












JANUARY 2019 ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>SHUTTLES & OUTINGS PLEASE BE SURE TO SIGN UP AT RECEPTION AT LEAST 48 HOURS IN ADVANCE</p> 	<p>Location Of Activity RR = Retirement Residence SS = Senior Suites</p> <p>Type Of Activity Blue = Fitness Purple = Spiritual Green = Outing Orange = Game Aqua = Vendor Red = Movie Pink = Entertainment Brown = Crafty Corner</p> <p>A = Auditorium B = Bistro C = Chapel T = Theatre L = Lobby AR = Activity Room SS-RR= Senior Suites Red Room WC = Wellness Centre FR = Fitness Room</p>	<p style="text-align: right;">1</p> <p>No Shopping or community exercise due to Statutory Holiday</p> <p>10:15 No Tuck Shop-Statutory Holiday</p> <p>10:30 2019 Door Burst (RR-B)</p> <p>2:00 January Trivia (SS-B)</p> <p>3:45 Wine and Cheese Social Hour (RR-B)</p> <p>7:15 Cards: Play Bridge (SS-B)</p> <p style="text-align: center;">Due to the statutory holiday, activities have been limited!</p>	<p style="text-align: right;">2</p> <p>10:30 Cranium Crunches (SS-B)</p> <p>2:00 Entertainment: Musical Friends (RR-A)</p> <p>3:45 Social Hour (SS-B)</p> <p>7:15 Game: BINGO (RR-A) \$2.00 for 3 cards All Welcome to Play Bingo</p> 	<p style="text-align: right;">3</p> <p>10:30 Fit Minds (SS-B)</p> <p>2:00 Book Club (SS-RR)</p> <p>2:00 Reminiscing with the Senses – Remembering Campbell’s Soup (RR-B)</p> <p>2:30 Community Exercise (SS-A)</p> <p>3:00 Community Exercise (SS-A)</p> <p>3:45 Social Hour (RR-B)</p> <p>7:00 Outing: Wesley Clover Park \$5 per person based on a full bus load</p> <p>7:15 NEW! Netflix Series: Heartland (SS-T)</p>	<p style="text-align: right;">4</p> <p>10:00 Zumba Gold Chair (SS-A)</p> <p>10:00 Blood Pressure Clinic (RR-Wellness Centre)</p> <p>10:15 Tuck Shop (RR-Basement)</p> <p>10:30 Breakfast Scramble (RR-B)</p> <p>1:30 Community Exercise (RR-A)</p> <p>2:00 Community Exercise (RR-A)</p> <p>2:00 Interactive Fit Minds (RR-B)</p> <p>2:30 Community Exercise (SS-A)</p> <p>3:00 Community Exercise (SS-A)</p> <p>3:45 Popcorn Social (SS-B)</p> <p>7:00 Board Games Night (SS-B)</p>	<p style="text-align: right;">5</p> <p>10:00 Resident Fitness (SS-A)</p> <p>10:30 Cranium Crunches (RR-B)</p> <p>2:00 Sip and Paint (SS-B)</p> <p>2:15 Cards: Play Euchre (RR-B)</p> <p>3:45 Popcorn Social Hour (RR-B)</p> <p>7:15 Movie Night (SS-T) RV</p> 
<p style="text-align: right;">6</p> <p>10:00 Bible Film with Lisa (RR-A)</p> <p>10:15 Communion (RR-C)</p> <p>10:30 Self-serve Morning Coffee (SS/RR-B)</p> <p>2:30 Self-Serve Afternoon Tea (SS-B/RR-B)</p> 	<p style="text-align: right;">7</p> <p>9:30 Shuttle: Westgate Shopping Mall</p> <p>9:45 Yoga with Georgia (RR-A)</p> <p>10:30 New Year’s Word Search Puzzle (RR-B)</p> <p>1:30 Park Place Sing-along (SS-A)</p> <p>1:30 Community Exercise (RR-A)</p> <p>2:00 Community Exercise (RR-A)</p> <p>2:00 One on One Visits (RR)</p> <p>2:15 Cards: Play Euchre (RR-B)</p> <p>2:30 Community Exercise (SS-A)</p> <p>3:00 Community Exercise (SS-A)</p> <p>3:00 Hymn Sing with Fidele (RR-C)</p> <p>3:45 Social Hour (SS-B)</p> <p>7:15 Movie Night (SS-T) Bridget Jones’s Baby</p>	<p style="text-align: right;">8</p> <p>9:30 Shuttle: Billing Bridge Mall</p> <p>10:00 Communion (RR-C)</p> <p>10:15 Tuck Shop (RR-Basement)</p> <p>10:30 January IQ Trivia (RR-B)</p> <p>11:45 Outing: Lunch and a Movie at Kanata Landmark (Movie to be