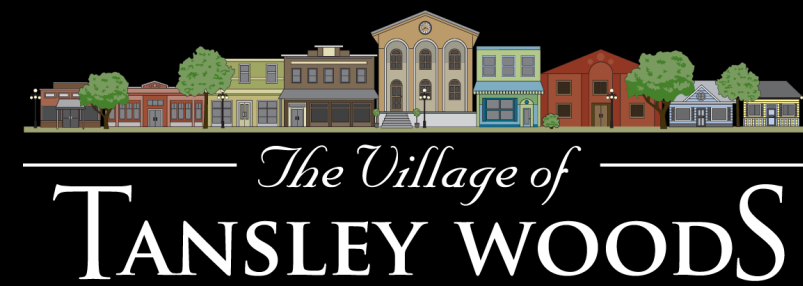




January 2021

APPLEBY NEIGHBOURHOOD



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			CC = Community Centre LIB = Library C = Chapel TH = Town Hall MS = Main Street F = Fitness Centre FR = Family Room CK = Country Kitchen H = Hobby Room 1:1 = Individual Program	Residents Bill Of Rights Every resident has the right to be treated with courtesy and respect and in a way that fully recognizes the resident's individuality and respects the resident's dignity.	1 Happy New Year 2021 ! 10:00 Calendar Drop-Off 11:00 New Years Traditions... 2:00 New Years Baking 4:00 Sing-A-Long	2 10:00 Balloon Tennis 10:45 Jeopardy 2:00 Wine & Cheese with Virtual Entertainment 4:00 Spontaneous Program
3 10:00 Audio Book Club 10:45 Morning Stretch 11:00 Riddles 2:00 Virtual Church Service 3:00 Fellowship & Hymns 4:00 Finishing Words	4 Lunch Take Out! 9:15 <i>Exercise with Charlene</i> 2:30 Friendly Visits 3:30 Mini Putt 4:15 Trivia 6:45 Fireside Philosophers 	5 10:30 Timbit Tuesday 11:00 Categories 2:00 Afternoon Stretch 2:30 Riddles 3:00 Tristan in a meeting	6 10:45 Music With Angela 2:00 Appleby Requests 4:00 <i>Appleby Fit in 30</i>	7 Orthodox Christmas 11:00 Name That Tune 2:00 Afternoon Matinee "Holiday Inn" 3:30 Board Craft 4:00 <i>Yoga & Meditation</i> 	8 Afternoon Scenic Drive 10:30 Lounge Clean Up! 11:00 <i>Appleby Fit in 30</i> 2:00 Afternoon Drive 4:15 Brain Teasers 	9 11:00 <i>Appleby Core Balance & Stretch</i>
10 9:30 Morning News 10:00 January Trivia 11:00 Autobiography 2:00 Virtual Church Service 3:00 Hymn Sing	11 9:15 <i>Exercise with Charlene</i> 2:00 Baking 3:30 Hot Chocolate Social 4:15 Crosswords 6:45 Audio Book Club	12 10:30 Timbit Tuesday 11:00 Music on Demand 2:00 Audio Book Club 3:00 Tristan in a meeting 4:00 <i>Cardio Kick With Jane</i>	13 10:45 Music With Angela 2:00 Appleby Requests	14 Maple Ice Cream Making! 11:00 Ice Cream Creations 2:00 Afternoon Matinee "The Man who knew Too Much" 3:30 Friendly Visits 4:15 Finishing Lines 	15 10:30 Meditation with Tristan 11:00 Trivia 2:00 Lounge Clean Up! 3:30 Afternoon Stretch 4:00 Name That Tune	16 10:00 Morning News 10:30 BINGO 2:00 Virtual Entertainment "Hello Dolly Musical" 4:00 Afternoon Stretch
17 10:00 <i>Sunday Smoothie!</i> 11:00 Jeopardy 2:00 Virtual Church Service 3:00 Fellowship & Hymns 4:00 Afternoon Stretch 	18 Martin Luther King Day 9:15 <i>Exercise with Charlene</i> 2:00 Martin Luther King Documentary 3:30 Afternoon Social 4:15 Trivia	19 10:30 Timbit Tuesday 11:00 Famous Faces 2:00 Table Games 3:00 Tea Tasting 3:45 Music By Request	20 10:45 Music With Angela 2:00 Appleby Requests 4:00 <i>Appleby Fit in 30</i>	21 Resident Council 11:00 Crosswords 2:00 Getting to Know ME 3:00 Resident Council 4:00 <i>Yoga & Meditation</i>	22 Breakfast Club ! 10:30 Meditation with Tristan 11:00 <i>Appleby Fit in 30</i> 2:00 Afternoon Matinee "Mrs. Doubtfire" 	23
24 9:30 Daily Chronicle 10:00 Fun Trivia 11:00 Greenhouse Visits 2:00 Virtual Church 3:00 Hymn Sing 4:00 Friendly Visits	25 9:15 <i>Exercise with Charlene</i> 2:00 Baking 3:30 Calendar Review 4:15 Guess That Singer 6:45 Trivia	26 Lunch Take Out ! 10:30 Timbit Tuesday 10:45 Morning News 2:00 Riddles 3:00 Tristan in a meeting 4:00 <i>Cardio Kick With Jane</i> 	27 10:45 Music With Angela 2:00 Appleby Requests	28 11:00 Finishing Lyrics 2:00 Afternoon Matinee "Spontaneous Choice" 3:30 Friendly Visits 	29 January Birthday Celebrations ! 10:30 Meditation with Tristan 11:00 Trivia 2:00 Birthday Party & Virtual Concert! 4:00 <i>Appleby Pilates</i>	30 10:00 Morning Stretch 10:30 Crosswords 2:00 Happy Hour & Virtual Entertainment 4:00 Spontaneous Program
31 10:00 Mini Putt 11:00 Finishing Lyrics 2:00 Virtual Church Service 3:00 Fellowship & Hymns 4:15 Word Games						