

JAN 2025 ALPINE HOUSE

SUN

MON

TUE

WED

THU

FRI

SAT

01

02

03

04



Rec Therapy
4-5:30
L5 TBA

Gym time
6:30-8pm

Rec TX 1-2:30
In house movie

05

06

07

08

09

10

11

In house movie,
DBT and yoga

S'mores

Ice-skating
L4^

Rec Therapy
4-5:30
Arcade L3^
L5 TBA

Gym time
6:30-8pm
Clean gym

Rec TX 1-2:30
In house movie

12

13

14

15

16

17

18

In house movie,
DBT and yoga

Scones

Clinical Day
out to eat
L4^

Rec Therapy
4-5:30
Ice cream L3^
L5 TBA

Gym time
6:30-8pm

Rec TX 1-2:30
In house movie

19

20

21

22

23

24

25

In house movie,
DBT and yoga

Water paint art

Leatherby's
L4^

Rec Therapy
4-5:30
Swimming L3^
L5 TBA

Gym time
6:30-8pm

Rec TX 1-2:30
In house movie

26

27

28

29

30

31

In house movie,
DBT and yoga

Caramel
popcorn and
movie

Boba and drive
L4^

Rec Therapy
4-5:30
Swig & drive L3^
L5 TBA

Gym time
6:30-8pm