determined) \$\$</p> <p>2:00 Mandrian-Inspired Bubble Wrap Art (SS-B)</p> <p>2:30 Community Exercise (RR-A)</p> <p>3:00 Community Exercise (RR-A)</p> <p>3:45 Social Hour (RR-B)</p> <p>7:15 Cards: Play Bridge (SS-B)</p>	<p style="text-align: right;">9</p> <p>10:30 Tai Chi (SS-A)</p> <p>10:30 Fun-FROST Bingo (RR-B)</p> <p>2:00 Entertainment: The Vintage Fiddlers (SS-A)</p> <p>3:45 Social Hour (SS-B)</p> <p>7:15 Game: BINGO (RR-A) \$2.00 for 3 cards All Welcome to Play Bingo</p>	<p style="text-align: right;">10</p> <p>10:00 Church Services (RR-C)</p> <p>10:30 Fit Minds (SS-B)</p> <p>10:30 Missing Last Letter (RR-B)</p> <p>2:00 Knitting Group (SS-B)</p> <p>2:30 Community Exercise (SS-A)</p> <p>3:00 Community Exercise (SS-A)</p> <p>3:45 Social Hour (RR-B)</p> <p>7:15 NEW! Netflix Series: Heartland (SS-T)</p> 	<p style="text-align: right;">11</p> <p>10:00 Line Dancing (SS-A)</p> <p>10:00 Blood Pressure Clinic (RR-Wellness Centre)</p> <p>10:15 Tuck Shop (RR-Basement)</p> <p>10:30 Quirky Cork Charm (RR-B)</p> <p>1:30 Community Exercise (RR-A)</p> <p>2:00 Community Exercise (RR-A)</p> <p>2:00 Interactive Fit Minds (RR-B)</p> <p>2:30 Community Exercise (SS-A)</p> <p>3:00 Community Exercise (SS-A)</p> <p>3:45 Social Hour (SS-B)</p> <p>7:00 Board Games Night (SS-B)</p>	<p style="text-align: right;">12</p> <p>10:00 Resident Fitness (SS-A)</p> <p>10:30 Trivia and Tim Bits (RR-B)</p> <p>11:30-1:30 January Brunch (SS-D)</p> <p>11:30-1:30 January Brunch (RR-D)</p> <p>2:00 Park Place Sing-along (SS-A)</p> <p>2:15 Cards: Play Euchre (RR-B)</p> <p>3:45 Social Hour (RR-B)</p> <p>7:15 Movie Night (SS-T) Barbara Streisand-Timeless Live in Concert</p>
<p style="text-align: right;">13</p> <p>10:15 Communion (RR-C)</p> <p>10:30 Self-Serve Morning Coffee (SS/RR-B)</p> <p>2:00 Writing Fun Club (SS-RR)</p> <p>2:30 Self-Serve Afternoon Tea (SS-B/RR-B)</p> <p>2:30 Salvation Army (RR-C)</p> <p>Jigsaw puzzle on the go in the library (SS-Library)</p>	<p style="text-align: right;">14</p> <p>9:30 Shuttle: Billings Bridge</p> <p>9:45 Yoga with Georgia (RR-A)</p> <p>10:30 First Categories Word game</p> <p>1:30 Park Place Sing-along (SS-A)</p> <p>1:30 Community Exercise (RR-A)</p> <p>2:00 Community Exercise (RR-A)</p> <p>2:00 Library (RR-AR)</p> <p>2:00 Ice Cream Social (RR-B)</p> <p>2:15 Cards: Play Euchre (RR-B)</p> <p>2:30 Community Exercise (SS-A)</p> <p>3:00 Community Exercise (SS-A)</p> <p>3:45 Social Hour (SS-B)</p> <p>7:15 Movie Night (SS-T) Just Friends</p> <p style="text-align: center;">Strawberry Ice Cream Day</p>	<p style="text-align: right;">15</p> <p>9:30 Shuttle: Carlingwood Mall</p> <p>10:00 Communion (RR-C)</p> <p>10:30 Eat, Wear, or Drive? (RR-B)</p> <p>10:15 Tuck Shop (RR-Basement)</p> <p>1:30 Outing: Indoor walking Circuit at Barrhaven Community Centre-Free Community Exercise (RR-A)</p> <p>2:30 Community Exercise (RR-A)</p> <p>2:15 Cards: Play Euchre (RR-B)</p> <p>3:45 Social Hour (RR-B)</p> <p>7:15 Cards: Play Bridge (SS-B)</p>	<p style="text-align: right;">16</p> <p>10:30 Weights with Chelsey (SS-FR)</p> <p>10:30 Cranium Crunches (SS-B)</p> <p>2:00 Entertainment: Christine McCann (RR-A)</p> <p>3:45 Social Hour (SS-B)</p> <p>7:15 Game: BINGO (RR-A) \$2.00 for 3 cards All Welcome to Play Bingo</p> 	<p style="text-align: right;">17</p> <p>10:30 Fit Minds (SS-B)</p> <p>10:30 Joke in the Jar (RR-B)</p> <p>2:00 