




































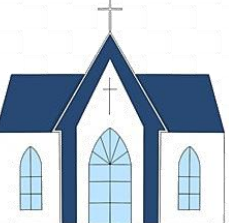
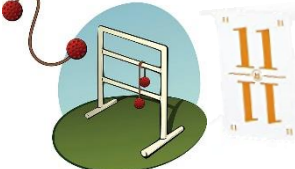










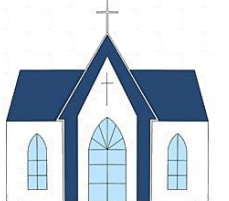








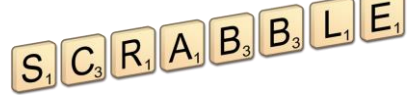















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Church Service on the Television  New Year's Day	1 Happy Birthday Kae and Wayne! Morning: 9:00 Exercise 9:30 Monthly Gazette Afternoon: 1:30 Reading Club 3:00 Wheel of Fortune 	2 Morning: 9:00 Devotions with Don 9:30 Fit Minds  Afternoon: 1:30 Board Games 3:00 What Am I?	3 Morning: 9:00 Exercise 9:30 The Price is Right  Afternoon: 1:30 Knitting Circle 3:00 Name that Tune	4 Morning: 9:00 Exercise 9:30 Fit Minds 10:00 Bean Bag Toss Afternoon: 1:30 Craft Time! 3:00 NASCAR 	5 Morning: 9:30 BINGO!  Afternoon: 1:30 One to one visits 3:00 Name 10	6 Morning: Stretch and Sing  Afternoon: Winter Craft Ukrainian Christmas
9:00 Church Service on the Television  Afternoon: Bible Trivia	8 Morning: 9:00 Exercise 9:30 Trivia  Afternoon: 1:30 Montessori Moments 3:00 Poems and Readings	9 Morning: 9:00 Devotions with Don 9:30 Fit Minds Afternoon: 1:30 Java Music Club 3:00 Balloon Tennis 5:45 Elfer Raus 	10 Morning: 9:00 Devotions with Don 9:30 Fit Minds Afternoon: 1:30 Java Music Club 3:00 Balloon Tennis 5:45 Elfer Raus 	11 Morning: 9:00 Christmas Clean Up Day! <i>join us in cleaning up our Christmas decorations!</i> 12 Morning: 10:00 Celebrate Tim Horton's Birthday!  Afternoon: 1:30 Craft Time! 3:00 Who Am I?	13 Morning: 9:30 BINGO!  Afternoon: 1:30 Craft Time 3:00 Alphabet Game	14 Morning: 9:30 BINGO!  Afternoon: 1:30 Craft Time 3:00 Alphabet Game
9:00 Church Service on the Television  Afternoon: Movie Matinee	15 Morning: 9:00 Exercise 9:30 Travel the World!  Afternoon: 1:30 Knitting Circle 3:00 Jeopardy Martin Luther King Jr. Day	16 Morning: 9:00 Devotions with Don 9:30 Fit Minds Afternoon: 1:30 Rock around the Clock Bingo 3:00 Name That 1960's Tune! 	17 Morning: 9:00 Devotions with Don 9:30 Fit Minds Afternoon: 1:30 Rock around the Clock Bingo 3:00 Name That 1960's Tune! 	18 Morning: 9:30 Musical Bingo  Afternoon: 2:00 Movie Matinee 5:30 Manicures	19 Morning: 9:00 Exercise 9:30 Fit Minds Afternoon: 1:30 Craft Corner 3:00 Java Music Club 	20 Morning: 9:30 BINGO!  Afternoon: 1:30 Montessori Moments 3:00 Bocce Ball
9:00 Church Service on the Television  Chinese New Year (Year of the Rabbit)	22 Morning: 9:30 Exercise 10:00 Finish the Line Afternoon: 1:30 Elfer Raus 3:00 The Priced Was Right: In 1960! 	23 Morning: 9:00 Devotions with Don 	24 Morning: 9:00 Devotions with Don 	25 Morning: 9:00 Exercise 9:30 Bocce Ball Afternoon: Birthday Party Celebration 	26 Morning: 9:00 Exercise 9:30 Fit Minds Afternoon: 1:30 Friendly visits 3:00 Balloon Tennis 5:30 Board Games Australia Day (observed)	27 Morning: 9:30 BINGO!  Afternoon: 1:30 Manicures 3:00 Bean Bag Toss
9:00 Church Service on the Television  Afternoon: Hymn Sing-Along	29 Morning: 9:00 Exercise 9:45 Java Music Club  Afternoon: 2:45 Crafters Corner with Jardin	30 Morning: 9:00 Devotions with Don 9:30 Fit Minds Afternoon: 1:30 Friendly Visits 3:00 Folk Music or Rock and Roll? 	31 Morning: 9:00 Devotions with Don 9:30 Fit Minds Afternoon: 1:30 Friendly Visits 3:00 Folk Music or Rock and Roll? 	<h1>January 2023</h1> <h2>First Floor Recreation Calendar</h2>		

