 <b>KIMEL FAMILY CENTRE</b> for Brain Health and Wellness						
<h1>JAN 2025</h1>						
<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**Foundational Courses**

**Nutrition & Cooking**

**Fine Arts & Crafts**


**Performing Arts**

**Lectures & Continuing Education**


**Mind, Body, & Soul Wellness**


**Fitness & Aquatics**

**Events, Games, & Social Clubs**

**10** **Tech Q & A**   
 10:30 a.m. - 12 p.m. Whether it's mastering the art of video calls or managing app updates, join us for a digital literacy Q&A where you can learn about technology and receive support from our team.


**12** **Food Hacks for Health**   
 1 - 2 p.m. Apply your understanding of essential nutrients to create balanced and healthy meals. Learn practical ways to ensure each meal supports your overall health goals.

**12** **The Meaning of Dreams**   
 6 - 8 p.m. Learn about the history of dreams, how dreams are studied and how to interpret your own dreams.

**15** **Art for 'Non-Artists'**   
 10 a.m. - 12 p.m. Awaken the artist in you by exploring your creative side through an easy and fun art project learning to paint with a sea sponge.

**16** **James Webb - Unveiling the Hidden Cosmos**   
 11 a.m. - 12 p.m. Learn how the James Webb Space Telescope (JWST) is transforming our understanding of the universe.

**23** **Intro to Canadian Immigration Law: Medical Inadmissibility**   
 3 - 4:30 p.m. Let's examine Medical Inadmissibility. We'll start with a general overview of common medical reasons why a person may be denied a visa or refused entry to Canada, then dive deeper into immigration law.

**26** **Eating Sustainably**   
 1 - 2 p.m. This class delves into principles of sustainable eating, explores the impact of our food choices on the environment and offers practical strategies for incorporating these into daily life.

**28** **Using your Smart Phone as a Memory Device**   
 2 - 4 p.m. Discover how your smartphone or tablet can be a memory-enhancing ally in our two-hour workshop.