








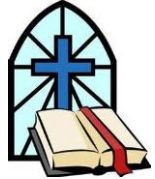




































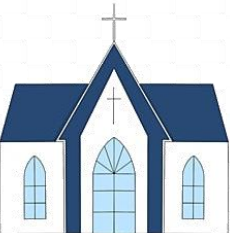








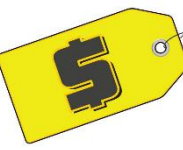
















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>9:30 – Exercise 10:00 – Board Games 2:30 – New Years Resolutions</div> <div> New Year's Day</div>	<div>1 Happy Birthday, Kae! Happy Birthday, Wayne L! 2</div> <div>9:15 – Chapel Service with Don 10:00 – Fit Minds 2:30 – Ping Pong Dunk</div> <div></div>	<div>9:30 – Exercise 10:00 – Alphabet Game 2:30 – Trivia</div> <div></div>	<div>9:45 – Bingo 2:15 – One to One Visits 3:00 – Lawn Darts</div> <div></div>	<div>9:30 – Exercise 10:00 – Armchair Travel 2:30 – Sing-along</div> <div></div>	
<div>7 9:00 – Church Service on the Television</div> <div></div>	<div>8 9:30 – Exercise 10:00 – Yahtzee! 2:30 – Painting</div> <div></div>	<div>9 9:15 – Chapel Service with Don 10:00 – Fit Minds 2:30 – Hot Chocolate Social</div> <div> </div>	<div>10 9:30 – Exercise 10:00 – Fit Minds 2:30 – Java Music Club</div> <div> </div>	<div>11 9:45 - Bingo 2:00 – One to One Visits 2:30 Christmas Cleanup</div> <div></div>	<div>12 10:00 – Roman Catholic Church Communion 2:15 – Poems and Readings 3:00 – Balloon Tennis</div> <div></div>	<div>13 Morning: 9:30 – Card Games Afternoon: 2:00 – Afternoon Movie</div> <div></div>
<div>14 9:00 – Church Service on the Television</div> <div></div>	<div>15 9:30 – Hymn Worship with Stephen! 10:00 – Fit Minds 2:30 – Dominoes</div> <div>  Martin Luther King Jr. Day</div>	<div>16 10:00 – Chapel Service in the Great Room 2:15 – One to One Visits 3:00 – Ring Toss 5:30 - Music with Ron</div> <div> </div>	<div>17 9:30 – Exercise 10:00 – Winter Craft 2:30 – Men's Social</div> <div></div>	<div>18 9:30 – Exercise 10:00 – Fit Minds 2:15 – Manicures 3:00 – Women's Social</div> <div> </div>	<div>19 9:45 – Bingo 2:00 – Afternoon Movie</div> <div></div>	<div>20 9:30 – Name that Tune 2:00 – Bean Bag Toss</div> <div></div>
<div>21 9:00 – Church Service on the Television</div> <div> Activity Professionals Week</div>	<div>22 9:30 – Exercise 10:00 – Wheel of Fortune 2:30 – Music Bingo</div> <div></div>	<div>23 9:15 – Chapel Service with Don 10:00 – Fit Minds 2:30 – Movie Matinee</div> <div> </div>	<div>24 9:30 – Exercise 10:00 – Balloon Tennis 2:30 – Java Music Club</div> <div> Tu B'Shevat Begins</div>	<div>25 Happy Birthday Hilda M! 1:15 – One to One Visits 2:30 – Fit Minds 5:30 – Board Games</div> <div> </div>	<div>26 9:45 – Bingo 2:15 – One to One Visits 3:00 – What am I?</div> <div> Australia Day (Observed)</div>	<div>27 9:30 – Exercise 10:00 – Painting 2:00 – Finish the Line</div> <div></div>
<div>Happy Birthday Cathy! 28 9:00 – Church Service on the Television</div> <div></div>	<div>29 9:30 – Hymn Worship with Stephen! 10:00 – Price is Right 2:30 – Card Games</div> <div></div>	<div>30 9:15 – Chapel Service with Don 10:00 – Fit Minds 2:30 – Bocce Ball</div> <div></div>	<div>31 9:30 – Exercise 10:00 – Name 10 2:30 – Birthday Party</div> <div></div>	<div>January 2024</div> <div>First Floor Recreation Calendar</div>		






ALL PROGRAMS SUBJECT TO CHANGE.







