

JANUARY

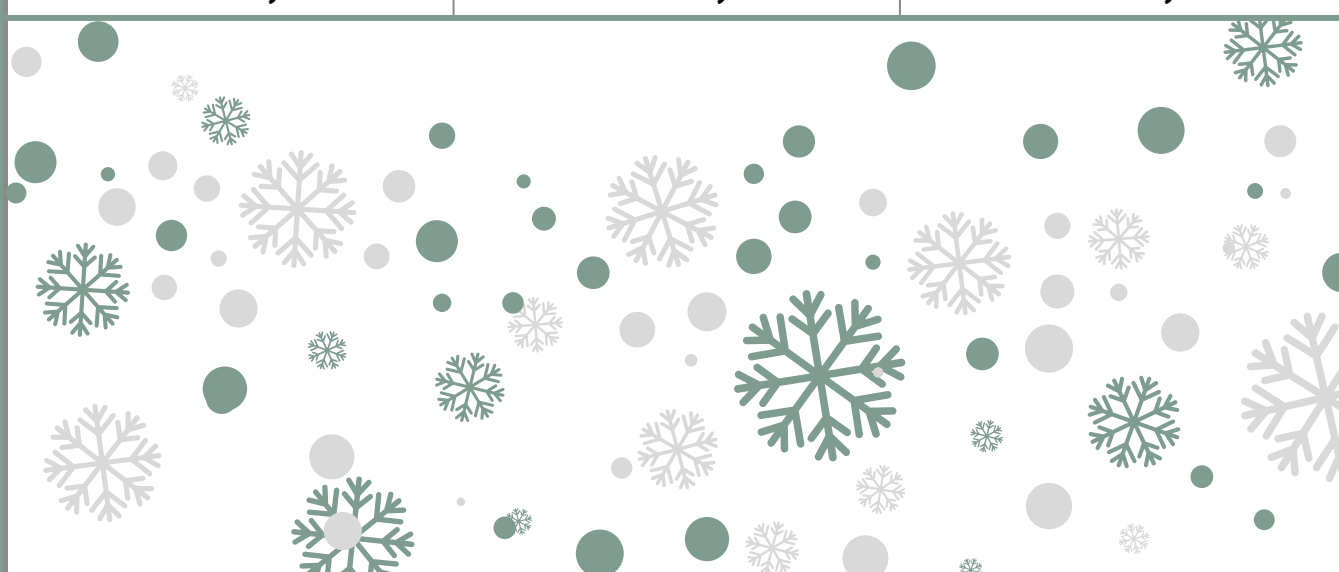


Matthews

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) 6:30 Documentary & Popcorn (C)	2 9:30 Chapel Service (C) 10:30 Express Yourself 2:00 Musical Moments 3:15 Stepping Out 6:30 Active Games (MS)	3 9:00 Soothing Sensations 10:00 Bingo 2:00 Movie and Popcorn 6:30 Crafting Club (CC)	4 9:30 Neighbourhood Time 11:00 You and Me 2:00 Entertainment (Ma)
5 9:30 Daily Perks 10:00 For the Soul 11:00 Hymn Sing 2:00 Stepping Out	6 9:30 Brains and Banter 10:30 Manicure 2:00 Bingo (MS) 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	7 9:30 Rosary (C) 10:30 For the Fun of Fit 3:15 Tai Chi (FC) 6:30 In the Kitchen (CC)	8 AM/PM Deer Hunt 10:30 Sit N Get Fit with PAL (Wr) 10:45 Art with Sonal 2:00 Residents Bill of Right and Calendar Planning Meeting 3:30 Balance Class (FC) 6:30 Games Night (CC) 	9 9:30 Chapel Service (C) 10:30 Zumba (FC) 2:00 You and Me 3:30 Green Thumbs 6:30 Active Games (MS)	10 9:00 Soothing Sensations 10:00 Bingo 2:00 iN2L 3:30 Active Games (FC) 6:30 Crafting Club (CC)	11 9:30 Neighbourhood Time 10:30 Story Time 2:00 Entertainment (Po) 3:15 You and Me
12 9:30 Daily Perks 10:00 For the Soul 11:00 Hymn Sing 2:00 Circle of Friends 3:15 You and Me	13 9:30 Express Yourself 11:00 Stepping Out 2:00 Bingo (MS) 3:30 Total Body Fitness (FC) 6:30 Games Show Trivia (CC) 	14 9:30 Rosary (C) 3:15 Tai Chi (FC) 6:30 Devotions (C)	15 10:00 Contemplating Life with Mike (C) 10:30 Sit N Get Fit with PAL (Wr) 10:45 Art with Sonal 2:00 iN2L 3:30 Balance Class (FC) 6:30 Games Night (CC)	16 9:30 Chapel Service (C) 10:30 Zumba (FC) 2:00 Story Time 3:30 Green Thumbs 6:30 Active Games (MS)	17 9:00 Soothing Sensations 10:00 Bingo 2:00 In the Kitchen 3:30 Active Games (FC) 6:30 Crafting Club (CC)	18 9:30 Neighbourhood Time 11:00 You and Me 2:00 Entertainment (MS)

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19 9:30 Daily Perks 10:00 For the Soul 11:00 Hymn Sing 2:00 You and Me	20 9:30 Brains and Banter 10:30 Express Yourself 2:00 Karaoke 3:30 Total Body Fitness (FC) 6:30 Games Show Trivia (CC)	21 9:30 Rosary (C) 10:30 For the Fun of Fit 2:00 Bingo (MS) 3:15 Tai Chi (FC) 6:30 In the Kitchen (CC)	22 10-11:30 Alzheimer's Coffee Break (MS) 10:30 Sit N Get Fit with PAL (Wr) 10:45 Art with Sonal 2:00 Painting 2:00 Food Committee (C) 3:30 Balance Class (FC) 6:30 Games Night (CC)	23 9:30 Chapel Service (C) 10:30 Zumba (FC) 2:00 Resident's Council (C) 3:30 Green Thumbs 6:30 Active Games (MS)	24 9:30-2:30 Outing 3:30 Active Games (FC) 6:30 Crafting Club (CC)	25 9:30 Neighbourhood Time 10:30 Story Time 2:00 Entertainment (Wr) 3:15 You and Me
26 9:30 Daily Perks 10:00 For the Soul 11:00 Hymn Sing 2:00 Circle of Friends 3:15 You and Me	27 9:30 Express Yourself 11:00 Stepping Out 3:30 Total Body Fitness (FC) 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) 6:30 Devotions (C)	29 10:30 Sit N Get Fit with PAL (Wr) 10:45 Art with Sonal 3:30 Balance Class (FC) 6:30 Games Night (CC)	30 9:30 Chapel Service (C) 10:30 Zumba (FC) 2:00 Movie and Popcorn 3:30 Green Thumbs 6:30 Active Games (MS)	31 9:00 Outing 2:00 You and Me 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:

Friday, January 24th: Bingo Hall and Swiss Chalet for lunch
Friday, January 31st: Conestoga Mall

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 - Harman
 Part-Time - Emily