

JANUARY

Johnston

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
			1 New Years Day AM Traveling Cart 2:00 Bingo (MS) 4:00 Neighbourhood Time 6:30 Documentary & Popcorn (C)	2 9:30 Chapel Service (C) 10:00 Green Thumbs 1:30 Bus Outing with Debi 3:30 Let's Paint 6:30 Active Games (MS)	3 9:00 Van Outing with Julia 11:00 Neighbourhood Time 2:00 Manicures 3:00 Stepping Out 6:30 Crafting Club (CC)	4 10:00 Weekend Perks 11:00 For the Fun of Fit 2:00 Entertainment (Ma) 3:30 You and Me
			5 11:00 Manicures 2:00 Bingo (Jo) 4:00 For the Soul 6:00 Circle of Friends	6 9:30 Express Yourself 10:30 Sit N Get Fit with PAL 2:00 Bingo (MS) 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	7 9:30 Rosary (C) 3:15 Tai Chi (FC) 6:30 In the Kitchen (CC)	8 AM/PM Deer Hunt 9:15 Art with Sonal 3:30 Balance Class (FC) 6:30 Games Night (CC)
12 9:30 Weekend Perks 10:00 For The Soul 2:00 Bingo (Jo)	13 9:30 Brains and Banter 10:30 Sit N Get Fit with PAL 2:00 Bingo (MS) 3:30 Total Body Fitness (FC) 4:00 Stepping Out 6:30 Games Show Trivia (CC)	14 9:30 Rosary (C) 3:15 Tai Chi (FC) 6:30 Devotions (C)	15 9:15 Art with Sonal 10:00 Contemplating Life with Mike (C) 11:00 Let's Colour 2:00 Bill Of Rights and Calendar Planning Meeting 3:30 Balance Class (FC) 4:00 Neighbourhood Time 6:30 Games Night (CC)	16 9:30 Chapel Service (C) 10:00 Green Thumbs 10:30 Zumba (FC) 2:00 Cards and Games 6:30 Active Games (MS)	17 9:30 Express Yourself 10:30 You and Me 1:30 Van Outing 3:30 Active Games (FC) 6:30 Crafting Club (CC)	18 10:00 Weekend Perks 11:00 Manicures 2:00 Entertainment (MS) 3:30 You and Me

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19 11:00 Manicures 2:00 Bingo (Jo) 4:00 For the Soul 5:15 Diner's Club: Sub Sandwiches	20 9:30 Let's Color 10:30 Sit N Get Fit with PAL 2:00 Let's Paint 3:30 Total Body Fitness (FC) 6:30 Games Show Trivia (CC)	21 9:30 Rosary (C) 10:30 You and Me 2:00 Bingo (MS) 3:15 Tai Chi (FC) 6:30 In the Kitchen (CC)	22 9:15 Art with Sonal 10:00 Neighbourhood Time 11:00 Stepping Out 2:00 Circle of Friends 2:00 Food Committee (C) 3:30 Balance Class (FC) 6:30 Games Night (CC)	23 9:30 Chapel Service (C) 10:00-11:30 Alzheimer's Coffee Break 10:00 Green Thumbs 10:30 Zumba (FC) 2:00 Manicures 2:00 Resident's Council (C) 3:30 Musical Moments 6:30 Active Games (MS)	24 2:00 You and Me 3:30 Active Games (FC) 4:00 Express Yourself 6:30 Crafting Club (CC)	25 9:30 Weekend Perks 10:30 Express Yourself 2:00 Entertainment (Wr)
26 9:30 Weekend Perks 10:00 For The Soul 2:00 Bingo (Jo)	27 9:30 Brains and Banter 10:30 Sit N Get Fit with PAL 2:00 Stepping Out 3:30 Total Body Fitness (FC) 4:00 Musical Moments 6:30 Games Show Trivia (CC)	28 9:30 Rosary (C) 10:00 Meet the RIA (RH) 2:00 Bingo (MS) 3:15 Tai Chi (FC) 4:00 Soothing Sensations 6:30 Devotions (C)	29 9:15 Art with Sonal 11:00 Stepping Out 2:00 Puzzle It Out 3:30 Balance Class (FC) 4:00 Neighbourhood Time 6:30 Games Night (CC)	30 9:30 Chapel Service (C) 10:00 Green Thumbs 10:30 Zumba (FC) 2:00 Craft Time 3:30 Let's Paint 6:30 Active Games (MS)	31 9:30 You and Me 10:30 Stepping Out 2:00 Express Yourself 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:

Jan 2: Bus Outing to Giant Tiger
 Jan 3: Van Outing - Country Drive

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 - Debi
 Part-Time - Julia