

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Promenade</div> <div>Memory Care/Assisted Living</div> <div>JANUARY 2024</div>						
	1 10:00 Coffee and Snacks 11:00 New Years Morning Hot Chocolate (3 rd) 2:00 New Years Day Hot Chocolate (2 nd) 3:00 Social Hour (RR B) 3:00 Monday Manicures (2 nd) 4:00 Beach Ball Catch (3 rd)	2 9:30 Scenery Walk (2 nd) 10:00 Coffee and Snacks 10:45 Balloon Tennis (3 rd) 10:45 Music Therapy with Jennifer (2 nd) 1:30 Fit Minds and Trivia (2 nd) 4:00 Scenery Walk (3 rd)	3 9:30 Craft Club: Snowman Craft (RR AR) 10:00 Coffee and Snacks 10:45 Fun and Fitness (2 nd) 2:30 Fun and Fitness (3 rd) 3:00 Social Hour (RR B) 3:00 Bingo (2 nd) 4:00 Scenery Walk (3 rd)	4 9:30 Scenery Walk (2 nd) 10:00 Coffee and Snacks 10:30 Trivia (3 rd) 1:30 Billiards (RR GR) 2:00 Catholic Mass (RR C) 4:00 Scenery Walk (3 rd)	5 8:30 Scenery Walk (3 rd) 10:00 Coffee and Snacks 10:30 Sing A Long (RR T) 2:00 Musical Exercise (3 rd) 3:00 Beach Ball Catch (2 nd) 3:00 Social Hour (RR B)	6 10:00 Coffee and Snacks 10:00 Baking Club: Chocolate Chip Muffins (3 rd) 1:30 Bean Bags (3 rd) 4:00 Tea and Treats Social (RR B)
7 9:30 1:1 visits (3 rd) 10:00 Coffee and Snacks 10:00 Catholic TV Mass (3 rd) 10:30 Sing A Long (3 rd) 1:30 Bean Bags (2 nd) 2:30 Movie Matinee (RR T) 4:00 Mocktail Social (3 rd)	8 9:30 Monday Manicures (3 rd) 10:00 Coffee and Snacks 2:00 Zumba Dancing (2 nd) 3:00 Social Hour (RR B) 4:00 Beach Ball Catch (3 rd)	9 9:30 Scenery Walk (2 nd) 10:00 Coffee and Snacks 10:45 Balloon Tennis (3 rd) 1:30 Fit Minds and Trivia (2 nd) 4:00 Scenery Walk (3 rd)	10 9:30 Craft Club: Paper Flowers (RR AR) 10:00 Coffee and Snacks 10:45 Fun and Fitness (2 nd) 1:30 Fun and Fitness (3 rd) 3:00 Social Hour (RR B)	11 9:30 Scenery Walk (2 nd) 10:00 Coffee and Snacks 10:30 High Tea Social (3 rd) 2:00 High Tea Social (2 nd) 2:00 Catholic Mass (RR C) 3:00 History Recall: January in History (RR T) 4:00 Billiards (RR GR)	12 8:30 Scenery Walk (3 rd) 10:00 Coffee and Snacks 9:00 Latin Chair Dancing (2 nd) 9:40 Latin Chair Dancing (3 rd) 10:00 Sing A Long (RR T) 1:00 – 4:00 Covid Clinic (RR) 2:00 Live Entertainment with Just Us (SS L) 3:00 Social Hour (RR B) 3:00 Beach Ball Catch (2 nd)	13 10:00 Coffee and Snacks 10:15 Baking Club: Irish Soda Bread (2 nd) 1:30 Bean Bags (3 rd) 4:00 Hot Chocolate Social (RR B)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																								
14 9:30 1:1 visits (3 rd) 10:00 Coffee and Snack Cart 10:00 Catholic TV Mass (3 rd) 10:30 Sing A Long (3 rd) 1:30 Bean Bags (2 nd) 2:30 Movie Matinee (RR T) 3:00 Winter Memories Discussion (3 rd) 4:00 Mocktails Social (2 nd)	15 10:00 Coffee and Snacks 10:30 Strawberry Ice Cream Social (RR B) 1:30 Zumba Dancing (2 nd) 3:00 Social Hour (RR B) 3:15 Beach Ball Catch (3 rd) 4:00 Scenery Walk (2 nd)	16 9:30 Scenery Walk (2 nd) 10:00 Coffee and Snacks 10:45 Music Therapy with Jennifer (3 rd) 1:15 Balloon Tennis (3 rd) 4:00 Scenery Walk (3 rd)	17 9:30 Craft Club: Beaded Bracelets (RR AR) 10:00 Coffee and Snacks 10:45 Fun and Fitness (2 nd) 3:00 Social Hour (RR B) 3:00 Bingo (2 nd) 4:00 Scenery Walk (3 rd)	18 9:30 Scenery Walk (2 nd) 10:00 Coffee and Snacks 10:30 Trivia (3 rd) 1:30 Billiards (RR GR) 2:00 Catholic Mass (RR C) 4:00 Scenery Walk (3 rd)	19 8:30 Scenery Walk (3 rd) 10:00 Coffee and Snacks 10:30 Sing A Long (RR T) 2:00 Musical Exercise (3 rd) 3:00 Beach Ball Catch (2 nd) 3:00 Social Hour (RR B)	20 10:00 1:1 visits (2 nd) 10:00 Coffee and Snacks 10:00 Baking Club: Peanut Butter Blossoms (3 rd) 1:30 1:1 Puzzles (2 nd) 1:30 Bean Bags (3 rd) 4:00 Tea and Trivia Social (RR B)																								