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Happy New Years! 1 Morning: 9:30 Exercise 10:00 New Year's Trivia Afternoon: 2:30 Hot Chocolate Social <small>New Year's Day</small>	Happy Birthday Betty! 2 Morning: 9:45 Chapel with Don 10:15 Fit Minds Afternoon: 2:00 Card Games 3:00 Jeopardy 	Morning: 3 9:30 Exercise 10:00 You be the Judge 11:00 Montessori Moments Afternoon: 2:30 Manicures 3:00 Name that Tune	Morning: 4 9:30 Exercise 10:00 Fit Minds Afternoon: 2:30 The Price is Right! 	Happy Birthday George! 5 Morning: 9:45 Ladder Ball 10:15 Monthly Gazette Afternoon: 2:45 Bingo BINGO!	Morning: 6 9:45 Balloon Tennis 10:30 Name 10 Afternoon: 2:30 Bowling 
7 Church Service on the Television 	Morning: 8 9:30 Exercise 10:00 Crafter's Corner Afternoon: 2:00 Poems & Readings 3:00 Hymns with Stephen 	Happy Birthday Bea! 9 Morning: 9:45 Chapel with Don 10:15 Fit Minds 11:00 Manicures Afternoon: 2:00 Montessori 3:00 Finish the Lines	Morning: 10 9:30 Exercise 10:00 Java Music Afternoon: 2:00 Montessori Activities 3:00 Wheel of Fortune 	Morning: 11 9:30 Exercise 10:00 Fit Minds Afternoon: Christmas Clean Up 	Morning: 12 10:00 Roman Catholic Church Service 11:00 Pop it Board Game Afternoon: 2:45 Bingo BINGO!	Morning: 13 9:30 Morning Movie Afternoon: 2:30 Card Games 
14 Church Service on the Television 	Morning: 15 9:30 Exercise 10:00 Painting  Afternoon: 2:45 Balloon Tennis 	Morning: 16 10:00 Chapel Service in the Great Room 10:45 Fit Minds Afternoon: 2:00 Reading Circle 3:00 Lawn Darts	Morning: 17 9:30 Exercise 10:00 Horse Races Afternoon: 1:30 Card Games 3:00 Chinese Checkers 	Morning: 18 9:30 Exercise 10:00 Fit Minds Afternoon: 3:00 Hymn Sing-along 	Morning: 19 9:30 Exercise 10:00 Flip It Card Game Afternoon: 2:45 Bingo BINGO!	Morning: 20 9:30 Ladder Ball Afternoon: 3:00 Alphabet Game
21 Church Service on the Television 	Morning: 22 9:30 Exercise 10:00 Bocce Ball Afternoon: 1:30 Montessori Moments 3:00 Hymns with Stephen	Morning: 23 9:45 Chapel with Don 10:15 Fit Minds Afternoon: 1:30 Crafter's Corner 3:00 Montessori Activities	Morning: 24 9:30 Exercise 10:00 Travel the World!  Afternoon: 2:30 Hot Chocolate Social <small>Tu B'Shevat Begins</small>	Morning: 25 9:30 Exercise 10:00 Fit Minds Afternoon: 2:30 Musical Bingo 	Morning: 26 9:30 Exercise 10:00 How Many Words? Afternoon: 2:45 Bingo BINGO! <small>Australia Day (Observed)</small>	Morning: 27 9:30 Trivia with Paulina 10:00 Movie Matinee Afternoon: 2:45 Card Games 
28 Church Service on the Television 	Morning: 29 9:30 Exercise 10:00 Bean Bag Toss Afternoon: 2:45 Balloon Tennis 	Morning: 30 9:45 Chapel with Dor 10:15 Fit Minds Afternoon: 2:30 Manicures 2:45 What Am I? 	Morning: 31 9:30 Exercise 10:00 Java Music Afternoon: 1:30 Friendly Visits 2:30 Birthday Party! 	<h1>January 2024</h1> <h2>Second Floor Recreation Calendar</h2>		

