



JANUARY 2021

Meadowvale



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 New Year's Day 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	2 10:30 Fitness-OA 11:15 Travel Around-OA 1:30 Trivia-OA 3:00 Stroll-TO 4:00 Face Time-TO
3 10:30 Move More-OA 11:15 Trivia-OA 1:30 Story Telling-OA 3:00 Friendly Visit-TO 4:00 Musical Moments-OA	4 10:30 Move More-OA 11:15 Friendly Visit-TO 1:30 Word Games-OA 3:00 Montessori-OA 4:00 Face Time-TO	5 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	6 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	7 10:00 Morning Devotion --OA 2:00 Video Inspiration --OA	8 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	9 Neighbourhood Time
10 Neighbourhood Time	11 10:30 Moring Fitness-OA 11:15 Friendly Visit-TO 1:30 Music Trivia-OA 3:00 Montessori-OA 4:00 Face Time-TO	12 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	13 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	14 10:30 Arts & Crafts --OA 3:30 Green Thumb --AR	15 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	16 10:30 Fitness-OA 11:15 Travel Around-OA 1:30 Story Telling-OA 3:00 Stroll-TO 4:00 Face Time-TO
17 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	18 10:30 Walk & Talk-TO 11:15 Fitness--OA 1:30 Karaoke-OA 3:00 Playing Cards-OA 4:00 Travel Around-OA	19 10:30 Friendly Visit-TO 11:15 Fitness --OA 1:30 Montessori-OA 3:00 Music Moments-OA 4:00 Face Time-TO	20 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	21 10:00 Morning Devotion --OA 2:00 Video Inspiration --OA	22 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	23 Neighbourhood Time
24 Neighbourhood Time	25 10:30 Stroll -OA 11:15 Fitness --OA 1:30 Sing Along-OA 3:00 Manicure-OA 4:00 Friendly Visit-TO	26 10:30 Stoll-TO 11:15 Fitness --OA 1:30 Brain Strom-OA 3:00 Bean Bag Toss-OA 4:00 Musical Moments-OA	27 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	28 10:30 Arts & Crafts --OA 3:30 Green Thumb --AR	29 10:30 Friendly Visit-TO 11:15 Balloon Tennis-OA 1:30 Karaoke -TO 3:00 Brain Strom-OA 4:00 Neighborhood Time--TO	30 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
31 10:30 Fun Fitness-OA 11:15 Ipad Games-OA 1:30 Picture Bingo-OA 3:00 Stroll-TO 4:00 Sing Along-OA				Due to Covid 19 pandemic, programs are limited to the neighbourhood and may be subject to change if required		