



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>LEGEND</b> <b>AR-</b> Activity Room <b>C-</b> Colonial <b>FL-</b> Front Lobby <b>H-</b> Heritage <b>HL-</b> Hairdresser Lobby	<b>E</b> 9:15 Exercise Class (H) 10:00 Exercise Class (C) 2:00 Jeopardy (C) 3:15 Short Stories (H) 	<b>E/L</b> <b>10:30 Chapel w/ Rev. Bob (AR)</b> 1:00 Chapel w/ Rev. Bob (H) 6:00 Board Games (HL)	<b>E/L</b> <b>8:00 Men's Breakfast (AR)</b> 9:15 Exercise Class (H) 10:00 Exercise Class (C) 2:00 Balderdash (HL) <b>Christmas Decoration Take Down</b>	<b>L</b> 10:30 Music Therapy (H) 1:45 Trivia (C) 2:30 Music Therapy (C) 3:15 Walk & Talk (H)	<b>L</b> 9:15 Crokinole (H) 11:00 Morning Manicures (C) 2:00 Musical Entertainment w/ Beth Finch (H) 2:00 Balloon Badminton (C) 3:15 Cat Therapy (H)	<b>E</b> 9:15 Exercise Class (H) 10:00 Exercise Class (C) 2:00 Baking (AR) 3:15 Hand Massages (H)
<b>E</b> 9:15 Colour Therapy 10:30 Word Games (C) <b>2:00 Movie: Maverick (C)</b>	<b>L</b> 9:15 Exercise Class (H) 10:00 Exercise Class (C) 10:30 Music Therapy (H) <b>2:15 Men's Club (AR)</b>	<b>L</b> <b>2:00 Communion w/ Pastor Jeff (AR)</b>	<b>L</b> 9:15 Exercise Class (H) 10:00 Exercise Class (C) <b>2:00 Bible Study w/ Fred (AR)</b>	<b>E</b> 10:30 Music Therapy (H) 1:00 Chapel w/ Pastor Greg (H) 2:30 Music Therapy (C) <b>3:00 Catholic Mass (AR)</b> 6:00 Cards (C)	<b>E</b> 2:00 Musical Entertainment w/ Beth Finch (H) 2:00 Wheel of Fortune (C) 6:00 Sequence (C)	<b>L</b> 9:15 Exercise Class (H) 10:00 Exercise Class (C) 2:00 Afternoon Cards (C) 3:15 Ballon Badminton (H)
<b>L</b> 9:15 Walk and Talk (H) 10:30 Morning Manicures (C) 3:15 Hymn Sing (H)	<b>E</b> 9:15 Exercise Class (H) 10:00 Exercise Class (C) 10:30 Music Therapy (H) 2:30 Chapel w/ Pastor Greg (C) <b>Wear Your Hat Day!</b> <small>Martin Luther King Jr. Day</small>	<b>E/L</b> 1:15 Matching (H) <b>2:00 Bible Study w/ Norman (AR)</b> 6:00 Cards (C)	<b>E/L</b> 9:15 Exercise Class (H) 10:00 Exercise Class (C) 10:30 Chapel w/ Pastor Jeff (H) <b>1:30 Resident Council (AR)</b> <b>2:30 Church Service w/ Pastor Jeff Sager (AR)</b>	<b>L</b> <b>Lunch at Demetries</b> 10:30 Music Therapy (H) 2:30 Music Therapy (C) 6:00 Bingo (C)	<b>L</b> 9:15 Hand Massages (H) 10:30 Balloon Tennis (C) 2:00 Musical Entertainment w/ Beth Finch (H) <b>2:00 Movie: The Sound of Music</b> <b>POPCORN DAY</b>	<b>E</b> 9:15 Exercise Class (H) 10:00 Exercise Class (C) 2:00 Family Feud (C) 3:15 Helping Hands (H)
<b>E</b> 9:15 Morning Walk (H) 10:30 Letter Writing (C) 2:00 Name That Tune (HL) 3:15 Colour Therapy (H) <small>Activity Professionals Week</small>	<b>L</b> <b>Shopping at Giant Tiger</b> 9:15 Exercise Class (H) 10:00 Exercise Class (C) 10:30 Music Therapy (H) 10:45 Pen Pal Letters (FL)	<b>L</b> <b>2:00 Church Service w/ Rev. Rob (AR)</b>	<b>L</b> 9:15 Exercise Class (H) 10:00 Exercise Class (C) <b>2:00 Bible Study w/ Fred (AR)</b> <small>Tu B'Shevat Begins</small>	<b>E</b> 10:30 Music Therapy (H) 1:00 Chapel w/ Pastor Greg (H) 2:00 Friendly Visits (C) 2:30 Rhythm Group (C) 3:00 Chapel w/ Pastor Greg (C) 6:00 Cards (C) <b>Wacky Wardrobe Day!</b>	<b>E</b> 1:00 2:00 Musical Entertainment w/ Beth Finch (H) <b>2:00 Music w/ Ashley (FL)</b> 6:00 Keychains (AR) <small>Australia Day (Observed)</small>	<b>L</b> 9:15 Exercise Class (H) 10:00 Exercise Class (C) <b>2:15 Ladies Tea Social (AR)</b> 3:15 Hymn Sing (H)
<b>L</b> 9:15 Crokinole (H) <b>2:00 January Birthday Celebration! (C)</b> 	<b>E</b> 9:15 Exercise Class (H) 10:00 Exercise Class (C) 10:30 Music Therapy (H) 1:00 Chapel w/ Pastor Greg (H) <b>1:30 Knight &amp; Clay Paint Class (AR)</b> 2:30 Chapel w/ Pastor Greg (C)	<b>E/L</b> 1:15 Afternoon Walk (H) 2:00 Shrink Art (AR) 6:00 Scrapbooking (AR)	<b>E/L</b> <b>Bowling Outing to Mike's Lanes</b> 9:15 Exercise Class (H) 10:00 Exercise Class (C)	<div> <h1>January 2024</h1> <p>~ Locations and activity times are subject to change ~</p> <p>Please note all outings are on a first come first served basis. Please speak with Recreation staff if interested as space is limited.</p> </div>		