Don’t Burst My Bubble! (RR-B)</p> <p>2:00 Julian Norwich Anglican Church Services (RR-C)</p> <p>2:30 Community Exercise (SS-A)</p> <p>3:00 Community Exercise (SS-A)</p> <p>3:45 Social Hour (RR-B)</p> <p>7:15 NEW! Netflix Series: Heartland (SS-T)</p>	<p style="text-align: right;">18</p> <p>10:00 Zumba Gold Chair (SS-A)</p> <p>10:15 Tuck Shop (RR-Basement)</p> <p>10:30 Mixed-Up New Year’s Word Scramble (RR-B)</p> <p>1:30 Community Exercise (RR-A)</p> <p>2:00 Community Exercise (RR-A)</p> <p>2:00 Interactive Fit Minds (RR-B)</p> <p>2:30 Catholic Mass (RR-A)</p> <p>2:30 Community Exercise (SS-A)</p> <p>3:00 Community Exercise (SS-A)</p> <p>3:45 Social Hour (SS-B)</p> <p>7:00 Board Games Night (SS-B)</p>	<p style="text-align: right;">19</p> <p>10:00 Resident Fitness (SS-A)</p> <p>10:30 Crafty Corner: Bubbly New Year’s Fortunes (RR-B)</p> <p>2:00 Sip and Paint (SS-B)</p> <p>2:15 Cards: Play Euchre (RR-B)</p> <p>3:45 Social Hour (RR-B)</p> <p>7:15 Movie Night (SS-T) All I Wish</p> 

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	22	23	24	25	26
<p>10:00 Bible Film with Lisa (RR-A)</p> <p>10:15 Communion (RR-C)</p> <p>10:30 Self-Serve Morning Coffee (SS/RR-B)</p> <p>2:30 Self-Serve Afternoon Tea (SS-B/RR-B)</p> <p>Jigsaw puzzle on the go in the library (SS-Library)</p> 	<p>9:30 Shuttle: Merivale Mall</p> <p>9:45 Yoga with Georgia (RR-A)</p> <p>10:30 Accidental Art: A short story and discussion (RR-B)</p> <p>1:30 Park Place Sing-along (SS-A)</p> <p>1:30 Community Exercise (R R-A)</p> <p>2:00 Community Exercise (RR-A)</p> <p>2:00 Making Homemade Granola Bars (RR-AR)</p> <p>2:15 Cards: Play Euchre (RR-B)</p> <p>2:30 Community Exercise (SS-A)</p> <p>3:00 Community Exercise (SS-A)</p> <p>3:00 Spiritual Hour with Fidele (RR-C)</p> <p>3:45 Social Hour (SS-B)</p> <p>7:15 Movie Night (SS-T) Nat King Cole</p> <p style="text-align: center;">Grateful for Granola Bars Day</p>	<p>9:30 Shuttle: Billings Bridge Shopping Centre</p> <p>10:00 Communion (RR-C)</p> <p>10:15 Tuck Shop (RR-Basement)</p> <p>10:30 Presentation on Heart Health by Kathy Coleman (SS-A)</p> <p>10:30 Cookies, Coffee and Conversation (RR-B)</p> <p>11:45 Outing: Lunch at the Rideau Carleton Casino \$\$</p> <p>2:30 Community Exercise (RR-A)</p> <p>3:00 Community Exercise (RR-A)</p> <p>3:45 Social Hour (RR-B)</p> <p>7:15 Cards: Play Bridge (SS-B)</p>	<p>9:30 Food Forum (SS-T)</p> <p>10:00 GM Chat (RR-B)</p> <p>10:30 Tai Chi (SS-A)</p> <p>2:00 Entertainment: Musical Memories (SS-A)</p> <p>3:45 Social Hour (SS-B)</p> <p>7:15 Game: BINGO (RR-A)</p> <p style="text-align: center;">\$2.00 for 3 cards All Welcome to Play Bingo</p>	<p>10:30 Fit Minds (SS-B)</p> <p>10:30 Bubbly Detective (RR-B)</p> <p>2:00 Knitting Group (SS-B)</p> <p>2:00 Sip and Paint (RR-AR)</p> <p>2:30 Community Exercise (SS-A)</p> <p>3:00 Community Exercise (SS-A)</p> <p>3:45 Social Hour (RR-B)</p> <p>7:00 Entertainment: Dai Bassett (SS-L)</p> <p>7:15 NEW! Netflix Series: Heart Land (SS-T)</p> <div style="text-align: center;">  <p>FIT MINDS</p> </div>	<p>10:00 Spelling Bee (SS-T)</p> <p>10:15 Tuck Shop (RR-Basement)</p> <p>10:30 Spelling JACK-IN-THE-BOX Crossword Puzzle (RR-B)</p> <p>1:30 Community Exercise (RR-A)</p> <p>2:00 Community Exercise (RR-A)</p> <p>2:00 Interactive Fit Minds (RR-B)</p> <p>2:30 Community Exercise (SS-A)</p> <p>3:00 Community Exercise (SS-A)</p> <p>3:45 Social Hour (SS-B)</p> <p>7:00 Board Games Night (SS-B)</p> <p style="text-align: center;">ROBBIE BURNS DAY</p> <div style="text-align: center;">  </div>	<p>10:00 Resident Fitness (SS-A)</p> <p>10:30 News and Views (RR-B)</p> <p>2:00 Park Place Sing-along (SS-A)</p> <p>2:15 Cards: Play Euchre (RR-B)</p> <p>3:45 Social Hour (RR-B)</p> <p>7:15 Movie Night (SS-T) Paddington</p>