All Programs Subject to Change


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Church Service on the Television  New Year's Day	1 Happy Birthday Betty! Morning: 9:30 – Exercise 10:00 – Activity Pages Afternoon: 1:30 – Friendly Visits 3:00 – Manicures Activities with Sophie 	3 Morning: 9:30 – Chapel Service 10:00 – Name That '60s Tune Afternoon: 3:00 – Fit Minds 	4 Morning: 9:30 – One to one visits 10:00 – Arts & Crafts Afternoon: 3:00 – Bocce Ball 5:30 – Montessori Activities with Sophie 	5 Morning: 10:00 – Morning Prayer Group Afternoon: 3:00 – Fit Minds 	6 Morning: 9:30 – Exercise 10:00 – Wheel of Fortune Afternoon: 2:45 – BINGO! BINGO!	7 Morning: 10:00 – Jeopardy with Jillian  Ukrainian Christmas
Church Service on the Television 	8 Morning: 10:00 – Ladder Ball  Afternoon: 3:00 – Card Games 	9 Morning: 9:30 – Chapel Service 10:00 – Exercise 10:30 – Price is Right Afternoon: 3:00 – Fit Minds 	11 Morning: Christmas Clean Up Day! <i>join us in cleaning up our Christmas decorations!</i> Afternoon: 3:00 – Obie Games 5:30 – Board games with Sophie	12 Morning: Celebrate Tim Horton's Birthday! Tim Hortons® Afternoon: 3:00 – Fit Minds	13 Morning: 9:30 – Exercise 10:00 – How Many Words? Afternoon: 2:45 – BINGO! BINGO!	14 
Church Service on the Television  Afternoon: Movie Matinee	15 Morning: 10:00 – Horse Races  Afternoon: 3:00 – Bean Bag Toss 5:30 – Elfer Raus with Jillian Martin Luther King Jr. Day	16 Morning: 9:30 – Chapel Service 10:00 – Exercise 10:30 – What am I? Afternoon: 3:00 – Fit Minds 	17 Morning: 10:00 – Arts & Crafts  Afternoon: 3:00 – Musical Bingo 	18 Morning: 9:30 – Exercise  Afternoon: 3:00 – Fit Minds	19 Morning: 10:00 – Balloon Tennis Afternoon: 2:45 – BINGO! BINGO! Activities with Sophie	21 National Tulip Day in Holland Morning: 10:00 – Tulip Craft 
Church Service on the Television  Chinese New Year (Year of the Rabbit)	22 Morning: 9:30 – Manicures  Afternoon: 1:30 – Friendly Visits 2:30 – Movie Matinee Activities with Sophie Activity Professionals Week 	23 Morning: 9:30 – Chapel Service 10:00 – Exercise 10:30 – The Price Was Right : 1960s Afternoon: 3:00 – Beach Party! 5:45 Card Games with Jardin 	24 Morning: 10:00 – Arts & Crafts Afternoon: 3:00 – Birthday Party 	25 Morning: 9:30 – Exercise & Trivia with Jillian 10:00 – Java Music Club  Afternoon: 2:15 – Bocce Ball with Jillian 3:00 – Fit Minds Australia Day (observed)	26 Morning: 9:30 – One to one visits 10:00 – Jeopardy Afternoon: 2:45 – BINGO! BINGO!	28 Morning: 10:00 – Coffee Time Daily Chronicle with Jillian 
Church Service on the Television 	29 Morning: 9:30 – Balloon Tennis  Afternoon: 3:00 – Board Games 	30 Morning: 9:30 – Chapel Service 10:00 – Exercise 10:30 – Trip Around the World  Afternoon: 3:00 – Fit Minds	31 	<h1>January 2023</h1> <h2>Second Floor Recreation Calendar</h2>		