21 9:30 1:1 visits (3 rd) 10:00 Coffee and Snacks 10:00 Catholic TV Mass (3 rd) 10:30 Sing A Long (3 rd) 1:30 Bean Bags (2 nd) 2:30 Movie Matinee (RR T) 4:00 Mocktails Social (3 rd)	22 9:30 Monday Manicures (3 rd) 10:00 Coffee and Snacks 2:00 Zumba Dancing (2 nd) 3:00 Social Hour (RR B) 4:00 Beach Ball Catch (3 rd)	23 9:30 Scenery Walk (2 nd) 10:00 Coffee and Snacks 11:00 Balloon Tennis (3 rd) 1:30 Fit Minds and Trivia (2 nd) 4:00 Scenery Walk (3 rd)	24 9:30 Craft Club: Collage (RR AR) 10:00 Coffee and Snacks 10:45 Fun and Fitness (2 nd) 2:30 Fun and Fitness (3 rd) 3:00 Social Hour (RR B) 3:00 Bingo (2 nd)	25 9:30 Scenery Walk (2 nd) 10:00 Coffee and Snacks 10:30 High Tea Social (3 rd) 1:30 Billiards (RR GR) 2:00 Catholic Mass (RR C) 2:00 Live Entertainment: Jolly Folks Choir (SS L) 4:00 Scenery Walk (3 rd)	26 8:30 Scenery Walk (3 rd) 9:00 Latin Chair Dancing (2 nd) 9:40 Latin Chair Dancing (3 rd) 10:00 Coffee and Snacks 10:30 Sing A Long (RR T) 2:00 Musical Exercise (3 rd) 3:00 Beach Ball Catch (2 nd) 3:00 Social Hour (RR B)	27 9:30 1:1 visits (3 rd) 10:00 Coffee and Snacks 10:30 Butterscotch Chip Cookies (2 nd) 3:30 Bean Bags (3 rd) 4:00 Chocolate Cake Social (RR B)																								
28 9:30 1:1 visits (3 rd) 10:00 Coffee and Snacks 10:00 Catholic TV Mass (3 rd) 10:30 Sing A Long (3 rd) 1:30 Bean Bags (2 nd) 2:30 Movie Matinee (RR T) 3:00 Word Games (3 rd) 4:00 Mocktails Social (2 nd)	29 9:30 Monday Manicures (3 rd) 10:00 Coffee and Snacks 2:00 Zumba Dancing (2 nd) 3:00 Social Hour (RR B) 4:00 Beach Ball Catch (3 rd)	30 9:30 Scenery Walk (2 nd) 10:00 Coffee and Snacks 10:45 Music Therapy with Jennifer (2 nd) 11:00 Balloon Tennis (3 rd) 1:30 Fit Minds and Trivia (2 nd) 4:00 Scenery Walk (3 rd)	31 9:30 Craft Club: Paper Flowers (RR AR) 10:00 Coffee and Snacks 10:45 Fun and Fitness (2 nd) 1:30 Fun and Fitness (3 rd) 3:00 Social Hour (RR B) 4:00 Scenery Walk (3 rd)	Type of Activity: Blue - Fitness Green - New Red - Movie/TV/Virtual Pink – Special Orange – Game Purple - Concert Lilac - Holidays	Location Code <table><tr><td>B</td><td>Bistro</td><td>L</td><td>Lobby</td></tr><tr><td>BR</td><td>SS Bridge Room</td><td>YR</td><td>SS Yoga Room</td></tr><tr><td>GR</td><td>RR Game Room</td><td>Lib</td><td>SS Library</td></tr><tr><td>2nd</td><td>2nd floor dining room</td><td>3rd</td><td>3rd floor lounge</td></tr><tr><td>T</td><td>Theatre</td><td colspan="2" rowspan="3"></td></tr><tr><td>C</td><td>Chapel</td></tr><tr><td>WC</td><td>Wellness Centre</td></tr></table>		B	Bistro	L	Lobby	BR	SS Bridge Room	YR	SS Yoga Room	GR	RR Game Room	Lib	SS Library	2 nd	2 nd floor dining room	3 rd	3 rd floor lounge	T	Theatre			C	Chapel	WC	Wellness Centre
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