
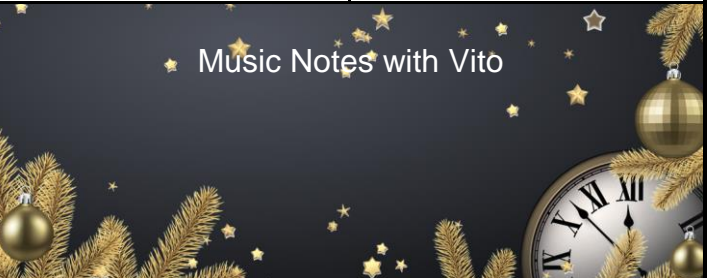


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|--|--|
|  | | 1 10:15 New Year's Around the World, Lobby 1:45 Movie: SR 1:45 2019 Door Burst Craft, 2DR New Year's Day | 2 10:00 Hymn Sing, F 11:00 Flower Arranging, 2DR 1:30-3:00 Christmas Un-decorating 2:00 Funny New Year's Resolution Jokes, 1DR 4:00 Flash Mob Activities, 2DR 6:30 Resident Choir, SR Programs Meeting @ 3:00pm | 3 10:15 Fun & Fitness, 2DR 1:30 Book Club, 2DR 1:45 Christmas Un-decorating 2:30 A First Time for Everything, 2DR 2:30 Memory Moments, Chapel 3:30 Flash Mob Activities, 2DR 6:30 Yoga/Tapping, Chapel 6:30 Reading Group, 2N | 4 10:15 Fun & Fitness, 2DR 1:45 Edutainment w James, 1DR 2:30 Storytelling/Reminiscing, L 2:30 Flash Mob Activities, 2DR 6:30 New Year's Resolution, 2DR | 5 10:15 Bubbly Fortunes, SR 1:45 REC: Bingo, 1DR |
| 6 10:30 Catholic Communion, SR 1:45 Dress the Baby Race, 2DR | 7 10:15 Zumba Gold, 2DR 1:30 Card making, 2DR 1:45 Spelling Bee, Lobby 2:30 Mindful Meditation, C 2:30 Flash Mob Activities, 2DR 6:30 Yoga/Tapping, C | 8 8:30 Men's Breakfast, F 10:30 Bible study, C 1:30 Mobile Library Cart, 1 st 1:45 Movie: SR 1:45 1:1 Visits, 2 nd floor 2:30 Word Games, 2DR 3:30 Flash Mob Activities, 2DR 6:30 New Year's Around the World, 2DR 6:30 Biography Group | 9 10:00 Hymn Sing, F 11:00 Flower Arranging, 1DR 1:30 Fun & Fitness, 2DR 1:45 Mental Aerobics, 1DR 2:30 Manicures & Hand Massages, 2 nd 2:30 Plant Care throughout the home 3:30 Flash Mob Activities, 2DR 6:30 Resident Choir, SR | 10 10:15 Fun & Fitness, 2DR 1:30 Puzzles Galore, 2DR 1:45 Biography Group, 1DR 2:30 Book Club, 2DR 2:30 REC: Bingo, 1DR 3:30 Flash Mob Activities, 2DR 6:30 Yoga/Tapping, C 6:30 Resolution/Creative Writing, 2DR | 11 10:15 Zumba Gold, 2DR 2:00 RC Go-Getter Social, Fiesta 3:00 Putting the Past in Order, 2DR 3:30 Flash Mob Activities, 2DR 6:30 Colours of Relaxation, 2DR | 12 10:15 Fun & Fitness, 2DR 1:45 1:1 visits 2:30 Word Games, Lobby |
| 13 10:30 Catholic Communion, SR 1:45 1:1 visits 2:30 Tweedsmuir Presbyterian Church Service, SR | 14 10:00 St. Peter's School Visits, 1 st floor 1:45 "Better Late than Never" Review, 1 st floor 2:30 Bible Study, SR 3:30 Flash Mob Activities, 2DR 6:30 Sign of the Times, 2DR | 15 10:15 Word Games, L 1:30 Spelling Games, C 1:45 Movie: SR 1:45 Reading Club, 2DR 2:30 Crafty Crew, 2DR 2:30 Reminiscing Group, 1DR 3:30 Flash Mob Activities, 2DR 6:15 OUTING: Walmart by taxi (BRUCE), see LED to sign up | 16 10:00 Hymn Sing, F 11:00 Flower Arranging, 2DR 1:30 Trivia, 1DR 1:45 Walking Club, 2 nd floor 2:30 Monthly Birthday Party, 2DR 3:30 Flash Mob Activities, 2DR 6:30 Resident Choir, SR | 17 10:15 Fun & Fitness, 2DR 1:30 1:1 