All programs are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Year's Day 2023 Church Service on Television 	1 Morning: 9:30 – Morning Exercise 10:00 – Monthly Gazette Afternoon: 2:30 - Wheel of Fortune 3:00 – Connect 4	2 Morning: 9:30 – Morning Exercise 10:00 Fit Minds Afternoon: 2:30 – Fun with OBIE 3:00 – Cards	3 Happy Birthday Violet! 4 Morning: 9:30 – Morning Exercise 10:00 – Java Music Afternoon: 2:00 Ring Toss 2:30 Armchair Travel	5 Morning: 9:00 Devotions with Don 9:30 Exercise 10:00 Fit Minds Afternoon: 2:00 EZ Trivia 2:30 Trivia 5:30 Montessori Moments 	6 Activities with Sophie Morning: 9:45 BINGO in the Dining Room Afternoon: 1:30 Friendly Visits 3:00 Art Pages 	7  Ukrainian Christmas
8 Church Service on Television 	9 Happy Birthday John Brown! Activities with Sophie Morning: 9:30 Exercise 10:00 Word Search Group Afternoon: 1:30 Montessori Activities 3:00 Shake Loose a Memory	10 Morning: 9:30 – Morning Exercise 9:30 Fit Minds Afternoon: 2:30 – Balloon Tennis 3:00 – Name that Tunes	11 Christmas Clean Up Day! <i>join us in cleaning up our Christmas decorations!</i> 9:30 – Activity Pages Afternoon Friendly Visits	12 Morning: 9:00 Devotions with Don 9:30 Tim Hortons Social Afternoon: 1:30 Bocce Ball 2:00 Fit Minds 5:30 Montessori Moments	13 Morning: 9:45 BINGO in the Dining Room Afternoon: 1:30 Name That Tune 3:00 Card Games 	14 Activities with Sophie Morning: 9:30 Exercise 10:00 Fun with OBIE Afternoon 1:30 Friendly Visits 3:00 Manicures
Activities with Sophie 15 Church Service on Television  Afternoon: Movie Matinee	16 Morning: 9:30 – Morning Exercise 10:00 – Alphabet Game Afternoon: 2:00 – Sensory Activities 3:00 – Painting <small>Martin Luther King Jr. Day</small>	17 1:30 Exercise 3:00 Fit Minds 5:30 Evening Book Club 	18 Happy Birthday Jean! Morning: 9:30 - Exercise 10:00 – Java Music Afternoon: 2:30 – Sing along 3:00 – Friendly Visits	19 Morning: 9:00 Devotions with Don 9:30 Exercise 10:00 Fit Minds Afternoon: 2:00 Bean Bag Toss 3:00 Crafters Corner	20 Morning: 9:45 BINGO in the Dining Room 10:00 Montessori Moments – Jillian Afternoon: 1:30 Exercise 2:15 Name 10 – Jillian	21 Morning: 10:00 Games with Obie Afternoon: 1:30 Friendly Visits 
22 Church Service on Television 	23 Happy Birthday Mary! Mornings: 9:30 – Morning Exercise 10:00 – Scattergories Afternoon: 2:00 – Armchair Travel 3:00 – Reminiscing <small>Activity Professionals Week</small>	24 Morning: 9:30 – Morning Exercise 9:30 Fit Minds Afternoon: January Beach Party 	25 Morning: 9:00 Exercise 10:00 Sing along Afternoon: Birthday Party 5:30 Board Games with Sophie 	26 Morning: 9:00 Devotions with Don 9:30 Fit Minds Afternoon: 2:00 Bocce Ball 2:30 Name 10 <small>Australia Day (observed)</small>	27 Activities with Sophie Morning: 9:45 BINGO in the Dining Room Afternoon: 1:30 One to Ones 3:00 Manicures 	28 Morning: 9:30 Exercise 10:00 Fun with OBIE Afternoon 1:30 Friendly Visits 3:00 Sensory Activities
