


January 2024
Memory Care

Location of Activity:
RR = Retirement Residence | SS = Senior Suites
A = Auditorium | B = Bistro | T = Theatre | P = Patio
AR = Activity Room | C = Chapel | LL = Lower Level

Type of Activity:
Blue = Fitness | Green = New | Red = Movie/TV/Virtual | Pink = Special | Orange = Game | Purple = Music/Concert

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|---|---|---|
| <div></div> | <div>1</div> <div>STAT Holiday</div> <div>12:45 1:1 Walks and Visits</div> <div>2:30 Bingo(4th Floor Activity Room)</div> <div>4:00 Chair Yoga (4th Floor Activity Room)</div> | <div>2</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:30 Fitness with Andrew (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>2:00 Music with Homa (4th Floor Activity Room)</div> <div>3:00 Balloon Ball (4th Floor Activity Room)</div> <div>3:30 Fit Minds (4th Floor Activity Room)</div> | <div>3</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:30 Music Therapy with Grace (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>2:00 Painting Group (4th Floor Activity Room)</div> <div>3:00 Montessori Group (4th Floor Activity Room)</div> <div>4:00 Musical Game (4th Floor Activity Room)</div> | <div>4</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:15 Colouring and Coffee (RR-B)</div> <div>10:30 Fitness with Andrew (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>2:00 Afternoon Spa (4th Floor Activity Room)</div> <div>3:00 Games and Puzzles (4th Floor Activity Room)</div> <div>4:00 News and Views (4th Floor Activity Room)</div> | <div>5</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:15 1:1 Snoezelen Sessions (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>1:30 Baking Group (RR-AR)</div> <div>3:00 Social Tea (4th Floor Dining Room)</div> <div>4:00 Balloon Ball (4th Floor Activity Room)</div> | <div>6</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>2:00 Montessori Group (4th Floor Activity Room)</div> <div>3:00 Afternoon Movie (4th Floor Activity Room)</div> |
| <div>7</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:30 Balloon Ball (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>1:30 Sing-A-Long with Kelly (4th Floor Activity Room)</div> | <div>8</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:15 Outing: Scenic Drive</div> <div>12:45 1:1 Walks and Visits</div> <div>2:00 Bingo(4th Floor Activity Room)</div> <div>3:00 1:1 Snoezelen Sessions (4th Floor Activity Room)</div> <div>4:00 Chair Yoga (4th Floor Activity Room)</div> | <div>9</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:30 Fitness with Andrew (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>2:00 Music with Homa (4th Floor Activity Room)</div> <div>3:00 Balloon Ball (4th Floor Activity Room)</div> <div>3:30 Fit Minds (4th Floor Activity Room)</div> | <div>10</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:30 Concert with Larry Garnett (RR-A)</div> <div>10:45 Reading Group (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>2:00 Painting Group (4th Floor Activity Room)</div> <div>3:00 Montessori Group (4th Floor Activity Room)</div> <div>4:00 Musical Game (4th Floor Activity Room)</div> | <div>11</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:15 Colouring and Coffee (RR-B)</div> <div>10:30 Fitness with Andrew (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>2:00 Afternoon Spa (4th Floor Activity Room)</div> <div>3:00 Games and Puzzles (4th Floor Activity Room)</div> <div>4:00 News and Views (4th Floor Activity Room)</div> | <div>12</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:15 1:1 Snoezelen Sessions (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>1:30 Baking Group (RR-AR)</div> <div>3:00 Social Tea (4th Floor Dining Room)</div> <div>4:00 Balloon Ball (4th Floor Activity Room)</div> | <div>13</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:45 Musical Cafe with Roselle (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>2:00 Montessori Group (4th Floor Activity Room)</div> <div>3:00 Afternoon Movie (4th Floor Activity Room)</div> <div></div> |

