

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

January 2020

1st Floor Radiant Care Tabor Manor

| | | | | | | |
|---|--|--|---|--|---|--|
| | | | <p>9:30 <i>Physio Exercise</i></p> <p>10:30 Life Stories</p> <p>3:30 New Year's Day Around the World</p> <p><small>New Year's Day</small></p> | <p>9:30 Outdoor Strolls</p> <p>10:30 Elfer Raus</p> <p>3:30 Bocce Ball</p> | <p>9:30 Exercise</p> <p>3:00 Fit Minds</p> | <p>10:15 Bingo Hall in the Great Room</p> |
| <p>5</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room: "Eight Below"</p> | <p>6</p>  <p>Christmas Cleanup Day! join us in cleaning up our Christmas decorations!</p> | <p>7</p> <p>10:00 Chapel Service in the Great Room with AnnElise Hoogendam</p> <p>11:00 <i>Physio Exercise</i></p> <p>3:30 Sing Along with Kathie</p> | <p><small>BANK DAY</small></p> <p>9:30 <i>Physio Exercise</i></p> <p>10:00 Resident's Council Meeting</p> <p>3:00 Fit Minds</p> | <p>9</p> <p>9:30 Baking Apple Perishky</p> <p>11:00 Apple Perishky Tasting</p> <p>3:30 Coffee and Poems</p> | <p>10</p> <p>9:30 Exercise</p> <p>3:00 Fit Minds</p> | <p>11</p> <p>10:15 Bingo Hall in the Great Room</p> |
| <p>12</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room "Big Fish"</p> | <p>13</p> <p>9:30 Exercise</p> <p>3:30 Name 10</p> | <p>14</p> <p>10:00 Chapel Service in the Great Room with Gaetan Country Fiddler</p> <p>11:00 <i>Physio Exercise</i></p> <p>3:30 Java Music Club</p> | <p>15</p> <p>9:30 <i>Physio Exercise</i></p> <p>3:00 Fit Minds</p> <p>3:30 Balloon Tennis</p> | <p>16</p> <p>9:30 Baking Apple Perishky</p> <p>3:30 Coffee & Perishky</p> <p>6:00 Paint Night</p> | <p>17</p> <p>9:30 Exercises</p> <p>10:30 Roman Catholic Communion Service in the Great Room</p> <p>3:00 Fit Minds</p> <p>3:30 Finish the Line</p> | <p>18</p> <p>10:15 Bingo Hall in the Great Room</p> |
| <p>19</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room: "Mighty Joe Young"</p> <p><small>Activity Professionals Week</small></p> | <p>20</p> <p>9:30 Walking Group</p> <p>11:00 Exercise</p> <p>3:30 Wheel of Fortune</p> <p><small>Martin Luther King Day</small></p> | <p>21</p> <p>10:00 Chapel Service in the Great Room with the Ledwez men's Trio</p> <p>11:00 <i>Physio Exercise</i></p> <p>Montessori Afternoon</p> | <p>22</p> <p>9:30 <i>Physio Exercise</i></p> <p>10:30 Paint with Me</p> <p>3:00 Fit Minds</p> <p>3:00 Keith's Café</p> | <p>23</p> <p>9:30 Baking Apple Perishky</p> <p>3:30 Perishky & Poems</p> | <p>24</p> <p>9:30 Exercises</p> <p>3:00 Fit Minds</p> | <p>25</p> <p>10:15 Bingo Hall in the Great Room</p> <p><small>Chinese New Year</small></p> |
| <p>26</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room: "The Last Song"</p> | <p>27</p> <p>9:30 Exercise</p> <p>3:00 January Birthday Party in the Great Room</p> <p><small>Australia Day (observed)</small></p> | <p>28</p> <p>10:00 Chapel Service in the Great Room with Mike Moran</p> <p>11:00 <i>Physio Exercise</i></p> <p>3:30 Bean Bag Toss</p> <p>6:00 Joyful Noise</p> | <p>29</p> <p>9:30 <i>Physio Exercise</i></p> <p>10:30 Meaningful Visits</p> <p>3:00 Fit Minds</p> | <p>30</p> <p>9:30 Baking Apple Perishky</p> <p>11:00 Apple Perishky Tasting</p> <p>7:00 Chapel Service in the Great Room: Concert with "Seasons Chorale"</p> | <p>31</p> <p>9:30 Exercise</p> <p>10:00 Worship Service with Don in the Lounge</p> <p>3:00 Fit Minds</p> <p>3:30 Guess the Resolution</p> | |