visits, 2 nd floor 1:45 Martin Luther King Jr. Trivia, 1DR 2:30 Book Club, 2DR 2:30 REC: Bingo, 1DR 3:30 Flash Mob Activities, 2DR 6:30 Mental Aerobics 6:30 Creative Writing: Martin Luther King, 2DR | 18 10:15 Fun & Fitness, 2DR 12:00 Fish & Chip Luncheon, See LED to sign up, F 1:30 Manicures, 2 nd floor 2:00 Martin Luther King Jr, 1DR 2:30 Active Games, 2DR 6:30 Yoga/Tapping, C | 19 10:15 Fun & Fitness, 2DR 1:45 Salem to Montgomery Discussion, L |
| 20 10:30 Catholic Communion, SR 1:45 Martin Luther King Day Discussion, Lobby | 21 10:15 Zumba Gold, 2DR 1:30 Biography: Martin Luther King Jr., 1DR 2:30 Nature Themed Colouring, 2DR 2:30 Res/Food Council Meeting, 1DR 6:30 Seated Yoga, Chapel Martin Luther King Day Tu B'Shevat | 22 8:30 Ladies Breakfast, (sign up) 10:30 Mental Muscle, C 1:30 1:1 visits 1:45 Movie: SR 1:45 1:1 Visits, 2 nd floor 2:30 Makeup Makeovers, 2DR 3:30 Flash Mob Activities, 2DR 6:30 Martin Luther King Craft, 2DR 6:30 Hot Chocolate & Trivia, L | 23 10:00 Hymn Sing, F 11:00 Flower Arranging, 1DR 1:30 "Better Late than Never" review, 2 nd floor 2:00 St. Mark's Anglican Church Service, F 2:30 Word Games, 2DR 3:30 Flash Mob Activities, 2DR 6:30 Resident Choir, SR | 24 10:15 Fun & Fitness, 2DR 1:30 Active Games, 2DR 1:45 Current Events, 1DR 2:30 Travelogue, 2DR 2:30 Flash Mob Activities, 2DR 3:30 Flash Mob Activities, 2DR 6:30 Seated Yoga, C 6:30 Puzzles Galore, 2DR | 25 Bell Let's Talk 10:15 Bell Let's Talk Discussion: Mental Health, L 1:30 1:1 visits, 2 nd floor 2:30 Flash Mob Activities, 2DR RG Stat Back | 26 10:15 Fun & Fitness, 2DR 1:45 Active Games, SR 2:30 REC: Bingo, 1DR |
| 27 10:30 Catholic Communion, SR 1:45 Walking Club, 1 st flr 2:30 Celebration of Life Ceremony, Fiesta (with Westminster Church). All invited to attend. | 28 10:15 Zumba Gold, 2DR 1:45 Games Galore, 2DR 2:30 Hand Massages, 2flr 3:30 Flash Mob Activities, 2DR 6:30 Relax & Renew, SR Australia Day (observed) | 29 10:15 Balloon Badminton, R 1:30 Super Trivia, 1DR 1:45 Movie: SR 1:45 Cardmaking, 2DR 2:30 Manicures/Hand Massage, 1 st floor 2:30 Wine & Cheese Social, 1DR 3:30 Flash Mob Activities, 2DR 6:30 Short Stories, 2DR 6:30 Seated Yoga, Chapel | 30 10:00 Hymn Sing, F 11:00 Flower Arranging, 1DR 1:30 Library Cart, 2 nd floor 2:30 Welcome Social w Eric, 1DR 3:30 Flash Mob Activities, 2DR 6:30 Resident Choir, SR | 31 10:15 Fun & Fitness, 2DR 1:30 Trivia, 2DR 1:45 Shake Loose a Memory, 1DR 2:30 Seated Yoga, Chapel 2:30 REC: Bingo, 1DR 3:30 Flash Mob Activities, 2DR 6:30 An Evening w the Stars, L 6:30 Flash Mob Activities, 2DR |  | |

F=Fiesta RV=Rendezvous Lounge 1DR=1st floor dining room L=Lobby C=Chapel CY=Courtyard 2DR=2nd floor dining SR=sunrise room 2N=2 North Unit