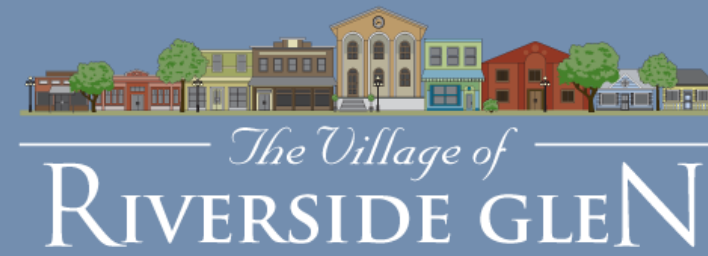




JANUARY 2025

Nichol



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Neighbourhood Coordinator:

Angela G

Recreation:

Jaspreet & Stephanie

Legend:

(FC) Fitness Centre

(PR) Plant Room

(RH) Retirement Home

(C) Cafe

(L) Library

(E) Erin

1 New Years Day

8:30 Breakfast
 10:00 World Countdowns
 11:00 Mocktail Morning
 12:00 Lunch
 2:00 Express Yourself
 3:00 Resolutions Group
 5:00 Dinner

2

8:30 Breakfast
 10:00 Neighbourhood Time
 11:00 Snowball Toss
 12:00 Lunch
 2:00 Winter Bingo
 5:00 Dinner

3

8:30 Breakfast
 10:00 Praying the Rosary (L)
 12:00 Lunch
 2:00 Woodworking Club
 2:00 Hot Chocolate Social
 5:00 Dinner

4

8:30 Breakfast
 10:00 Friendly Visits
 11:00 Manicures
 12:00 Lunch
 2:00 For the Fun of Fit
 3:00 Soothing Sensations
 5:00 Dinner

5

8:30 Breakfast
 11:00 Church Service (E)
 12:00 Lunch
 2:00 Express Yourself
 3:00 You and Me
 5:00 Dinner

6 The Epiphany

8:30 Breakfast
 10:00 Art with Sonal
 12:00 Lunch
 2:00 Plant Club
 5:00 Dinner
 6:30 You and Me

7

8:30 Breakfast
 10:00 You and Me
 11:00 Move and Groove
 12:00 Lunch
 2:00 Express Yourself
 3:00 Brains and Banter
 5:00 Dinner

8

8:30 Breakfast
 10:30 Songbirds Choir (LTC)
 11:00 Move and Groove
 12:00 Lunch
 5:00 Dinner
 6:15 Movie Night

9

8:30 Breakfast
 11:00 Balloon Volleyball
 12:00 Lunch
 1:00 Music with Danielle
 2:00 Christmas Décor
 Take Down
 5:00 Dinner

10

8:30 Breakfast
 10:00 Friendly Visits
 10:30 Catholic Mass
 12:00 Lunch
 2:00 Birthday Social with Bob
 MacLean (C)
 5:00 Dinner

11

8:30 Breakfast
 10:00 Neighbourhood Time
 12:00 Lunch
 2:00 Express Yourself
 3:00 You and Me
 5:00 Dinner
 6:30 Soothing Sensations

12

8:30 Breakfast
 11:00 Church Service (E)
 12:00 Lunch
 2:00 Stepping Out
 3:00 Fireside Stories
 5:00 Dinner
 6:30 Musical Moments

13

8:30 Breakfast
 10:00 Art with Sonal
 11:00 Sing Along
 12:00 Lunch
 2:00 Plant Club
 3:00 For the Fun of Fit
 5:00 Dinner

14

8:30 Breakfast
 10:00 Bird Visits
 11:00 Move and Groove
 12:00 Lunch
 2:00 Winter Bingo
 2:30 Resident's Council
 5:00 Dinner

15

8:30 Breakfast
 10:30 Songbirds Choir (RH)
 11:00 Move and Groove
 12:00 Lunch
 2:00 Express Yourself
 5:00 Dinner
 6:15 You and Me

16

8:30 Breakfast
 10:00 Neighbourhood Time
 11:00 Snowball Toss
 12:00 Lunch
 1:00 Music with Danielle 1:1
 2:00 Soothing Sensations
 5:00 Dinner

17

8:30 Breakfast
 10:30 Hymn Sing
 11:00 Circle of Friends
 12:00 Lunch
 2:00 Cooking Club (PR)
 5:00 Dinner
 6:15 Bingo (E)

18

8:30 Breakfast
 12:00 Lunch
 2:00 Manicures
 3:00 Soothing Sensations
 5:00 Dinner
 6:15 For the Fun of Fit

19

8:30 Breakfast
 11:00 Church Service (E)
 12:00 Lunch
 2:00 Popcorn Social (C)
 5:00 Dinner
 6:15 Brain and Banter

20

8:30 Breakfast
 10:00 Art with Sonal
 12:00 Lunch
 2:00 Plant Club
 2:30 Food Committee (L)
 5:00 Dinner
 6:30 Movie Monday

21

8:30 Breakfast
 10:00 You and Me
 11:00 Move and Groove
 12:00 Lunch
 2:00 Chinese New Year
 Presentation (RH)
 5:00 Dinner

22

8:30 Breakfast
 10:30 Songbirds Choir (LTC)
 11:00 Move and Groove
 12:00 Lunch
 2:00 Q Tip Painting
 5:00 Dinner
 6:15 Walk and Talk

23

8:30 Breakfast
 10:00 Perk Visits
 11:00 Brains and Banter
 12:00 Lunch
 1:00 Music With Danielle
 2:00 Aidan Purnell (C)
 5:00 Dinner

24

8:30 Breakfast
 10:00 Butter Visit
 10:30 Hymn Sing
 12:00 Lunch
 2:00 Happy Hour (C)
 5:00 Dinner
 6:15 Bingo (E)

25

8:30 Breakfast
 10:00 Neighbourhood Time
 11:00 In the Kitchen
 12:00 Lunch
 2:00 For the Fun of Fit
 3:00 Soothing Sensations
 5:00 Dinner
 6:30 Trivia Night (C)

26

8:30 Breakfast
 10:00 Neighbourhood Time
 11:00 Church Service (E)
 12:00 Lunch
 2:00 Stepping Out
 3:00 Soothing Sensations
 5:00 Dinner

27

8:30 Breakfast
 10:00 Art With Sonal
 11:00 Sing A long
 12:00 Lunch
 2:00 Plant Club
 5:00 Dinner

28

8:30 Breakfast
 10:00 Bird Visits
 11:00 Move and Groove
 12:00 Lunch
 2:00 Bingo
 5:00 Dinner

29 Lunar New Year

8:30 Breakfast
 10:00 Friendly Visits
 11:00 Move and Groove
 12:00 Lunch
 2:00 Lunar New Year
 Celebration
 5:00 Dinner

30

8:30 Breakfast
 10:00 Neighbourhood Time
 11:00 For the Fun of Fit
 12:00 Lunch
 1:00 Music with Danielle 1:1
 5:00 Dinner

31

8:30 Breakfast
 10:30 Hymn Sing
 11:00 You and Me
 12:00 Lunch
 2:00 For the Fun of Fit
 5:00 Dinner
 6:15 Bingo (E)