All programs are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Happy New Years! Morning: 9:30 Exercise 10:00 New Years Name 10 Afternoon: 2:30 New Year Resolutions  <small>New Year's Day</small>	Morning: 9:45 Fit Minds Afternoon: 2:00 One to one visits 3:00 Price is Right 	Morning: 9:30 Exercise 10:00 Tabletop Snowman Bowling Afternoon: 3:00 Montessori Activities 	Morning: 9:15 Chapel Service 9:45 Fit Minds 10:45 Trivia  Afternoon: 3:00 Ball Toss 	Morning: 9:45 Bingo 11:00 Friendly Visits  Afternoon: 3:00 Horse Races 	Morning: 9:30 Exercise Afternoon: 2:30 Dominoes  
Church Service on the Television 	7 Morning: 9:30 Hymns with Stephen 10:00 Exercise 10:30 Reading Group Afternoon: 3:00 Bean Bag Toss 	8 Morning: 9:45 Fit Minds 10:45 Poetry Group Afternoon: 3:00 Java Music Club 5:30 Card Games  	9 Morning: 9:30 Exercise 10:00 Snowflake Craft Pt.1 Afternoon: 3:00 Snowflake Craft Pt.2 	10 Morning: 9:15 Chapel Service 9:45 Exercise 9:45 Fit Minds Afternoon: 2:30 Christmas Clean up 	11 Morning: 9:45 Bingo 10:00 Roman Catholic Mass in the Great Room 11:00 Friendly Visits  Afternoon: 3:00 Painting 	12 Morning: 10:00 Finish the Line Afternoon: 2:00 Bocce Ball 
Church Service on the Television 	14 Morning: 9:30 Exercise 10:00 Whiteboard Games Afternoon: 3:00 Balloon Tennis  <small>Martin Luther King Jr. Day</small>	15 Morning: 10:00 Chapel Service in the Great Room 9:45 Fit Minds Afternoon: 2:00 Card Games 	16 Morning: 9:30 Exercise 10:00 Morning Prayer Group Afternoon: 3:00 Name that Tune 11:00 Reading Group 	17 Morning: 9:45 Fit Minds 11:15 Alphabet Game Afternoon: 3:00 Obie Games 	18 Morning: 9:45 Bingo 11:00 Friendly Visits  Afternoon: 3:00 Ladder Ball 	19 Morning: 10:30 Ball Toss Afternoon: 2:00 Reading Circle 
Church Service on the Television  <small>Activity Professionals Week</small>	21 Morning: 9:30 Hymns with Stephen 10:00 Exercise 10:30 Reading Group Afternoon: 3:00 Price is Right 	Happy Birthday Mary! Morning: 9:45 Fit Minds Afternoon: 2:30 High Tea 5:30 Card Games  	22 Morning: 9:30 Exercise 10:00 Compliment Cards Afternoon: 3:00 Colouring Pages  	23 Morning: 9:15 Chapel Service 9:45 Fit Minds Afternoon: 3:00 Arts & Crafts  	Happy Birthday Stan! Morning: 9:45 Bingo 11:00 Friendly Visits  Afternoon: 3:00 Bocce Ball <small>Australia Day (Observed)</small>	24 Morning: 10:15 Painting 
Church Service on the Television 	28 Morning: 9:30 Exercise 10:00 Puzzle Group Afternoon: 3:00 Flip it Card Game 	29 Morning: 9:45 Fit Minds 11:00 Friendly Visits Afternoon: 2:30 Bowling  	30 Morning: 9:30 Exercise 10:00 Arts & Crafts Afternoon: 2:30 Birthday Party!  	<div>January 2024</div> <div>Third Floor Recreation Calendar</div>		