In order to meet the needs of our residents, programs are subject to change

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2020

2nd Floor Radiant Care Tabor Manor



| | | | | | | |
|---|--|--|--|---|---|---|
| | | | <p>9:30 Exercise</p> <p>10:30 New Year's Day Around the World</p> <p><small>New Year's Day</small></p> | <p>9:30 Physio Exercise</p> <p>10:00 Finish the Line</p> <p>10:30 Jeopardy</p> <p>3:30 Monthly Gazette</p> | <p>10:30 Wheel of Fortune</p> <p>3:00 Fit Minds</p> <p>3:30 Meaningful Visits</p> | <p>3:00 Bingo Hall in the Great Room</p> |
| <p>5</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room: "Eight Below"</p> | <p>6</p> <p><i>Clean up Christmas Clutter</i></p> <p>Christmas Cleanup Day <i>join us in cleaning up our Christmas decorations!</i></p> <p>9:30 Physio Exercise</p> <p>6:30 Meaningful Visits</p> | <p>7</p> <p>10:00 Chapel Service in the Great Room with AnnElise Hoogendam</p> <p>3:30 Balloon Tennis</p> | <p><small>New Year's Day</small></p> <p>BANK DAY</p> <p>10:00 Resident's Council Meeting</p> <p>3:00 Fit Minds</p> <p>3:00 Keith's Café</p> | <p>9</p> <p>9:30 Physio Exercise</p> <p>Baking Apple Perishky on 1st Floor</p> <p>3:30 Life Stories</p> | <p>10</p> <p>10:30 Exercise with Riddles</p> <p>3:00 Fit Minds</p> <p>3:30 Wheel of Fortune</p> | <p>11</p> <p>3:00 Bingo Hall in the Great Room</p> |
| <p>12</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room: "Big Fish"</p> | <p>13</p> <p>9:30 Physio Exercise</p> <p>10:30 Name 10</p> <p>6:30 Meaningful Visits</p> | <p>14</p> <p>10:00 Chapel Service in the Great Room with Gaetan Country Fiddler</p> <p>3:30 Sing Along with Kathie</p> | <p>15</p> <p>9:30 Kindergarten Visits with Lincoln Centennial</p> <p>3:00 Fit Minds</p> | <p>16</p> <p>9:30 Physio Exercise</p> <p>Baking Apple Perishky on 1st Floor</p> <p>3:15 High Tea</p> | <p>17</p> <p>10:30 Meaningful Visits</p> <p>10:30 Roman Catholic Communion Service in the Great Room</p> <p>3:00 Fit Minds</p> <p>6:00 Elfer Raus</p> | <p>18</p> <p>3:00 Bingo Hall in the Great Room</p> |
| <p>19</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room: "Mighty Joe Young"</p> <p><small>Activity Professionals Week</small></p> | <p>20</p> <p>9:30 Physio Exercise</p> <p>10:00 Finish the Line</p> <p>10:30 The Alphabet Game</p> <p>3:30 Lawn Darts</p> <p><small>Martin Luther King Day</small></p> | <p>21</p> <p>10:00 Chapel Service in the Great Room with the Ledwez men's Trio</p> <p>3:30 Bocce Ball</p> | <p>22</p> <p>9:30 Exercise</p> <p>3:00 Fit Minds</p> <p>6:00 Story Time in the Lounge</p> | <p>23</p> <p>9:30 Physio Exercise</p> <p>Baking Apple Perishky on 1st Floor</p> <p>3:30 Hot Chocolate & Perishky</p> | <p>24</p> <p>10:30 Exercises</p> <p>3:00 Fit Minds</p> <p>3:30 Bean Bag Toss</p> | <p>25</p> <p>3:00 Bingo Hall in the Great Room</p> <p><small>Chinese New Year</small></p> |
| <p>26</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room: "The Last Song"</p> | <p>27</p> <p>9:30 Physio Exercise</p> <p>10:30 Paint with Me</p> <p>3:00 January Birthday Party in the Great Room</p> <p>6:00 Story Time in the Activity Room</p> <p><small>Australia Day (observed)</small></p> | <p>28</p> <p>10:00 Chapel Service in the Great Room with Mike Moran</p> <p>3:30 Giant Crossword</p> | <p>29</p> <p>9:30 Exercise</p> <p>3:00 Fit Minds</p> <p>3:30 Name That Tune</p> | <p>30</p> <p>9:30 Physio Exercise</p> <p>Baking Apple Perishky on 1st Floor</p> <p>3:30 Java Music Club</p> <p>7:00 Chapel Service in the Great Room: Concert with "Seasons Chorale"</p> | <p>31</p> <p>9:30 Worship Service with Don in the Lounge</p> <p>10:30 Exercises</p> <p>3:00 Fit Minds</p> | |