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|--|---|---|
| <div>14</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:30 Balloon Ball (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>1:30 Sing-A-Long with Kelly (4th Floor Activity Room)</div> <div>3:30 The Crafty Hour (RR-AR)</div> | <div>15</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:15 Outing: Scenic Drive</div> <div>12:45 1:1 Walks and Visits</div> <div>2:15 Bingo(4th Floor Activity Room)</div> <div>3:00 1:1 Snoezelen Sessions (4th Floor Activity Room)</div> <div>4:00 Chair Yoga (4th Floor Activity Room)</div> | <div>16</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:30 Fitness with Andrew (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>2:00 Music with Homa (4th Floor Activity Room)</div> <div>3:00 Balloon Ball (4th Floor Activity Room)</div> <div>3:30 Fit Minds (4th Floor Activity Room)</div> | <div>17</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:30 Music Therapy with Grace (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>2:00 Painting Group (4th Floor Activity Room)</div> <div>3:00 Montessori Group (4th Floor Activity Room)</div> <div>4:00 Musical Game (4th Floor Activity Room)</div> | <div>18</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:15 Colouring and Coffee (RR-B)</div> <div>10:30 Fitness with Andrew (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>2:00 Afternoon Spa (4th Floor Activity Room)</div> <div>3:00 Games and Puzzles (4th Floor Activity Room)</div> <div>4:00 News and Views (4th Floor Activity Room)</div> | <div>19</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:15 1:1 Snoezelen Sessions (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>1:30 Baking Group (RR-AR)</div> <div>3:00 Social Tea (4th Floor Dining Room)</div> <div>4:00 Balloon Ball (4th Floor Activity Room)</div> | <div>20</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>2:00 Montessori Group (4th Floor Activity Room)</div> <div>3:00 Afternoon Movie (4th Floor Activity Room)</div> |
| <div>21</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:30 Balloon Ball (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>1:30 Sing-A-Long with Kelly (4th Floor Activity Room)</div> | <div>22</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:15 Outing: Scenic Drive</div> <div>12:45 1:1 Walks and Visits</div> <div>2:15 Bingo(4th Floor Activity Room)</div> <div>3:00 1:1 Snoezelen Sessions (4th Floor Activity Room)</div> <div>4:00 Chair Yoga (4th Floor Activity Room)</div> | <div>23</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:30 Fitness with Andrew (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>2:00 Music with Homa (4th Floor Activity Room)</div> <div>3:00 Balloon Ball (4th Floor Activity Room)</div> <div>3:30 Fit Minds (4th Floor Activity Room)</div> | <div>24</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:45 Reading Group (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>2:00 Painting Group (4th Floor Activity Room)</div> <div>3:00 Montessori Group (4th Floor Activity Room)</div> <div>4:00 Musical Game (4th Floor Activity Room)</div> | <div>25</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:15 Colouring and Coffee (RR-B)</div> <div>10:30 Fitness with Andrew (4th Floor Activity Room)</div> <div>11:30 Robbie Burns Day Lunch (Regular Seating Times) (4th Floor Dining Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>2:00 Anglican & Lutheran Worship Service (RR-C)</div> <div>3:00 Games and Puzzles (4th Floor Activity Room)</div> <div>4:00 News + Views (4th Floor AR)</div> | <div>26</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:15 1:1 Snoezelen Sessions (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>1:30 Baking Group (RR-AR)</div> <div>3:00 Social Tea (4th Floor Dining Room)</div> <div>4:00 Balloon Ball (4th Floor Activity Room)</div> | <div>27</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>2:00 Montessori Group (4th Floor Activity Room)</div> <div>3:00 Afternoon Movie (4th Floor Activity Room)</div> |
| <div>28</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:30 Balloon Ball (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>1:30 Sing-A-Long with Kelly (4th Floor Activity Room)</div> <div>3:30 The Crafty Hour (RR-AR)</div> | <div>29</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:15 Outing: Scenic Drive</div> <div>12:45 1:1 Walks and Visits</div> <div>2:15 Bingo(4th Floor Activity Room)</div> <div>3:00 1:1 Snoezelen Sessions (4th Floor Activity Room)</div> <div>4:00 Chair Yoga (4th Floor Activity Room)</div> | <div>30</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>10:30 Fitness with Andrew (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>2:00 Music with Homa (4th Floor Activity Room)</div> <div>3:00 Balloon Ball (4th Floor Activity Room)</div> <div>3:30 Fit Minds (4th Floor Activity Room)</div> | <div>31</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</div> <div>12:45 1:1 Walks and Visits</div> <div>2:00 Painting Group (4th Floor Activity Room)</div> <div>3:00 Montessori Group (4th Floor Activity Room)</div> <div>4:00 Musical Game (4th Floor Activity Room)</div> |  | | |