

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2019

		1 10:15 Gentle Fit 1:30 Music Therapy 1:30 Bean bag toss 3 rd 3:00 Gentle Touch 2 nd New Year's Day	2 10:00 Chapel 10:00 Gospel 2E 1:30 Spa 3E 3:00 Gentle Touch 3 rd	3 10:15 Gentle Fit 3E 1:30 Trivia 3W	4 9:15 Gentle Fit 10:15 Coffee & Chat with Brian 1:30 Bingo	5 10:00 Men's Group 1:30 Group Crossword
6 10:00 Church 1:30 Art Class	7 9:15 Gentle Fit 10:15 Salvation Army 2E 1:30 Music with Larry	8 10:15 Gentle Fit 1:30 Music Therapy 1:30 Lets Chat 3E 3:00 Gentle Touch 2 nd 6:30 Euchre & Games 3W	9 10:00 Chapel 10:00 Gospel 2E 1:30 Snoezelen 2W 3:00 Gentle Touch 3 rd 6:30 Crokinole 2E	10 10:15 Gentle Fit 3E 10:15 Yoga 3W 1:30 Humor me! 2W	11 9:15 Gentle Fit 10:15 Coffee & Chat with Brian 1:30 Bingo	12 10:00 Snowball Fight 3W 1:30 Bowling 2E
13 10:00 Church 1:30 Tea & Biscuits 3E	14 9:15 Gentle Fit 10:15 Salvation Army 2E 1:30 Resident Education Committee Meeting	15 10:15 Gentle Fit 1:30 Music Therapy 1:30 Euchre & Games 3W 3:00 Gentle Touch 2 nd	16 10:00 Chapel 10:00 Gospel 2E 1:30 Music with the Brown's 3:00 Gentle Touch 3 rd	17 10:15 Gentle Fit 3E 10:15 Yoga 3W 1:30 Art Class 1 st	18 9:15 Gentle Fit 10:15 Coffee & Chat with Brian 1:30 Bingo	19 10:00 Reminisce 1:30 Popcorn and a Movie
20 10:00 Church 1:30 Art Class	21 9:15 Gentle Fit 10:15 Salvation Army 2E 1:30 Music with Bruce	22 10:15 Gentle Fit 1:30 Music Therapy 1:30 1-1 music with Larry 3:00 Gentle Touch 2 nd 6:30 Euchre & Games 3W Martin Luther King Day Tu B'Shevat	23 10:00 Chapel 10:00 Gospel 2E 1:30 Music with Gerry Goldie 3:00 Gentle Touch 3 rd 6:30 Music with Neil and friends	24 10:15 Gentle Fit 3E 10:15 Yoga 3W 1:30 Resident Welcoming Committee Meeting	25 9:15 Gentle Fit 10:15 Coffee & Chat with Brian 1:30 Bingo	26 10:00 Snoezelen 2W 1:30 Bowling 2E
27 10:00 Church 1:30 Music with Leavin Tracks	28 9:15 Gentle Fit 10:15 Salvation Army 2E 1:30 Music with Michael Australia Day (observed)	29 10:15 Gentle Fit 1:30 Music Therapy 1:30 Willie Craft 3W 3:00 Gentle Touch 2 nd 6:30 Euchre & Games 3W	30 10:00 Chapel 10:00 Gospel 2E 2:00 Music with Ferndale Flats 3:00 Gentle Touch 3 rd 6:30 Travelling Nail Cart	31 10:15 Gentle Fit 3E 10:15 Yoga 3W 1:30 Resident Council Meeting 2:30 Resident Dining Meeting	<u>January Birthday's</u> 2 nd - Nadia C 30 th - Bill F 8 th - Florence J 19 th - Joyce A 20 th - Hugh H Willie or Won't He? 27 th - Lilian C 28 th - Clarence S	

Happy Hour Mon, Wed & Fri. 2:30 - 3:30

Restorative Walking Wed. & Thurs.

Hand Therapy Tues. & Thurs. 9:15 a.m.

Sit to Stand Trainer Mon. & Wed. 10:15