In order to meet the needs of our residents, programs are subject to change

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2020

3rd Floor Radiant Care Tabor Manor

| | | | | | | |
|--|---|--|--|--|---|---|
| | | | <p>1</p> <p>10:30 New Year's Day Around the World</p> <p>3:30 Bean Bag Toss</p> <p><small>New Year's Day</small></p> | <p>2</p> <p>9:30 Physio Exercise</p> <p>3:30 Name 10</p> | <p>3</p> <p>9:30 Exercise</p> <p>3:00 Fit Minds</p> | <p>4</p> <p>10:15 Bingo Hall in the Great Room</p> |
| <p>5</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room: "Eight Below"</p> | <p>6</p> <p>Christmas Clean Up Day! <i>join us in cleaning up our Christmas decorations!</i></p> | <p>7</p> <p>10:00 Chapel Service in the Great Room with AnnElise Hoogendam</p> <p>3:30 Painting with Karen</p> | <p>8</p> <p>BANK DAY</p> <p>9:30 Physio Exercise</p> <p>10:00 Resident's Council Meeting</p> <p>3:00 Fit Minds</p> | <p>9</p> <p>9:30 Physio Exercise</p> <p>9:30 Baking Apple Perishky on 1st Floor</p> <p>3:30 Musical Bingo</p> <p>6:30 Friendly Visits</p> | <p>10</p> <p>9:30 Exercise</p> <p>3:00 Fit Minds</p> | <p>11</p> <p>10:15 Bingo Hall in the Great Room</p> |
| <p>12</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room "Big Fish"</p> | <p>13</p> <p>9:30 Exercise</p> <p>3:30 Wheel of Fortune</p> <p>6:30 Meaningful Visits</p> | <p>14</p> <p>10:00 Chapel Service in the Great Room with Gaetan Country Fiddler</p> | <p>15</p> <p>9:30 Physio Exercise</p> <p>Kindergarten Visits with Lincoln Centennial</p> <p>3:00 Fit Minds</p> <p>3:15 Food for Thought "Tea Tasting"</p> | <p>16</p> <p>9:30 Physio Exercise</p> <p>9:30 Baking Apple Perishky on 1st Floor</p> <p>3:30 Word Generation</p> | <p>17</p> <p>9:30 Exercise</p> <p>10:30 Roman Catholic Communion Service in the Great Room</p> <p>3:00 Fit Minds</p> | <p>18</p> <p>10:15 Bingo Hall in the Great Room</p> |
| <p>19</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room: "Mighty Joe Young"</p> <p><small>Activity Professionals Week</small></p> | <p>20</p> <p>9:30 Exercise</p> <p>3:30 Dessert Social</p> <p><small>Martin Luther King Day</small></p> | <p>21</p> <p>10:00 Chapel Service in the Great Room with the Ledwez men's Trio</p> <p>3:30 Sing Along with Kathie</p> <p>6:00 Hot Chocolate in the Lounge</p> | <p>22</p> <p>9:30 Physio Exercise</p> <p>10:30 Bocce Ball</p> <p>3:00 Fit Minds</p> | <p>23</p> <p>9:30 Physio Exercise</p> <p>9:30 Baking Apple Perishky on 1st Floor</p> | <p>24</p> <p>9:30 Exercise</p> <p>3:00 Fit Minds</p> <p>6:00 Name That Tune</p> | <p>25</p> <p>10:15 Bingo Hall in the Great Room</p> <p><small>Chinese New Year</small></p> |
| <p>26</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room: "The Last Song"</p> | <p>27</p> <p>9:30 Exercise</p> <p>3:00 January Birthday Party in the Great Room</p> <p><small>Australia Day (observed)</small></p> | <p>28</p> <p>10:00 Chapel Service in the Great Room with Mike Moran</p> <p>3:30 Elfer Raus</p> | <p>29</p> <p>9:30 Physio Exercise</p> <p>10:30 Trivia</p> <p>3:00 Fit Minds</p> | <p>30</p> <p>9:30 Physio Exercise</p> <p>10:00 Worship Service with Don in the Lounge</p> <p>3:30 Perishky and Poems</p> <p>7:00 Chapel Service in the Great Room: Concert with "Seasons Chorale"</p> | <p>31</p> <p>9:30 Exercise</p> <p>3:00 Fit Minds</p> | |

