

# JANUARY

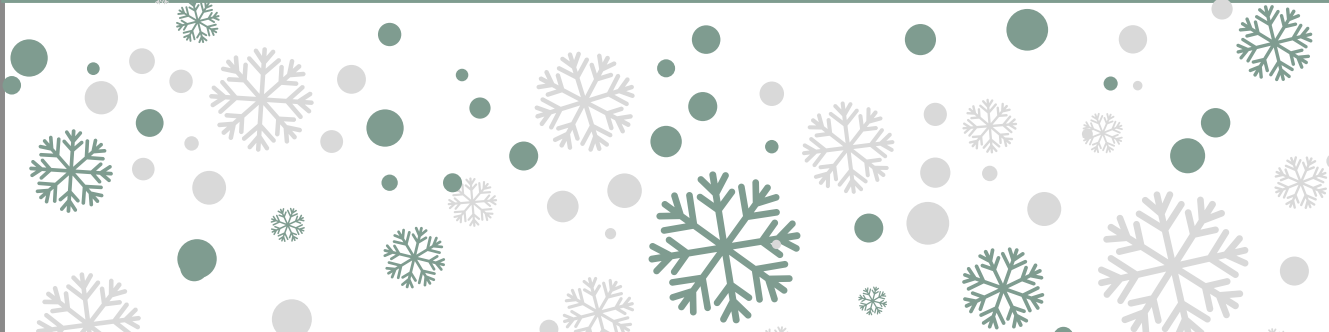

Erindale Place & Sheridan Way

## Legend

AR- Activity Room on Lower Level

CQ- Crooked-Q on Lower Level

HL- Hazel Lane Neighbourhood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1 New Years Day</b> 10:30 Word Connect 2:30 New Years Social 6:30 Bingo	<b>2</b> 10:30 Group Exercise- CQ 1:30 Dog Visits 2:30 Baking-AR 6:30 Stepping Out	<b>3</b> 10:30 Group Exercise-CQ 2:30 Bowling- CQ	<b>4</b> 10:30 Balloon Tennis 2:30 Movie Afternoon- Twister 6:30 Soothing Sensations
<b>5</b> 10:30 Church Service 2:30 Manicures 6:30 Stepping Out	<b>6</b> 10:30 Crafty Corner 3:00 Group Exercise 6:30 Trivia	<b>7 Orthodox Christmas</b> 10:30 Group Exercise- CQ 2:30 Arm Chair Travel- China	<b>8</b> 10:30 Neighbourhood Time 10:30 Un-Deck the Halls 2:30 Chinese Tea Tasting- CQ 3:00 Group Exercise 6:30 Bingo	<b>9</b> 10:30 Group Exercise- CQ 1:30 Dog visits 2:30 Anglican Communion-CQ 6:30 Stepping Out	<b>10</b> 10:30 Group Exercise- CQ 2:30 Bingo-CQ 6:30 Travelogue	<b>11</b> 10:30 Java Music Club 2:30 Sip & Paint-CQ
<b>12</b> 10:30 Church Service 2:30 High Tea Social-CQ	<b>13</b> 10:30 Chair Yoga-CQ 2:00 Pool-CQ 3:00 Group Exercise 6:30 Trivia	<b>14</b> 10:30 Group Exercise- CQ 2:30 Flower Arranging 6:30 Stepping Out	<b>15</b> 10:30 Music with Wendy 2:15 Pool-CQ 3:00 Group Exercise 6:30 Bingo	<b>16</b> 10:30 Group Exercise- CQ 1:30 Dog Visits 2:30 Euchre Tournament 6:30 Stepping Out	<b>17</b> 10:30 Group Exercise- CQ 2:30 Shuffle Board-CQ	<b>18</b> 10:30 Balloon Tennis 2:30 Crafty Corner 6:30 Soothing Sensations
<b>19 World Religion Day</b> 10:30 Church Service 11:00 World Religion 2:30 Popcorn and a Movie- Top Gun 6:30 Stepping Out	<b>20</b> 10:30 Chair Yoga-CQ 2:30 Hands on Exotics- CQ 3:00 Group Exercise 6:30 Trivia	<b>21 National Hugging Day</b> 10:30 Group Exercise- CQ 2:30 RC Communion-CQ 6:30 Bingo- HL	<b>22 Bell Let's Talk</b> 10:30 Neighbourhood Time 2:30 Pool-CQ 3:00 Group Exercise 6:30 Bingo	<b>23</b> 10:30 Group Exercise- CQ 1:30 Dog Visits 2:30 Euchre 2:45 Spa Afternoon-CQ 6:30 Stepping Out	<b>24</b> 10:30 Group Exercise- CQ 2:30 Bowling 6:30 Travelogue	<b>25 Robbie Burns Day</b> 10:30 Chair Yoga-CQ 2:30 Robbie Burns -Poetry
<b>26</b> 10:30 Church Service 2:30 Crafty Corner- Chinese New Year decorations	<b>27</b> 10:30 Q-tip Painting 3:00 Group Exercise 6:30 Trivia	<b>28</b> 10:30 Group Exercise- CQ 2:30 Armchair Travel	<b>29 Chinese New Year</b> 10:30 Art Class-AR 2:30 Chinese New Year Celebrations-CQ 6:30 Bingo	<b>30</b> 10:30 Group Exercise- CQ 1:30 Dog Visits 2:30 Food Committee & Resident Council Meeting-CQ 6:30 Stepping Out	<b>31</b> 10:30 Group Exercise- CQ 2:30 Shuffleboard-CQ	

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## Movies for the month:

Sat Jan 4 - Twister

Sun Jan 19- Top Gun

Fri Jan 25 - Top Gun- Maverick



## Chinese New Year

The Lunar New Year 2025, also known as the Spring Festival, will officially begin on Wednesday, January 29th, and marks the start of the Year of the Wood Snake.

### What does the year of the snake mean 2025?

The snake signifies a time of transformation, growth, and introspection. Each zodiac sign will experience distinct energies, with a balance between external opportunities and internal change.

### Some traditions of Chinese New Year include:

- Older relatives give children red envelopes filled with money, known as Ya Sui Qian, or "lucky money"

**Honoring ancestors:** Ancestors are highly respected because they are believed to bless and look after the family.

### Dragon and lion dances

Lions symbolize luck and happiness, while dragons symbolize power and bravery.

In northern China, it is common to say "Xinnian Kuaile" (Happy New Year in Mandarin) when greeting someone. Whereas in Guangdong and Hong Kong, the Cantonese version of the greeting is "Gong Hey Fat Choi" (wishing you a prosperous year).

## Special Events

All residents, family and friends are welcome to attend all programs and special events.

Tuesday January 7th- Orthodox Christmas

Wednesday January 8th- Chinese Tea Tasting

Saturday January 11th- Sip & Paint

Sunday January 12th- High Tea Social

January 13, 20 and 25th- Chair Yoga

Saturday January 25th- Robert Burns Day- Activities on the NH's

Wednesday January 29th- Chinese New Year Celebrations