (UB/DK) 2:30 Snooker Club (BL) 4	9:30 Westhill FIT Exercise* (FC) 5 9:30 Excursion: Elora Casino (SU) 10:30 Recreation Planning & Welcoming Meeting (CH) 1:45 Elvis Horse Races (DK) 2:30 Women's Circle (CH) 3:15 Pickwick's Pub (PP) 6:45 Euchre Club (DK,UB)  Waterloo Public Library Bag Return	9:30 FIT Strength Training with Crystal* (FC) 6 10:30 Paint & Create ELVIS Painting (BL) 10:30-1:00 Indoor Winter Walking Tour at the Waterloo Rec Centre with lunch* (SU) 1:45 Toonie Bingo (DK) 3:00 Arts and Crafts Social: ELVIS collage poster (BL) 3:15 Wii Bowling (CH) 6:45 Card Club (DK) 6:45 Horse Races (PP)	9:30 SMART Exercises* (FC) 7 10:30 Smoothies (WC) 10:30 Brain Health Workshop* (DK) 10:30 Let's Talk about That with Qualia Counselling (CH) 2:00 Solo Card Game (DK) 2:00 Board Game Social: Tapple (PP) 2:00-4:00 Excursion: Country Drive and Hot Chocolate (SU) 3:00 News & Views (FL) 6:30 Shuffleboard (PP)	9:00-12:00 Boardwalk Loop (SU) 8 9:30 Westhill FIT Exercise* (FC) 10:30 Fireside Voices Concert (PP) 2:30 Elvis Birthday Party (PP) 3:00 Billiards League (SU) 3:15 Wii Bowling* (CH) 3:30 Pet Visits with Ember (PP) 6:45 Toonie Bingo (DK)  HAPPY BIRTHDAY ELVIS	9:30 SMART Exercise* (FC) 9 10:30 Presbyterian Worship Service (CH) 1:15 Tech Connect with Kathryn (DK) 2:00 Bocce Ball* (FC) 2:00 Mindful Meditation (CH) 3:00 Pickwick's Pub: "Name That Tune" ELVIS music 6:45 Euchre Club (UB)  Waterloo Public Library Bag Drop Off	9:30 Westhill Exercise* (FC) 10 10:00 Cribbage (UB) 10:30 Shuffleboard (PP) 2:00 Movie Matinee: "Heaven is For Real" (CH) 2-4:00 Drop in Euchre (DK) 3:00 Let's get to know more about Elvis Presley the King of Rock and Roll (PP) 3:00 Billiards Drop In (BL) 6:45 Card Night Drop In (All are Welcome) (DK)
10:15 Brain Game: Pick-up at Reception 10:30 Snooker Club (BL) 2:00 Movie Matinee: "Elvis" with Austin Butler & Tom Hanks (CH) 2:00 Dominos (PP) 2:00 Bridge Club (UB) 2-4:00 Euchre Club (UB/DK) 2:30 Snooker Club (BL) 11	9:30 Westhill FIT Exercise* (FC) 12 10:30 Coffee Chat with Kathryn (WC) 1:45 Horse Races (PP) 2:30 Women's Circle (CH) 3:15 Pickwick's Pub (PP) 6:45 Euchre Club (DK, UB)	9:30 FIT Strength Training with Crystal* (FC) 13 10:30 Paint and Create: Pop Art (BL) 11:15 Excursion: Noon Hour Concert: First United Music on the Go (SU) 1:45 Toonie Bingo (DK) 1:45 Excursion: Len's Mill Store (SU) 3:00 Arts and Crafts Social: Let's Explore Different Countries in 2026: Let's make Our Own Passports (BL) 3:15 Wii Bowling (CH) 6:45 Card Club (DK) 6:45 Horse Races (PP)	9:30 SMART Exercises* (FC) 14 9:30 Outreach: Cookie Delivery at the Fire Station (SU) 10:30 Smoothies (WC) 10:30 Brain Health Workshop (DK) 10:30 Let's Talk about That