All programs are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>January is Alzheimer's Awareness Month</p>	<p>New Year's Day 2024!</p> <p><small>New Year's Day</small></p>	<p>Morning: 9:30 – Exercise 10:00 – New Year's Day Around The World</p> <p>Afternoon: 2:30 – Fit Minds 5:30 – Music with Ron</p>	<p>Morning: 9:30 – Exercise 10:00 – Name That Tune</p> <p>Afternoon: 2:30 – Creative Arts Afternoon</p>	<p>Morning: 9:30 – Exercise 10:40 – Chapel with Don 11:30 – Finish the Line</p> <p>Afternoon: 2:30 – Fit Minds</p>	<p>Morning: 9:30 – Exercise 10:00 – Colouring pages with Kira</p> <p>Afternoon: 2:30 – BINGO!</p>	<p>Epiphany</p> <p>Morning: 10:45 – Ball Toss</p> 
<p>Orthodox Christmas</p> 	<p>Morning: 9:30 – Exercise 10:00 – Triva Time</p> <p>Afternoon: 2:30 – Word Games</p>	<p>Morning: 11:15 – Exercise</p> <p>Afternoon: 2:30 – Fit Minds 5:00 – Group Crossword</p>	<p>Morning: 9:30 – Exercise 10:00 –</p> <p>Afternoon: 2:30 – Creative Arts</p>	<p>Un-Decking of the Halls Day</p> <p>Morning: 9:30 – Exercise 10:40 – Chapel with Don</p> <p>Afternoon: 2:30 – Fit Minds</p>	<p>Morning: 9:30 – Exercise 10:00 – Roman Catholic Service in Great Room</p> <p>Afternoon: 2:30 – BINGO!</p>	<p>Morning: 10:45 – Balloon Tennis</p> <p>Afternoon: 3:00 – Hand Spa</p>
<p>Church Service on Television</p> 	<p>Morning: 9:30 – Exercise 10:00 – Music with Stephen Mason</p> <p>Afternoon: 2:30 – Java Music Club</p> <p><small>Martin Luther King Jr. Day</small></p>	<p>Morning: 10:00 – Chapel Service in the Great Room with music by Jake Klassen and Friends</p> <p>Afternoon: 2:30 – Fit Minds</p>	<p>Happy Birthday Randy!</p> <p>Morning: 9:30 – Exercise 10:00 – Name That Tune</p> <p>Afternoon: 2:30 – Creative Arts</p>	<p>Morning: 9:30 – Exercise 10:40 – Chapel with Don</p> <p>Afternoon: 2:30 – Fit Minds</p>	<p>Morning: 9:30 – Exercise 10:00 – Colouring Pages with Kira</p> <p>Afternoon: 2:30 – BINGO!</p>	<p>Morning: 10:45 – Ball Toss</p> <p>Afternoon: 3:00 – Obie Games</p>
<p>Church Service on Television</p>  <p><small>Activity Professionals Week</small></p>	<p>Morning: 9:30 – Exercise 10:00 – Colouring Pages with Kira</p> <p>Afternoon: 2:30 – Movie Matinee with Kira</p>	<p>Morning: 9:30 – Exercise 10:00 – Jeopardy!</p> <p>Afternoon: 2:30 – Fit Minds</p>	<p>Morning: 9:30 – Exercise 10:00 – Active Games</p> <p>Afternoon: 2:30 – Creative Arts</p> <p><small>Tu B'Shevat Begins</small></p>	<p>Robert Burns Day</p> <p>Morning: 9:30 – Exercise 10:40 – Chapel with Don 11:30 – Burns Day Activity</p> <p>Afternoon: 2:30 – Fit Minds</p>	<p>Morning: 9:30 – Exercise 10:00 – Card Games</p> <p>Afternoon: 2:30 – BINGO!</p> <p><small>Australia Day (Observed)</small></p>	<p>Morning: 10:45 – Balloon Tennis</p> <p>Afternoon: 3:00 – Hand Spa</p>
<p>Happy Birthday Ian!</p> <p>Church Service on Television</p> 	<p>Morning: 9:30 – Exercise 10:00 – Music with Stephen Mason</p> <p>Afternoon: 2:30 – Java Music Club</p>	<p>Morning: 9:30 – Exercise 10:00 – Crosswords</p> <p>Afternoon: 2:30 – Fit Minds</p>	<p>Morning: 9:30 – Exercise 10:00 – Active Games</p> <p>Afternoon: 2:30 – Birthday Party Celebration</p>	<p>January 2024</p> <p>Fourth Floor Recreation Calendar</p>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>1</div> <div>Happy New Year 2024</div> <div>New Year's Day</div>	<div>2</div> <div>9:30 Which happened last in the fireside lounge 11:00 Seated exercise in the Chapel 1:30 Falls prevention Class in the Atrium 2:30 Java music club in the olive branch café</div>	<div>3</div> <div>9:30 Monthly gazette in the fireside lounge 11:00 Seated exercise in the Café 2:00 Bingo in the Café</div> <div>BINGO</div>	<div>4</div> <div>11:00 Chapel service in the Café 1:30 Fall prevention Class in Atrium 2:30 Coffee hour in the café Be kind to your environment. Bring your own mug</div>	<div>5</div> <div>11:00 BINGO in the Olive branch café</div> <div>BINGO</div>	<div>6</div> <div></div>
