

JANUARY

Wright

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) 11:00 Musical Moments 2:00 Residents Bill of Right and Calendar Planning Meeting 6:30 Active Games (MS) | 3 10:00 Bingo 2:00 Painting 3:30 Stepping Out 6:30 Crafting Club (CC) | 4 10:00 Neighbourhood Time 2:00 Entertainment (Ma) 3:30 You and Me |
| 5 10:00 For the Soul 11:00 Hymn Sing 2:00 In the Kitchen 3:30 You and Me | 6 10:00 Green Thumbs 2:00 Bingo (MS) 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC) | 7 9:15 Art with Sonal 9:30 Rosary (C) 3:15 Tai Chi (FC) 6:30 In the Kitchen (CC) | 8 10:30 Sit N Get Fit with PAL 10:00 Neighbourhood Time 2:00 Deer Hunt 3:30 Balance Class (FC) 6:30 Games Night (CC) | 9 9:30 Chapel Service (C) 10:30 Zumba (FC) 2:00 Circle of Friends 6:30 Active Games (MS) | 10 10:00 Bingo 2:00 What is this? 3:30 Soothing Sensations 3:30 Active Games (FC) 6:30 Crafting Club (CC) | 11 10:00 Neighbourhood Time 2:00 Entertainment (Po) 3:30 You and Me |
| 12 10:00 For the Soul 11:00 Hymn Sing 2:00 In the Kitchen 3:30 You and Me | 13 10:00 Green Thumbs 10:30 Stepping Out 2:00 Bingo (MS) 3:30 Total Body Fitness (FC) 6:30 Games Show Trivia (CC) | 14 9:15 Art with Sonal 9:30 Rosary (C) 3:15 Tai Chi (FC) | 15 10:00 Contemplating Life with Mike (C) 10:30 Sit N Get Fit with PAL 3:30 Balance Class (FC) 6:30 Games Night (CC) | 16 Curling Outing 9:30 Chapel Service (C) 10:30 Zumba (FC) 6:30 Active Games (MS) | 17 10:00 Bingo 2:00 Short Stories 3:30 Active Games (FC) 6:30 Crafting Club (CC) | 18 10:00 Neighbourhood Time 2:00 Entertainment (MS) 3:30 You and Me |

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|--|---|--|--|---|---|--|
| 19 10:00 For the Soul 11:00 Hymn Sing 2:00 In the Kitchen 3:30 You and Me | 20 10:00 Green Thumbs 10:30 You and Me 2:00 Curling 3:30 Total Body Fitness (FC) 6:30 Games Show Trivia (CC) | 21 9:15 Art with Sonal 9:30 Rosary (C) 2:00 Bingo (MS) 3:15 Tai Chi (FC) 6:30 In the Kitchen (CC) | 22 10:30 Sit N Get Fit with PAL 11:00 Brain and Banter 2:00 Resident Bill and Right and Calendar Planning Meeting 2:00 Food Committee (C) 3:30 Balance Class (FC) 6:30 Games Night (CC) | 23 9:30 Chapel Service (C) 10-11:30 Alzheimer's Coffee Break (MS) 10:30 Zumba (FC) 2:00 Euchre Games 6:30 Active Games (MS) | 24 Outing 9:30 - 2:30 3:30 Active Games (FC) 2:00 Resident's Council (C) 6:30 Crafting Club (CC) | 25 10:00 Neighbourhood Time 2:00 Entertainment (Wr) 3:30 You and Me |
| 26 10:00 For the Soul 11:00 Hymn Sing 2:00 In the Kitchen 3:30 You and Me | 27 10:00 Green Thumbs 11:00 Stepping Out 2:00 Card Games 3:30 Total Body Fitness (FC) 6:30 Games Show Trivia (CC) | 28 9:15 Art with Sonal 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 3:30 Balance Class (FC) 6:30 Games Night (CC) | 30 9:30 Chapel Service (C) 10:30 Zumba (FC) 2:00 Hockey 6:30 Active Games (MS) | 31 10:00 Bingo 2:00 Calendar hang Up 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:

Thursday January 16th - 9:30 - 2:30 - Watching Curling Grand Slam WFG Masters.
 Friday January 24th - 9:30- 2:00 - Bingo Hall and Swiss Chalet for lunch

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 - Tiffany
 Part-Time -