29 Church Service on Television 	30 Activities with Sophie Morning: 9:30 Exercise 10:00 Activity Pages Afternoon: 1:30 Friendly Visits 3:00 Winter Craft	31 Morning: 9:30 - Exercise 10:00 – Fit Minds Afternoon: 3:00 Price is Right with Irene and Jardin 5:30 – Cards with Jardin 	<div> <h1>January 2023</h1> <p>Tabor Manor Third Floor</p> </div>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Year's Day 1 9:00 Church Service on the Television 	2 9:30 Monthly Gazette 10:00 Manicures 3:00 Fit Minds 	3 9:30 Group Exercise 10:00 Reading Circle 3:00 Java Music 5:45 Cards Night 	4 9:30 Group Exercise 10:00 Trivia – National Trivia Day 3:00 Giant Connect 4 	5 9:30 Chapel Service with Don 10:00 Family Feud 3:00 Fit Minds 	6 9:30 Group Exercise 10:00 Scattagories 2:45 BINGO 	7 3:00 Finish the Line  Ukrainian Christmas
8 9:00 Church Service on the Television 	9 9:30 Group Exercise 10:00 Reminiscing 2:30 Music Bingo 	10 9:30 Group Exercise 10:00 Balloon Tennis 3:00 Fit Minds 	11 Christmas Clean Up! <i>Join us in cleaning up our Christmas decorations!</i> 9:30 Activity Pages 10:00 Montessori Moments 2:15 Jeopardy 3:00 Bocce Ball 	12 9:30 Chapel Service with Don 10:00 Tim Horton's Birthday Social Afternoon Friendly Visits 3:00 Fit Minds 5:30 Name that Tune 	13 9:30 Group Exercise 10:00 Poems and Readings 2:45 BINGO 	14 9:30 Group Exercise 2:30 Craft Corner 
15 9:00 Church Service on the Television 2:30 Movie Matinee 	16 9:30 Group Exercise 10:00 Men's Social 3:00 Name 10  <small>Martin Luther King Jr. Day</small>	17 9:30 Group Exercise 10:00 Painting 10:00 Montessori Moments 2:30 Giant Kerplunk 3:00 Fit Minds 	18 9:30 Group Exercise 10:00 Winter Wheel of Fortune 3:00 Matching Game 	19 9:30 Chapel Service with Don 10:00 OBIE 3:00 Fit Minds 5:30 Board Games 	20 9:30 Group Exercise 10:00 One to One Visits 2:45 BINGO 	21 10:00 Friendly Visits 1:30 Games with Obie
22 9:00 Church Service on the Television  <small>Chinese New Year (Year of the Rabbit)</small>	23 9:30 Group Exercise 10:00 Manicures 10:00 Elfer Raus in the Activity Room 3:00 Craft Corner Afternoon One to One Visits  <small>Activity Professionals Week</small>	24 9:30 Group Exercise 10:00 Fit Minds 2:30 Beach Party 	25 9:30 Group Exercise 10:00 Alphabet Game 3:00 Birthday Party! 	26 HAPPY BIRTHDAY, STANLEY 9:30 Chapel Service with Don 10:00 Balloon Tennis 3:00 Fit Minds  <small>Australia Day (observed)</small>	27 9:30 Group Exercise 10:00 Name that Tune 2:45 BINGO 	28 3:00 Coffee Time with Daily Chronicle 
29 9:00 Church Service on the Television 	30 9:30 Group Exercise 10:00 Hot Chocolate Social 3:00 Java Music 	31 9:30 Group Exercise 10:00 Finish the Line 3:00 Fit Minds 	<div>January 2023</div> <div>FOURTH FLOOR RECREATION CALENDAR</div>			