<div>7</div> <div>9:30 Church service in the Chapel</div> <div></div>	<div>8</div> <div>11:00 Seated exercises in the Chapel 2:30 Fit minds in the Olive branch Café</div>	<div>9</div> <div>Un-Decking the Halls</div> <div>11:00 Seated exercises in the Chapel 1:30 Falls prevention class in the Atrium 2:30 Java music club in the olive branch café</div>	<div>10</div> <div>9:30 Skip bo in the fireside lounge 11:00 Seated exercise in the Café 2:30 Hymn sing in the Chapel</div>	<div>11</div> <div>11:00 Chapel service in the Café 1:30 Fall prevention Class in Atrium</div>	<div>12</div> <div>11:00 BINGO in the Olive branch café</div> <div>BINGO</div>	<div>13</div> <div>Happy Birthday Aggie</div> <div>Philippians 4:13</div> <div>"I can do all things through him who strengthens me"</div>
<div>14</div> <div>9:30 Church service in the Chapel</div> <div></div>	<div>15</div> <div>9:30 Martin Luther King discussion in the fireside lounge 11:00 Seated exercises in the Chapel 2:30 Fit minds in the Olive branch Café</div> <div>Martin Luther King Jr. Day</div>	<div>16</div> <div>9:30 Hot chocolate social in the fireside lounge 10:00 Chapel Service in the Great Room 11:00 Seated exercises in the Chapel 1:30 Falls prevention class in the Atrium 2:30 Java music club in the olive branch café</div>	<div>17</div> <div>9:30 Trivia in the fireside lounge 11:00 Seated exercise in the Café 2:00 Bingo in the Café</div> <div>BINGO</div>	<div>18</div> <div>11:00 Chapel service in the Café 1:30 Fall prevention Class in Atrium 2:30 Coffee hour in the café Be kind to your environment. Bring your own mug</div>	<div>19</div> <div>11:00 BINGO in the Olive branch café</div> <div>BINGO</div>	<div>20</div> <div></div>
<div>21</div> <div>9:30 Church service in the Chapel</div> <div></div> <div>Activity Professionals Week</div>	<div>22</div> <div>9:30 Morning Prayer in the Fireside lounge 11:00 Drum Fit in the Chapel 2:30 Fit minds in the Olive branch Café</div>	<div>23</div> <div>9:30 Balloon badminton in the chapel 11:00 Seated exercises in the Chapel 1:30 Falls prevention class in the Atrium 2:30 Java music club in the olive branch café</div>	<div>24</div> <div>Ryan off</div> <div>11:00 Seated exercise in the Café 2:00 Bingo in the Café</div> <div>BINGO</div> <div>Tu B'Shevat Begins</div>	<div>25</div> <div>11:00 Chapel service in the Café 1:30 Fall prevention Class in Atrium</div>	<div>26</div> <div>11:00 BINGO in the Olive branch café</div> <div>BINGO</div> <div>Australia Day (Observed)</div>	<div>27</div> <div>Deuteronomy 31:8</div> <div>"Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; he will neither fail you nor abandon you"</div>
<div>28</div> <div>9:30 Church service in the Chapel</div> <div></div>	<div>29</div> <div>11:00 Seated exercises in the Chapel 2:30 Fit minds in the Olive branch Café</div>	<div>30</div> <div>9:30 Name that tune in the fireside lounge 11:00 Seated exercises in the Chapel 1:30 Falls prevention class in the Atrium 2:30 Fit minds in the olive branch café</div>	<div>31</div> <div>9:30 Hymn sing in the fireside lounge 11:00 Seated exercise in the Cafe 2:00 Bingo in the Café</div> <div>BINGO</div>	<div>January 2024</div> <div>Wellness Suites</div>		

ALL PROGRAMS ARE SUBJECT TO CHANGE.