

# JANUARY

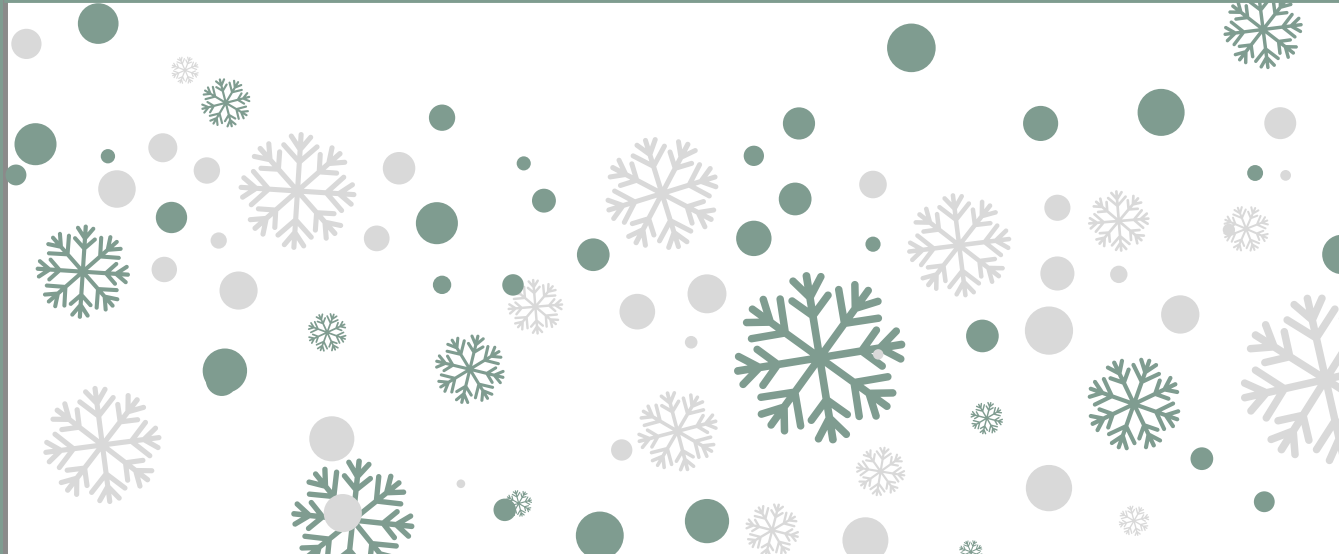
## Downey

### Legend

Do - Downey  
Ha - Hagey  
Jo - Johnston  
Ma - Matthews  
Po - Pollock

Wr - Wright  
C - Chapel  
CC - Community Centre  
CY - Courtyard  
FC - Fitness Centre

L - Library  
MS - Main Street  
RH - Retirement

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1 New Years Day</b> AM Traveling Cart: Mimosas 2:00 New Years Bingo (MS) 3:15 Brains & Banter	<b>2</b> 9:30 Chapel Service (C) 11:00 You and Me 2:00 Brains and Banter 3:00 Stepping Out 6:30 Active Games (MS)	<b>3</b> 9:30 Neighbourhood Time 10:30 Stepping Out 2:00 Bingo on Pollock 3:30 You & Me 6:30 Crafting Club (CC)	<b>4</b> 10:00 Neighbourhood Time 11:00 For the Fun of Fit 2:00 Entertainment (Ma) 3:15 You and Me
<b>5</b> 10:00 For the Soul 11:00 Neighbourhood Time 2:00 Movie and Popcorn 3:00 You and Me	<b>6</b> 9:30 Take Down Christmas Tree 11:00 Circle of Friends 2:00 Bingo (MS) 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	<b>7</b> 9:30 Rosary (C) 10:45 Art with Sonal 3:30 Music on Demand 3:15 Tai Chi (FC) 6:30 In the Kitchen (CC)	<b>8</b> AM/PM Deer Hunt 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>9</b> 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Nail Care/Manicure 1:30 Van Outing 3:15 Stepping Out 6:30 Active Games (MS)	<b>10</b> 9:30 Soothing Sensations 10:30 Sit N Get Fit 2:00 Bingo on Downey 3:30 Active Games (FC) 6:30 Crafting Club (CC)	<b>11</b> 9:30 Daily Perk 10:30 Travel the World 2:00 Entertainment (Po) 3:30 Card Games
<b>12</b> 9:30 For the Soul 10:30 Music on Demand 2:00 Ladder Ball 3:00 Weekend Walks	<b>13</b> 10:00 For the Fun of Fit 11:00 Stepping Out 2:00 Bingo (MS) 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Games Show Trivia (CC)	<b>14</b> 9:30 Rosary (C) 9-3 Rec Meeting 10:45 Art with Sonal 3:15 Tai Chi (FC)	<b>15</b> 10:00 Contemplating Life with Mike (C) 2:00 Tim Hortons Social 3:00 Card/Domino Games 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>16</b> 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Stepping Out 2:00 In the Kitchen 3:00 Chicken Soup for the Golden Soul 6:30 Active Games (MS)	<b>17</b> 9:30 Neighbourhood Time 10:30 Sit N Get Fit 11:00 Soothing sensations 2:00 Bingo on Pollock 3:30 Active Games (FC) 6:30 Crafting Club (CC)	<b>18</b> 10:00 Daily Perk 11:00 Musical Moments 2:00 Entertainment (MS) 3:15 Stepping Out

