



**Diabetes Education Program      WALKING GROUP   Jan – July 2024**  
**For More Information contact 519-246-5902**

When: Mondays and Thursdays 10:00 – 10:30 am

Location: Shops on the Sydenham, Strathroy

**All Welcome!**

Participate in this schedule's Fun Themes - **Items in RED are Trivia Questions**

DATE	THEME
Jan 1 and Jan 4	No group 1st Happy New Year! / Share 1 Holiday Highlight
Jan 8 and Jan 11	New Year Resolution? / <b>What country drinks the most coffee per person?</b>
Jan 15 and Jan 18	<b>What bird cannot move their eyeballs?</b> /Do you have a hidden talent?
Jan 22 and Jan 25	Blood sugar checks available / <b>What was the first toy to be advertised on TV?</b>
Jan 29 and Feb 1	Happy January Birthdays / Share a snowy memory
Feb 5 and Feb 8	Heart Health Month: best way to Flavour food without salt? / Favourite movie?
Feb 12 and Feb 15	<b>What do yellow roses represent?</b> /share picture or memory of grandchild(ren)
Feb 19 and Feb 22	No group 19 <sup>th</sup> Happy Family Day! / <b>What singer is known as the Material Girl?</b>
Feb 26 and Feb 29	How do you beat the winter blues? / Happy February Birthdays
Mar 4 and Mar 7	<b>What is the only bird that can fly backwards?</b> / Favourite song from teenage years?
Mar 11 and Mar 14	Share 1 item from your bucket list/Do you have a nickname? Want to share it?
Mar 18 and Mar 21	<b>In bowling what are 3 strikes in a row called?</b> / Favourite way to stay active?
Mar 25 and Mar 28	<b>What country holds the annual cheese wheel rolling race?</b> / Happy March Birthdays
Apr 1 and Apr 4	What's your favourite gameshow? / What made your smile this week?
Apr 8 and Apr 11	<b>What is the longest running Broadway show?</b> / Favourite childhood memory?
Apr 15 and Apr 18	<b>What condiment was used as medicine in the 1830s?</b> / Favourite holiday?
Apr 22 and Apr 25	First job? / <b>Which flower bulbs were once exchanged as a form of currency?</b>
Apr 29 and May 2	Happy April Birthdays / Vision Health Month: Are you due for an eye exam?
May 6 and May 9	What is your favourite food? / What was your first car?
May 13 and May 16	What is your birthstone? / <b>Who sang about being an "egg man" and a "walrus"?</b>
May 20 and May 23	No Group 20 <sup>th</sup> Happy Victoria Day! / What do you plant in your garden?
May 27 and May 30	What is the fastest land animal? / Happy May Birthdays
June 3 and June 6	Ont. Local Food Week: Share your favourite local food / Share a joke
June 10 and 13	Summer Vacation Plans? / <b>What was the first sport women could play in the Olympics?</b>
Jun 17 and 20	Favourite food to BBQ? / <b>Who was Walt Disney's favourite princess?</b>
Jun 24 and Jun 27	<b>What was the ice cream cone originally invented for?</b> / Happy June Birthdays