



# JANUARY 2021

## Meadowvale



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1 New Year's Day</b> 10:30 Fitness-OA 11:15 Sing Along-OA 1:30 New Year Trivia--OA 3:00 Balloon Tennis-OA 4:00 Family Visit-TO	<b>2</b> 10:30 Fitness-OA 11:15 Travel Around-OA 1:30 Trivia-OA 3:00 Stroll-TO 4:00 Face Time-TO
<b>3</b> 10:30 Move More-OA 11:15 Trivia-OA 1:30 Story Telling-OA 3:00 Friendly Visit-TO 4:00 Musical Moments-OA	<b>4</b> 10:30 Move More-OA 11:15 Friendly Visit-TO 1:30 Word Games-OA 3:00 Montessori-OA 4:00 Face Time-TO	<b>5</b> 10:30 Move More-OA 11:15 Fitness --OA 1:30 Its Never to late-OA 3:00 Brain Strom-OA 4:00 Face time-TO	<b>6</b> 1:30 Baking Delights-CK 2:15 Tea Social-CK 3:00 Helping Hands-CK 4:00 Friendly Visit-CK 6:30 Sing Along-OA	<b>7</b> 10:00 Morning Devotion --OA 2:00 Video Inspiration --OA	<b>8</b> 10:30 Fitness-OA 11:15 Card Games-OA 1:30 Music From Past-OA 3:00 Balloon Tennis-OA 4:00 Neighborhood Time-TO	<b>9</b> <b>Neighbourhood Time</b>
<b>10</b> <b>Neighbourhood Time</b>	<b>11</b> 10:30 Moring Fitness-OA 11:15 Friendly Visit-TO 1:30 Music Trivia-OA 3:00 Montessori-OA 4:00 Face Time-TO	<b>12</b> 10:30 Move More-OA 11:15 Fitness --OA 1:30 Music On Demand-OA 3:00 Ipad Games-OA 4:00 Neighborhood Time -TO	<b>13</b> 1:30 Baking Delights-CK 2:15 Tea Social-CK 3:00 Helping Hands-CK 4:00 Friendly Visit-TO 6:30 Golden oldies-OA	<b>14</b> 10:30 Arts & Crafts --OA 3:30 Green Thumb --AR	<b>15</b> 10:30 Moring Fitness-OA 11:15 Its Never To Late-OA 1:30 Card Games-OA 3:00 1:1 Visits-TO 4:00 Friendly Visit-TO	<b>16</b> 10:30 Fitness-OA 11:15 Travel Around-OA 1:30 Story Telling-OA 3:00 Stroll-TO 4:00 Face Time-TO
<b>17</b> 10:30 Move More-OA 11:15 Trivia-OA 1:30 Story Telling-OA 3:00 Friendly Visit-TO 4:00 Music from Past-OA	<b>18</b> 10:30 Walk & Talk-TO 11:15 Fitness--OA 1:30 Karaoke-OA 3:00 Playing Cards-OA 4:00 Travel Around-OA	<b>19</b> 10:30 Friendly Visit-TO 11:15 Fitness --OA 1:30 Montessori-OA 3:00 Music Moments-OA 4:00 Face Time-TO	<b>20</b> 1:30 Baking Delights-CK 2:15 Tea Social-CK 3:00 Helping Hands-CK 4:00 Face Time--TO 6:30 Sing Along-OA	<b>21</b> 10:00 Morning Devotion --OA 2:00 Video Inspiration --OA	<b>22</b> 10:30 Move More-OA 11:15 Montessori Activities-OA 1:30 Its Never To late-OA 3:00 Neighborhood Time-TO 4:00 Facetime-TO	<b>23</b> <b>Neighbourhood Time</b>
<b>24</b> <b>Neighbourhood Time</b>	<b>25</b> 10:30 Stroll -OA 11:15 Fitness --OA 1:30 Sing Along-OA 3:00 Manicure-OA 4:00 Friendly Visit-TO	<b>26</b> 10:30 Stoll-TO 11:15 Fitness --OA 1:30 Brain Strom-OA 3:00 Bean Bag Toss-OA 4:00 Musical Moments-OA	<b>27</b> 1:30 Baking Delights-CK 2:15 Tea Social-CK 3:00 Helping Hands-CK 4:00 Friendly Visit-TO 6:30 Golden Oldies-OA	<b>28</b> 10:30 Arts & Crafts --OA 3:30 Green Thumb --AR	<b>29</b> 10:30 Friendly Visit-TO 11:15 Balloon Tennis-OA 1:30 Karaoke -TO 3:00 Brain Strom-OA 4:00 Neighborhood Time--TO	<b>30</b> 10:30 Moring Fitness-OA 11:15 Brain Strom-AR 1:30 Bean Bag Toss-OA 3:00 Bingo-OA 4:00 Golden Oldies-OA
<b>31</b> 10:30 Fun Fitness-OA 11:15 Ipad Games-OA 1:30 Picture Bingo-OA 3:00 Stroll-TO 4:00 Sing Along-OA				<b>Due to Covid 19 pandemic, programs are limited to the neighbourhood and may be subject to change if required</b>		