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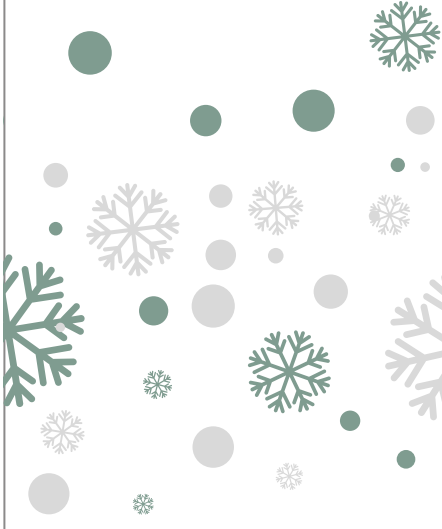
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b> 10:00 For the Soul 11:00 Soothing Sensations 2:00 Movie and Popcorn 3:00 Crokinole	<b>20</b> 10:00 Friendly Visits 11:00 Brains and Banter 2:00 Travelling Cart: Sundaes 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Games Show Trivia (CC)	<b>21</b> 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 Calendar Planning & Bill of Rights Meeting 6:30 In the Kitchen (CC)	<b>22</b> 2:00 Card/Domino Games 2:00 Food Committee (C) 3:00 You and Me 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>23</b> 9:30 Chapel Service (C) 10-11:30 Alzheimer's Coffee Break (MS) 10:30 Zumba (FC) 11:00 Nail Care/Manicures 1:30 Van Outing 2:00 Resident's Council (C) 6:30 Active Games (MS)	<b>24</b> 9:30 Stepping Out 10:30 Sit N Get Fit 2:00 Bingo on Downey 3:30 Active Games (FC) 6:30 Crafting Club (CC)	<b>25</b> 9:30 You & Me 10:30 Dominoes & Cards 2:00 Entertainment (Wr) 3:00 Neighbourhood Time
<b>26</b> 9:30 For the Soul 10:30 Music on Demand 2:00 In the Kitchen: Cookies 3:00 Travelling Cart: Cookies	<b>27</b> 10:00 Friendly Visit 11:00 Active Game 2:00 Travelling Cart: General Store 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Games Show Trivia (CC)	<b>28</b> 9:30 Rosary (C) 10:00 Meet the RIA (RH) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 You & Me 6:30 Devotions (C)	<b>29</b> 2:00 Wisdom Wednesday 3:00 Short Bread , Tea & Coffee Social 3:30 Balance Class (FC) 6:30 Games Night (CC) 	<b>30</b> 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 You and Me 2:00 Movie and Popcorn 3:00 Stepping Out 6:30 Active Games (MS)	<b>31</b> 9:30 Neighbourhood Time 10:30 Sit N Get Fit 11:00 Brains & Banter 2:00 Bingo on Pollock 3:30 Active Games (FC) 6:30 Crafting Club (CC)	

### Entertainment:

January 4th - Entertainment with R&S Country on Matthews  
 January 11th - Entertainment with Henry Winter on Pollock  
 January 18th - Entertainment with Fiddle Friends on Main Street  
 January 25th - Entertainment with Kevin Coates on Wright

### Outings:

January 9th - Walmart  
 January 23rd - Canadian Clay and Glass Gallery

### Calendar Planning and Resident Bill of Rights

We invite you to attend this meeting on your neighbourhood. Learn about your Bill of Rights. Have your input as we plan next month's activities, programs, and outings!  
 Hosted by your Recreation Team Member.

### Your Recreation Team:

Full-Time - Pearl  
 Part-Time - Danica