with Qualia Counselling (CH) 11:45 Excursion: Lunch Club: Mel's Diner (SU) 2:00 Board Game Social: Yahtzee (PP) 2:30 Anglican Church Service (CH) 3:00 News & Views (FL) 3:30 Pickwick's Pub (PP) 6:30 Shuffleboard (PP)	9:00-12:00 Boardwalk Loop (SU) 15 9:30 Westhill FIT Exercise* (FC) 10:30 Fun and Fitness with Chelsea* 11:00 Chair Zumba With Jessie* 1:30 Parkinson's Support Group (CH) 1:30 Excursion: Elmira Deli and Donuts (SU) 2:00 Billiards League (SU) 2:30 Hot Chocolate Tasting (PP) (SU) 3:15 Wii Bowling* (CH) 3:30 Pet Visits with Ember (PP) 6:45 Toonie Bingo (DK)  Wear your favourite flannel!	9:30 SMART Exercises* (FC) 16 10:15 Catholic Communion (CH) 10:30 Book Club (BL) 1:15 Tech Connect with Kathryn (DK) 2:00 Bocce Ball* (FC) 2:00 Mindful Meditation (CH) 3:00 Pickwick's Pub: Marilyn and Muriel (PP) 6:45 Euchre Club (UB)	9:30 Westhill Exercise* (FC) 17 10:00 Cribbage (UB) 10:15 Manicures with Lori (SU)(DK) 10:15 Wii bowling* (CH) 10:30 Shuffleboard (PP) 2:00 Movie Matinee: "Bridget Jones Diary: The Edge of Reason" (CH) 2-4:00 Drop in Euchre (DK) 3:00 Alaskan Scavenger Hunt & Travelogue (PP) 3:00 Billiards Drop In (BL) 6:45 Card Night Drop In (All Are Welcome) (DK)
10:15 Brain Game: Pick-up at Reception 10:30 Snooker Club (BL) 2:00 Dominos (PP) 2:00 Movie Matinee: "The Great Gatsby" with Leonardo DiCaprio (CH) 2:00 Bridge Club (UB) 2-4:00 Euchre Club (UB/DK) 2:30 Snooker Club (BL) 18	9:30 Westhill FIT Exercise* (FC) 19 10:30 Town Hall (CH) 1:45 Horse Races (PP) 2:30 Women's Circle (CH) 3:15 Pickwick's Pub (PP) 6:45 Euchre Club (DK, UB)	9:30 FIT Strength Training with Crystal* (FC) 20 9:30 Excursion: New Hamburg MCC Thrift (SU) 10:30 Paint & Create: Snowflake Painting (BL) 1:30 Excursion: Vincenzo's (SU) 1:45 Toonie Bingo (DK) 3:00 Arts and Crafts Social: Pine Tree Door Decor (BL) 3:15 Wii Bowling* (CH) 6:45 Card Club (DK) 6:45 Horse Races (PP)	9:30 SMART Exercises* (FC) 21 9:30 Excursion: Fairview Park Mall (SU) 10:30 Smoothies (WC) 10:30 Brain Health Workshop* (DK) 10:30 Let's Talk about That with Qualia Counselling (CH) 2:00 Board Game Social: UNO (DK) 2:00 Treasures and Tales- show off your collectibles (PP) 3:00 News & Views (FL) 6:30 Shuffleboard (PP)	9:00-12:00 Boardwalk Loop (SU) 22 9:30 Westhill FIT Exercise* (FC) 10:30 Fun & Fitness with Chelsea* 1:30 Excursion: St. Jacobs Market and Outlet Mall (SU) 2:00 Billiards League (SU) 2:30 Après Ski Party (PP) 3:15 Wii Bowling (CH) 3:30 Pet Visits with Ember (PP) 6:45 Toonie Bingo (DK)  Wear a Cozy Outfit!	9:30 SMART Exercises* (FC) 23 10:30 Brain Games (PP) 12:00 Lunch Club: Chinese Food (DK) (SU)(\$) 1:15 Tech Connect with Kathryn (DK) 2:00 Bocce Ball (FC) 2:00 Mindful Meditation(BL) 3:00 Pickwick's Pub: Music Bingo (PP) 6:45 Euchre Club (UB)	9:30 Westhill Exercises* (FC) 24 10:00 Cribbage (UB) 10:30 Shuffleboard (PP) 2:00 Movie Matinee: Doctor Zhivago (CH) 2-4:00 Drop in Euchre (DK) 3:00 Butter Rum & Trivia (PP) 3:00 Billiards Drop In (BL) 6:45 Card Night Drop In (All Are Welcome) (DK)