In order to meet the needs of our residents, programs are subject to change

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2020

4th Floor Radiant Care Tabor Manor

| | | | | | | |
|---|--|--|---|--|---|---|
| <p>5</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room: "Eight Below"</p> | <p>6</p> <p>9:30 Physio Exercise</p> <p>Christmas Clean Up Day! <i>join us in cleaning up our Christmas decorations!</i></p> | <p>7</p> <p>10:00 Chapel Service in the Great Room with AnnElise Hoogendam</p> <p>6:00 Joyful Noise</p> | <p>1</p> <p>9:30 Exercise</p> <p>3:30 New Year's Day Around the World</p> <p><small>New Year's Day</small></p> | <p>2</p> <p>9:30 Exercise</p> <p>10:30 How Many Words</p> | <p>3</p> <p>9:30 Physio Exercise</p> <p>10:30 Wheel of Fortune</p> <p>3:00 Fit Minds</p> <p>6:00 Name That Tune</p> | <p>4</p> <p>3:00 Bingo Hall in the Great Room</p> |
| <p>5</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room: "Eight Below"</p> | <p>6</p> <p>9:30 Physio Exercise</p> <p>Christmas Clean Up Day! <i>join us in cleaning up our Christmas decorations!</i></p> | <p>7</p> <p>10:00 Chapel Service in the Great Room with AnnElise Hoogendam</p> <p>6:00 Joyful Noise</p> | <p>8</p> <p>BANK DAY</p> <p>10:00 Resident's Council Meeting</p> <p>11:00 Exercise</p> <p>3:00 Fit Minds</p> <p>6:30 Meaningful Visits</p> | <p>9</p> <p>9:30 Baking Apple Perishky on 1st Floor</p> <p>3:30 Coffee Social</p> | <p>10</p> <p>9:30 Physio Exercise</p> <p>10:30 Name 10</p> <p>3:00 Fit Minds</p> <p>6:00 Games</p> | <p>11</p> <p>3:00 Bingo Hall in the Great Room</p> |
| <p>12</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room: "Big Fish"</p> | <p>13</p> <p>9:30 Physio Exercise</p> <p>10:30 Word Generation</p> <p>3:30 Finish the Line</p> | <p>14</p> <p>10:00 Chapel Service in the Great Room with Gaetan Country Fiddler</p> <p>3:30 High Tea</p> | <p>15</p> <p>10:30 Get Active</p> <p>3:00 Fit Minds</p> <p>6:30 Elfer Raus</p> | <p>16</p> <p>9:30 Baking Apple Perishky on 1st Floor</p> <p>3:30 Balloon Tennis</p> | <p>17</p> <p>9:30 Physio Exercise</p> <p>10:30 Trivia</p> <p>10:30 Roman Catholic Communion Service in the Great Room</p> <p>3:00 Fit Minds</p> | <p>18</p> <p>3:00 Bingo Hall in the Great Room</p> |
| <p>19</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room: "Mighty Joe Young"</p> <p><small>Activity Professionals Week</small></p> | <p>20</p> <p>9:30 Physio Exercise</p> <p>10:30 Bocce Ball</p> <p>3:15 Food for Thought: Tea Tasting</p> <p>6:00 Friendly Visits</p> <p><small>Martin Luther King Day</small></p> | <p>21</p> <p>10:00 Chapel Service in the Great Room with the Ledwez Men's Trio</p> <p>3:30 Jeopardy</p> | <p>22</p> <p>9:30 Exercise</p> <p>3:00 Fit Minds</p> | <p>23</p> <p>9:30 Baking Apple Perishky on 1st Floor</p> <p>3:30 News Group</p> | <p>24</p> <p>9:30 Physio Exercise</p> <p>10:30 Friendly Visits</p> <p>3:00 Fit Minds</p> | <p>25</p> <p>3:00 Bingo Hall in the Great Room</p> <p><small>Chinese New Year</small></p> |
| <p>26</p> <p>Live Stream Chapel Service in the Lounge</p> <p>2:00 Movie Matinee in the Great Room: "The Last Song"</p> | <p>27</p> <p>9:30 Physio Exercise</p> <p>10:30 Painting with Melissa</p> <p>3:00 January Birthday Party in the Great Room</p> <p><small>Australia Day (observed)</small></p> | <p>28</p> <p>10:00 Chapel Service in the Great Room with Mike Moran</p> <p>3:30 Musical Bingo</p> | <p>29</p> <p>9:30 Exercise</p> <p>3:00 Fit Minds</p> <p>6:00 Story Time in the Lounge</p> | <p>30</p> <p>9:30 Baking Apple Perishky on 1st Floor</p> <p>9:30 Worship Service with Don in the Lounge</p> <p>3:30 Bocce Ball</p> <p>7:00 Chapel Service in the Great Room: Concert with "Seasons Chorale"</p> | <p>31</p> <p>9:30 Physio Exercise</p> <p>10:30 Balloon Tennis</p> <p>3:00 Fit Minds</p> | |

