







January 2022

Neighbourhood of Sheridan Way & Erindale Place



ERIN MILLS
Lodge

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>30 Breakfast 9:45 Greeting the Day 10:30 Church Service Lunch 1:15 Virtual Visits 2:30 Brains & Banter 3:30 For The Fun of Fit Dinner</p>	<p>31 Breakfast 9:45 Greeting the Day 10:30 Group Exercise 11:00 Java Time Lunch 2:30 Soothing Sensations 3:30 Circle of Friends Dinner</p>					<p>1 New Year's Day Breakfast 9:45 Greeting the Day 10:30 Express Yourself 11:45 Virtual Visit Lunch 2:30 Musical Moments 3:30 Virtual Visits</p>
<p>2 Breakfast 9:45 Greeting the Day 10:30 Church Service Lunch 1:15 Virtual Visits 2:30 Brains & Banter 3:30 For The Fun of Fit Dinner</p>	<p>3 Breakfast 9:45 Greeting the Day 10:30 Group Exercise 11:00 Java Time Lunch 2:30 Soothing Sensations 3:30 Circle of Friends Dinner</p>	<p>4 Breakfast 9:45 Greeting the Day 10:30 Brain & Banter 11:00 Stepping Out Lunch 2:00 Virtual Visits 2:30 In The Kitchen 3:45 You & Me Dinner</p>	<p>5 Un-Deck the Halls Breakfast 9:45 Greeting The Day 10:30 Group Exercise Lunch 3:45 Virtual Visits Dinner</p>	<p>6 Epiphany Breakfast 11:15 You and Me 2:30 Drum Fit 3:30 Musical Moments Dinner 6:15 Stepping Out</p>	<p>7 Breakfast 9:45 Greeting the Day 10:30 Group Exercise 11:00 Express Yourself Lunch 2:30 Bingo Dinner</p> <p style="text-align: right;"></p>	<p>8 Breakfast 9:45 Greeting the Day 10:30 Express Yourself 11:45 Virtual Visit Lunch 2:30 Musical Moments 3:30 Virtual Visits</p>
<p>9 Breakfast 9:45 Greeting the Day 10:30 Church Service Lunch 1:15 Virtual Visits 2:30 Brains & Banter 3:30 For The Fun of Fit</p>	<p>10 Breakfast 9:45 Greeting the Day 10:30 Group Exercise 11:00 Java Time Lunch 2:30 Soothing Sensations 3:30 Circle of Friends Dinner</p>	<p>11 Breakfast 9:45 Greeting the Day 10:30 Brain & Banter 11:00 Stepping Out Lunch 2:00 Virtual Visits 2:30 In The Kitchen 3:45 You & Me Dinner</p>	<p>12 Breakfast 9:45 Greeting The Day 10:30 Group Exercise 11:00 Brain & Banter Lunch 2:30 Entertainment with Vili (Crooked Q)</p>	<p>13 Breakfast 11:15 You and Me 2:30 Drum Fit 3:30 Musical Moments Dinner 6:15 Stepping Out</p>	<p>14 Breakfast 9:45 Greeting the Day 10:30 Group Exercise 11:00 Express Yourself Lunch 2:30 Bingo Dinner</p> <p style="text-align: right;"></p>	<p>15 National Hat Day Breakfast 9:45 Greeting the Day 10:30 Express Yourself 11:45 Virtual Visit Lunch 2:30 Musical Moments 3:30 Virtual Visits</p>
<p>16 Breakfast 9:45 Greeting the Day 10:30 Church Service Lunch 1:15 Virtual Visits 2:30 Brains & Banter 3:30 For The Fun of Fit</p>	<p>17 Martin Luther King Jr. Day Breakfast 9:45 Greeting the Day 10:30 Group Exercise 11:00 Java Time Lunch 2:30 MLK Trivia/Documentary 3:30 Circle of Friends</p>	<p>18 Breakfast 9:45 Greeting the Day 10:30 Brain & Banter 11:00 Stepping Out Lunch 2:00 Virtual Visits 2:30 In The Kitchen 3:45 You & Me Dinner</p>	<p>19 Breakfast 9:45 Greeting The Day 10:30 Group Exercise 11:00 Brain & Banter Lunch 2:30 Express Yourself 3:45 Virtual Visits</p>	<p>20 Breakfast 11:15 You and Me 2:30 Drum Fit 3:30 Musical Moments Dinner 6:15 Stepping Out</p>	<p>21 National Hug Day Breakfast 9:45 Greeting the Day 10:30 Group Exercise 11:00 Express Yourself Lunch 2:30 Bingo Dinner</p> <p style="text-align: right;"></p>	<p>22 Breakfast 9:45 Greeting the Day 10:30 Express Yourself 11:45 Virtual Visit Lunch 2:30 Musical Moments 3:30 Virtual Visits</p>
<p>23 Breakfast 9:45 Greeting the Day 10:30 Church Service Lunch 1:15 Virtual Visits 2:30 Brains & Banter 3:30 For The Fun of Fit Dinner</p>	<p>24 Breakfast 9:45 Greeting the Day 10:30 Group Exercise 11:00 Java Time Lunch 2:30 Soothing Sensations 3:30 Circle of Friends Dinner</p>	<p>25 Breakfast 9:45 Greeting the Day 10:30 Brain & Banter 11:00 Stepping Out Lunch 2:00 Virtual Visits 2:30 Entertainment with Remedy (Crooked Q) 3:45 You & Me Dinner</p>	<p>26 Breakfast 9:45 Greeting The Day 10:30 Group Exercise 11:00 Brain & Banter Lunch 2:30 Express Yourself 3:45 Virtual Visits Dinner</p>	<p>27 Breakfast 11:15 You and Me 2:30 Drum Fit 3:30 Musical Moments Dinner 6:15 Stepping Out</p>	<p>28 Breakfast 9:45 Greeting the Day 10:30 Group Exercise 11:00 Express Yourself Lunch 2:30 Bingo Dinner</p> <p style="text-align: right;"></p>	<p>29 National Puzzle Day Breakfast 9:45 Greeting the Day 10:30 Express Yourself 11:45 Virtual Visit Lunch 2:30 Musical Moments 3:30 Virtual Visits Dinner</p>