27	28	29	30	31	<p>Flower – Carnation :</p> <p>This month's flower is as rich in history and significance as it is diverse-and with around 300 species, that's saying something! Their genus, Dianthus, means "flower of the gods," which explains why they were a favorite among early Romans, who made them into celebratory wreaths. According to some sources, these pretty petals first grew from the patches of earth where Mary's tears fell after Christ's crucifixion. Because of this, carnations have come to represent a mother's love. Interestingly, carnations were used in the first Mother's Day celebration in 1908.</p>	
<p>10:15 Communion (RR-C)</p> <p>10:30 Self-Serve Morning Coffee (SS-B/RR-B)</p> <p>2:00 The MET Church (RR-C)</p> <p>2:00 Writing Fun Club (SS-RR)</p> <p>2:30 Self-Serve Afternoon Tea (SS-B/RR-B)</p> <p>Jigsaw puzzle on the go in the library (SS-Library)</p>	<p>9:30 Shuttle: Walmart</p> <p>9:45 Yoga with Georgia (RR-A)</p> <p>1:30 Resident's Council (SS-T)</p> <p>1:30 Community Exercise (RR-A)</p> <p>2:00 Community Exercise (RR-A)</p> <p>2:00 Marshmallow Social (RR-AR)</p> <p>2:15 Cards: Play Euchre (RR-B)</p> <p>2:30 Community Exercise (SS-A)</p> <p>3:00 Community Exercise (SS-A)</p> <p>3:45 Social Hour (SS-B)</p> <p>7:15 Movie Night (SS-T) Forever My Girl</p> <p style="text-align: center;">Marshmallow Monday</p>	<p>9:30 Shuttle: Carlingwood Mall</p> <p>10:00 Communion (RR-C)</p> <p>10:15 Tuck Shop (RR-Basement)</p> <p>10:30 Easy does it Random Trivia (SS-B)</p> <p>11:45 Outing: Mandarin Restaurant \$\$</p> <p>2:00 Dot-to-Dot game (RR-B)</p> <p>2:30 Community Exercise (RR-A)</p> <p>3:00 Community Exercise (RR-A)</p> <p>3:45 Social Hour (RR-B)</p> <p>7:15 Cards: Play Bridge (SS-B)</p>	<p>10:30 Balls, Bands and Balance (SS-A)</p> <p>10:30 Cranium Crunches (SS-B)</p> <p>4:45 Birthday Dinner (RR-D)</p> <p>5:30 Birthday Dinner (SS-D)</p> <p>7:15 Game: BINGO (RR-A)</p> <p style="text-align: center;">\$2.00 for 3 cards All Welcome to Play Bingo</p> <div style="text-align: center;">  </div>	<p>10:30 Fit Minds (SS-B)</p> <p>10:30 Missing Numbers (RR-B)</p> <p>2:00 Hangman (SS-B)</p> <p>2:15 Shuttle: Shopper's Drugmart</p> <p>2:30 Community Exercise (SS-A)</p> <p>3:00 Community Exercise (SS-A)</p> <p>3:45 Social Hour (RR-B)</p> <p>7:15 NEW! Netflix Series: Heart Land (SS-T)</p>		

- January 1 marks the first day of the first month of every New Year, thanks to the Gregorian calendar introduced by Pope Gregory XIII in 1582 and adopted throughout the British Empire (and the colonies) in 1753.
- Leap year exempted, January always begins on the same day as October. In leap years, January always begins on the same day as April and July.
- "Should auld acquaintance be forgot and never brought to mind? Should auld acquaintance be forgot and auld lang syne? For auld lang syne, my jo, for auld lang syne, we'll tak' a cup o'kindness yet, for auld lang syne." Robert Burns (Original Scots Auld Lang Syne, 1788)