ALL PROGRAMS ARE SUBJECT TO CHANGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>  </div>	<div>2</div> <div> 9:30 Friendly Visits 11:00 Exercise – Café 2:00pm Skip Bo </div>	<div>3</div> <div> 11:00 Exercise – Café 1:30 Falls Prevention Class in Chapel 2:00 Fit Minds </div>	<div>4</div> <div> 9:30 Friendly Visits 11:00 Exercise – Café 1:30pm Bingo  </div>	<div>5</div> <div> 11:00 Chapel Service in Chapel 1:30 Falls Prevention Class in Chapel </div>	<div>6</div> <div> 11:00 BINGO Olive Branch Café  </div>	<div>7</div> <div>  </div>
<div>8</div> <div> 9:30 Church Service in Chapel </div>	<div>9</div> <div> 9:30 Friendly Visits 11:00 Exercise – Café 2:00pm Skip Bo </div>	<div>10</div> <div> 11:00 Exercise – Café 1:30 Falls Prevention Class in Chapel 2:00 Social Circle </div>	<div>11</div> <div> 11:00 Exercise – Café </div>	<div>12</div> <div> 11:00 Chapel Service in Chapel 1:30 Falls Prevention Class in Chapel </div>	<div>13</div> <div> 11:00 BINGO Olive Branch Café  HAPPY BIRTHDAY AGNES!! </div>	<div>14</div> <div>  </div>
<div>15</div> <div> 9:30 Church Service in Chapel </div>	<div>16</div> <div> 11:00 Exercise – Café <small>Martin Luther King Jr. Day</small> </div>	<div>17</div> <div> 11:00 Exercise – Café 1:30 Falls Prevention Class in Chapel 2:00 Fit Minds </div>	<div>18</div> <div> 9:30 Friendly Visits 11:00 Exercise – Café 1:30pm Bingo  </div>	<div>19</div> <div> 11:00 Chapel Service in Chapel 1:30 Falls Prevention Class in Chapel </div>	<div>20</div> <div> 11:00 BINGO Olive Branch Café  </div>	<div>21</div> <div>  </div>
<div>22</div> <div> 9:30 Church Service in Chapel <small>Chinese New Year (Year of the Rabbit)</small> </div>	<div>23</div> <div> 9:30 Friendly Visits 11:00 Exercise – Café 2:00pm Fit Minds <small>Activity Professionals Week</small> </div>	<div>24</div> <div> 11:00 Exercise – Café 1:30 Falls Prevention Class in Chapel 2:00 Social Circle </div>	<div>25</div> <div> 9:30 Friendly Visits 11:00 Exercise – Café 1:30pm Bingo  </div>	<div>26</div> <div> 11:00 Chapel Service in Chapel 1:30 Falls Prevention Class in Chapel <small>Australia Day (observed)</small> </div>	<div>27</div> <div> 11:00 BINGO Olive Branch Café  </div>	<div>28</div> <div>  </div>
<div>29</div> <div> 9:30 Church Service in Chapel </div>	<div>30</div> <div> 11:00 Exercise – Café </div>	<div>31</div> <div> 11:00 Exercise – Café 1:30 Falls Prevention Class in Chapel </div>	<div> <h1>January 2023</h1> <p>Wellness Suites</p> </div>			

Type the name, address, and other information about your community/company here.