10:15 Brain Game: Pick-up at Reception 10:30 Snooker Club (BL) 2:00 Bond Movie Sunday (last Sunday of the month) 1st James Bond movie "Dr. No" released in 1962 starring Sean Connery 2:00 Dominos (PP) 2:00 Bridge Club (UB) 2-4:00 Euchre Club (UB/DK) 2:30 Snooker Club (BL) 25	9:30 Westhill FIT Exercise* (FC) 26 10:30 Brain Games with Kathryn* (WC) 1:45 Horse Races (PP) 2:30 Women's Circle (CH) 3:15 Pickwick's Pub (PP) 6:45 Euchre Club (DK, UB)	9:30 FIT Strength Training with Crystal* (FC) 27 10:30 Paint & Create: Winter Cardinal (BL) 1:30 Excursion: Cambridge Butterfly Conservatory (SU) (\$) 1:45 Toonie Bingo (DK) 3:00 Arts and Crafts Social: Bird Feeders (BL) 3:15 Wii Bowling (CH) 5:00 Dinner Club: The Keg (SU) 6:45 Card Club (DK) 6:45 Horse Races (PP)	9:30 SMART Exercises* (FC) 28 9:30 Excursion: Sobeys and LCBO (SU) 10:30 Smoothies (WC) 10:30 Brain Health Workshop* (DK) 10:30 Let's Talk about That with Qualia Counselling (CH) 11:45 January Birthday Lunch (TE) 1:30 Excursion: Service Ontario and Country Drive (SU) 2:00 Board Game Social: Wheel of Fortune (PP) 3:00 News & Views (FL) 6:30 Shuffleboard (PP)	9:00-12:00 Boardwalk Loop (SU) 29 9:30 Westhill FIT Exercise* (FC) 10:30 Fun and Fitness with Chelsea* 11:00 Chair Zumba with Jessie (FC) 1:30 Excursion: Indoor Walking Club and Covenant Cafe* (SU) 2:00 Billiards League (SU) 2:30 Puzzle Party (PP) 3:15 Wii Bowling* (CH) 3:30 Pet Visits with Ember (PP) 6:45 Toonie Bingo (DK)  National Puzzle Day	9:30 SMART Exercises* (FC) 30 10:30 Men's Club (PP) 1:15 Tech Connect with Kathryn (DK) 2:00 Bocce Ball (FC) 2:00 Mindful Meditation (CH) 3:00 Pickwick's Pub: Entertainment with Martin Wall (PP) 6:45 Euchre Club (UB)	9:30 Westhill Exercises* (FC) 31 10:00 Cribbage (UB) 10:30 Shuffleboard (PP) 1:30 Glamour Gals Manicures (SU) 2:00 Movie Matinee: "March of the Penguins" (CH) 3:00 January Jeopardy Trivia (PP) 2-4:00 Drop in Euchre (DK) 3:00 Billiards Drop In (BL) 6:45 Card Night Drop In (All Are Welcome) (DK)

**1st Floor:** FL: Fireplace Lounge GB: Gazebo UB: Upper Balcony WC: Westhill Cafe SU: Sign-up at Reception Events in Purple: Sign Up  
**Garden Level:** BL: Breakers Lounge CH: Century Hall DK: Demo Kitchen EP: Empress Dining Patio FC: The Fit Club Fitness Centre  
 \* Fit Club Challenge Program MS: Men's Shed Workshop PP: Pickwick's Pub PT: Physiotherapy Room RC: Rosecourt TE: The