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2020

Radiant Care Tabor Manor – Mapleview & Evergreen

FC: Fitness Centre OB: Olive Branch Café GR: Great Room, 7 Tabor

FL: Fireside Lounge, Spruce Lane

| | | | | | | |
|--|--|---|--|---|--|---|
| | | | 1 10:15 & 10:45 Fall Prevention Exercise, FC | 2 1:00 Exercise, FC 2:30 Coffee Hour in the Olive Branch Café | 3 10:15 & 10:45 Fall Prevention Exercise, FC 1:00 Exercise, FC | 4 |
| 5 9:30 Church Service in the Chapel | 6 10:15 & 10:45 Fall Prevention Exercise, FC 1:00 Exercise, FC 3:00 Bingo, OB | 7 10:00 Chapel Service in the Great Room with AnnElise Hoogendam 1:00 Exercise, FC 2:30 Coffee Hour in the Olive Branch Café | New Year's Day 8 BANK DAY 10:15 & 10:45 Fall Prevention Exercise FC 1:00 Computer Questions | 9 9:30 Baking Apple Perishky, 7 Tabor, 1 st floor 10:00 Men's Bible Study, Chapel 1:00 Exercise, FC 2:30 Coffee Hour in the Olive Branch Café | 10 10:15 & 10:45 Fall Prevention Exercise, FC 1:00 Exercise, FC | 11 |
| 12 9:30 Church Service in the Chapel | 13 10:15 & 10:45 Fall Prevention Exercise, FC 1:00 Exercise, FC | 14 10:00 Chapel Service in the Great Room with Gaetan Country Fiddler 1:00 Exercise, FC 2:30 Coffee Hour in the Olive Branch Café | 15 10:15 & 10:45 Fall Prevention Exercise, FC | 16 9:30 Baking Apple Perishky, 7 Tabor, 1 st floor 10:00 Men's Bible Study, 1:00 Exercise, FC 2:30 Coffee Hour in the Olive Branch Café 7:00 Movie Night, Chapel | 17 10:15 & 10:45 Fall Prevention Exercise, FC 10:30 Roman Catholic Communion Service, GR 1:00 Exercise, FC | 18 |
| 19 9:30 Church Service in the Chapel <small>Activity Professionals Week</small> | 20 10:15 & 10:45 Fall Prevention Exercise, FC 1:00 Exercise, FC <small>Martin Luther King Day</small> | 21 10:00 Chapel Service in the Great Room with the Ledwez Men's Trio 1:00 Exercise, FC 2:30 Coffee Hour in the Olive Branch Café | 22 10:15 & 10:45 Fall Prevention Exercise FC 1:00 Computer Questions 3:00 Bingo, OB | 23 9:30 Baking Apple Perishky, 7 Tabor, 1 st floor 10:00 Men's Bible Study, Chapel 1:00 Exercise, FC 2:30 Coffee Hour in the Olive Branch Café | 24 10:15 & 10:45 Fall Prevention Exercise, FC 1:00 Exercise, FC | 25 <small>Chinese New Year</small> |
| 26 9:30 Church Service in the Chapel | 27 10:15 & 10:45 Fall Prevention Exercise, FC 1:00 Exercise, FC <small>Australia Day (observed)</small> | 28 10:00 Chapel Service in the Great Room with Mike Moran 1:00 Exercise, FC 2:30 Coffee Hour in the Olive Branch Café | 29 10:15 & 10:45 Fall Prevention Exercise FC 1:00 Computer Questions, <i>do you need help with your computer, phone or tablet?</i> | 30 9:30 Baking Apple Perishky, 7 Tabor, 1 st floor 10:00 Men's Bible Study 1:00 Exercise, FC 2:30 Coffee Hour, OB 7:00 Chapel Service: Concert with "Seasons Chorale", GR | 31 10:15 & 10:45 Fall Prevention Exercise, FC 1:00 Exercise, FC | |

ALL PROGRAMS ARE SUBJECT TO CHANGE