

JANUARY

Sandhills

Legend

W Rm- LTC Worship Rm
PHCC - Pinehaven CC
LTC C =- LTC Cafe
JS - John Sweeney Rm
HS- Hobby Room

SB-Strasburg
AB- Aberdeen
RV- Roseville
KD- Kingsdale
SH- Sandhills

WD- Waldau
HV- Haysville
EBY - Eby
T - Trussler
NB - Newberry

Alzheimer's Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body						
Body						
			1 New Years Day 9:45 PERK Delivery 10:45 Bingo 2:00 You & Me 3:30 News Year Discussion	2 9:15 Perk Deliveries 10:30 Book Club 2:00 Nail Care 3:30 Bible Study- Pastor Royal	3 10:00 Church 11:00 Total Body Fitness 2:00 Baking 4:00 New Years Trivia	4 10:00 PERK Delivery 10:30 Rosary 2:00 You & Me 3:30 Bingo
5 10:30 TV Church 11:00 PERK Delivery 2:00 You & ME 3:30 Trivia	6 Epiphany 11:00 Total Body Fitness 2:00 Ball Exercises 3:30 Kevin Coates 5:00 Dinner 6:15 UNO Card Game	7 Orthodox Christmas Day 10:00 Board Games 11:00 Music Therapy 12:00 Lunch 1:00 Movie 1:30 Outing to the Mall	8 9:30 Horticulture 10:30 Lutheran Communion 10:45 Bingo 1:30 Hymn Sing 3:30 Bowling Body	9 9:15 Perk Deliveries 10:30 Book Club 2:00 Curling 3:30 Bible Study- Pastor Royal	10 10:00 Church 11:00 Total Body Fitness 2:30 Celebration of Life (DR) 4:00 Trivia Corner	11 9:15 Perk Delivery 10:30 Bingo 2:00 Java Music 3:30 Active Games
12 9:15 Perk 10:30 TV Chrch 2:00 Express Yourself 3:30 Trivia	13 11:00 Total Body Fitness 2:00 Alzheimer's Discussion 3:30pm UNO Card Game 6:15pm Tom Denomme	14 Timbit Day 10:00 Lunch Preß 11:00 Music Therapy 12:00 Special Lunch 2:00 You and ME 3:30 Bowling	15 9:30 Horticulture Therapy 10:45 Bingo 2:00 Bowling Tournament 4:00 You & Me	16 9:15 Perk Deliveries 10:30 Book Club 2:00 You and ME 3:00 Resident Meeting 4:00 Bible Study- Pastor Royal	17 10:00 Church 11:00 Total Body Fitness 2:00 Nail Care 3:30 Trivia	18 10:00 PERK Delivery 11:00 Exercises 2:00 You & Me 3:30 Bingo
19 World Religion Day 10:30 Church with Royal 11:00 PERK Delivery 1:30 You and ME 3:30 Express Yourself	20 11:00 Total Body Fitness 2:00 Winter Painting 3:30 Football Toss 6:15 Short Stories	21 Hugging Day 10:00 Board Games 11:00 Music Therapy 2:00 Nail Care 3:30 Bowling	22 Bell Let's Talk Day 10:30 Bingo 1:30 Hymn Sing 2:30 You and ME 3:30 Chair Exercises	23 9:15 Perk Deliveries 10:30 Book Club 2:00 Ball Exercises 3:30 Bible Study- Pastor Royal	24 10:00 Church 11:00 Total Body Fitness 2:00 Walk & Talks 4:00 Trivia Corner	25 Robbie Burns Day 9:15 Perk Delivery 10:30 Bingo 2:00 Robbie Burns discussion 3:30 Colour ME Calm
26 9:15 Perk 10:30 Church 2:00 Express Yourself 3:30 Trivia	27 11:00 Total Body Fitness 1:45 Food Council Meeting(KD) 3:30 Social 6:15 UNO Card Game	28 10:00 Board Games 11:00 Music Therapy 2:00 Rick Steves Art of the Middle Ages (On You Tube) 3:30 Bowling	29 Chinese New's Year 9:30 Horticulture Therapy 10:45 Bingo 2:00 You & Me 3:30 Discussion Group "Chinese New Year"	30 9:15 Perk Deliveries 10:30 Resident Council(PCC) 10:30 Book Club 2:00 Nail Care 3:30 Bible Study- Pastor Royal	31 10:00 Church 11:00 Total Body Fitness 2:00 Chinese Social 3:30 Chinese Trivia	

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All Special Events for the Month of January

- January 6 2:00pm Kevin Coates (Haysville)
January 6 3:30pm Kevin Coates (Sandhills)
January 8 2:00pm Peg Talks (Kingsdale)
January 7 3:00pm Henry Winter (Roseville)
January 9 6:15pm Tom Denomme (Haysville)
January 10 2:00pm Erin Marie (Strasburg)
January 10 3:30pm Erin Marie (Waldau)
January 13 6:15pm Tom Denomme (Sandhills)
January 14 2:00pm Bob MacLean (Eby)
January 21 6:15pm Tom Denomme (Aberdeen)
January 22 2:00pm Lynne and Rick (Trussler)
January 22 3:30pm Lynne and Rick (Kingsdale)
January 23 2:00pm Dynamic Duo (Aberdeen)
January 23 3:30pm Dynamic Duo (Newberry)

Spiritual Programs for January

Village Wide **Celebration of Life:** 2:30pm Friday January 10th, in the Retirement Dining Room to remember residents who died between September 1st and November 30th, 2024

Catholic Mass: 10:30am Thursday January 2nd in the Roseville Dining Room

Lutheran Communion: 10:30am Wednesday January 8th in the Pinehaven Community Centre

Apostolic Hymn Sing: 1:30pm Sunday January 19th on Strausburg

Protestant Communion: 10:30am Monday January 27th in the Pinehaven Community Centre.

Every Tuesday at 3:30pm there is a **Spiritual Arts** group which meets in the LTC Spiritual Space. This is particularly suited to those who miss having a 'higher level' discussion and are interested in creativity.

We will be performing a Purim Spiel which is a pantomime style play telling the story of the Book of Esther. The performance will be on Friday March 14th, but we will be having an information meeting on January 15th. Try outs and practices will follow.

