

JANUARY

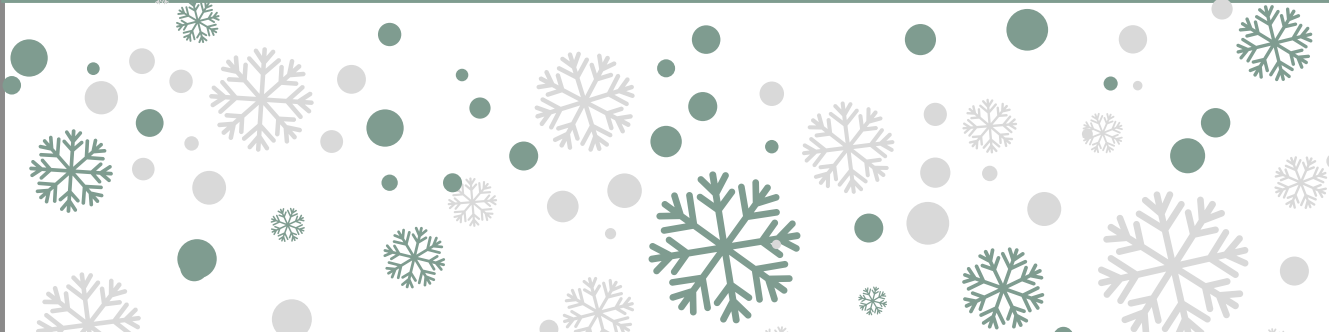

Hazel Lane

Legend

AR- Activity Room on Lower Level

CQ- Crooked-Q on Lower Level

EP/SW- Erindale Place/ Sheridan way Neighbourhood

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|---|--|
|  | | | 1 New Years Day 10:00 New Years Resolutions 2:30 New Years Social (CQ) | 2 National Cream Puff Day 10:30 Group Exercise- CQ 1:30 Dog Visits 2:30 Baking-AR 2:30 Euchre Tournament | 3 10:30 Group Exercise- CQ 2:30 Bowling- CQ 6:30 Trivia | 4 10:30 Balloon Tennis 2:30 Movie Afternoon- Twister |
| 5 10:30 Church Service 11:00 Hymn Sing 2:30 Neighbourhood Time | 6 10:00 Board Games 2:15 Group Exercise 2:30 Friendly Visits 6:30 Trivia- EP/SW | 7 Orthodox Christmas 10:30 Group Exercise- CQ 1:00 Manicures 2:15 Arm Chair Travel- China | 8 10:00 Un- Deck the Halls 2:15 Group Exercise 2:30 Chinese Tea Tasting- CQ 6:30 Bingo- EP/SW | 9 10:30 Group Exercise- CQ 1:30 Dog Visits 2:30 Anglican Communion-CQ | 10 10:30 Group Exercise- CQ 2:30 Bingo- CQ 6:30 Travelogue- EP/SW | 11 10:00 Balloon Tennis 11:00 Musical Moments 2:30 Sip & Paint- CQ 6:30 Soothing Sensations |
| 12 10:30 Church Service 11:00 Hymn Sing 2:30 High Tea Social- CQ 6:30 Friendly Visits | 13 10:30 Musical Memories 10:30 Chair Yoga-CQ 11:00 You and Me 2:15 Group Exercise 6:30 Trivia EP/SW | 14 10:30 Group Exercise- CQ 1:00 Manicures 2:30 Flower Arranging 6:30 Stepping Out | 15 9:45 Music with Wendy 11:00 Manicures 2:15 Group Exercise 2:30 Neighbourhood Time 6:30 Bingo- EP/SW | 16 10:30 Group Exercise- CQ 1:30 Dog Visits 2:30 Price is Right 2:30 Euchre Tournament | 17 10:30 Group Exercise- CQ 2:30 Bingo 6:30 Hand Massages | 18 10:30 Hymn Sing 11:00 Friendly Visits 2:30 Active Games |
| 19 World Religion Day 10:30 Church Service 11:00 World Religion 2:30 Popcorn and a Movie- Top Gun | 20 10:30 Chair Yoga-CQ 11:00 Friendly Visits 2:15 Group Exercise 2:30 Hands on Exotics- CQ 6:30 Trivia- EP/SW | 21 National Hugging Day 10:30 Group Exercise- CQ 1:00 Manicures 2:30 RC Communion-CQ 6:30 Bingo | 22 Bell Let's Talk 10:30 Express Yourself 2:15 Group Exercise 2:30 Pool- CQ | 23 10:30 Group Exercise- CQ 1:30 Dog Visits 2:30 Euchre Tournament 2:45 Spa Afternoon-CQ | 24 10:30 Group Exercise- CQ 2:30 Bowling | 25 Robbie Burns Day 10:30 Chair Yoga-CQ 2:30 Robbie Burns Poetry 6:30 Active Games |
| 26 10:30 Church Service 11:00 Hymn Sing 2:30 Table Golf | 27 10:30 Art Class- AR 2:15 Group Exercise 2:45 Sing-A-Long 6:30 Trivia-EP/SW | 28 10:30 Group Exercise- CQ 1:00 Manicures 2:30 Arm Chair Travel 6:30 Trivia | 29 Chinese New Year 10:30 Art Class - AR 2:15 Group Exercise 2:30 Chinese New Year Celebrations-CQ | 30 10:30 Group Exercise- CQ 1:30 Dog Visits 2:30 Food Committee & Resident Council Meeting-CQ 2:45 Neighbourhood Time | 31 10:30 Group Exercise- CQ 2:30 Movie Afternoon- Top Gun Maverick |  |

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Movies for the month:

Sat Jan 4 - Twister

Sun Jan 19- Top Gun

Fri 31- 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