


**It is not possible or appropriate for all residents to attend all activities.  
Please see the Activity Aide on your Unit for details.**

**JANUARY 2019**

**Individual Exercises – Tuesday & Friday 10 - 11:30 in the Activity Room.  
Group Exercises - Monday & Thursday 10:30 - 11 in the Activity Room**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  10:30 RC Mass	2 10:00-11:30 Decoration Clean-Up 1:00-3:00 Decoration Clean-up	3 1:00 1:1 time 4:00 Piano <b>Douglas</b>	4 10:30 RC Mass 1:00 Art Group <b>Activity Room</b> 1:30 Choir <b>Chapel</b> 1:30 Coffee and News <b>Wisdom</b>	5 10:30 Hymn Sing
6 10:30 RC Mass	7 1:30 Snoezelen <b>(2,5)</b> 1:30 Craft <b>Humboldt</b> 1:30 News and Views <b>Arbutus</b> 3:00 Rosary Prayer 6:00 Bingo <b>Village Square</b>	8 10:30 RC Mass 1:30 Philharmonic Orchestra <b>Chapel</b> 1:00 1:1 time 6:00 Sing Along <b>Dogwood</b>	9 10:30 Baptist Service 1:30 Games with Students <b>Village Square</b>	10 11:00 Movie Outing 1:30 Baking <b>Cedar</b> 4:00 Piano <b>Dogwood</b>	11 10:30 RC Mass 1:00 Art Group <b>Activity Room</b> 1:30 Choir <b>Chapel</b> 1:30 You Be the Judge <b>St. Joseph</b>	12 10:30 Hymn Sing
13 10:30 RC Mass	14 1:30 Bus Outing <b>Floors 4&amp;5</b> 1:30 Movie <b>St. Francis</b> 3:00 Rosary Prayer 6:00 Travel Documentary <b>Village Square</b>	15 10:30 RC Mass 1:30 Mini Olympics <b>Village Square</b> 6:00 Snoezelen <b>(4)</b>	16 1:30 Birthday Celebration with the Songbirds <b>Village Square</b>	17 11:45 Lunch In <b>Activity Room</b> 1:30 1: 1 time 4:00 Piano <b>Harmony</b>	18 10:30 RC Mass 1:00 Art Group <b>Activity Room</b> 1:30 Choir <b>Chapel</b> 1:30 Ladies' Tea <b>Harmony</b>	19 10:30 Hymn Sing
20 10:30 RC Mass	21 11:00 United Church Service 1:30 Chamber Music <b>Humboldt</b> 1:30 Chimes Practice <b>Activity Room</b> 1:30 Snoezelen <b>(4)</b> 3:00 Rosary Prayer 6:00 Word Games <b>Village Square</b>	22 10:00 Flower Arranging <b>Village Square</b> 10:30 RC Mass 1:30 Philharmonic Orchestra <b>Chapel</b> 1:30 Baking <b>Humboldt</b> 1:30 Bingo <b>Arbutus</b> 6:00 Word Games <b>Garry Oak</b>	23 1:30 Memorial Service 1:30 Snoezelen <b>(3)</b> 1:30 Cooking <b>Cedar</b>	24 08:00 Breakfast Outing 1:30 Robbie Burns Day Celebration <b>Village Square</b> 4:00 Piano <b>St. Joseph</b>	25 10:30 RC Mass 1:00 Art Group <b>Activity Room</b> 1:30 Choir <b>Chapel</b> 1:30 Beer Tasting <b>Humboldt</b>	26 10:30 Hymn Sing
27 10:30 RC Mass 1:30 Anglican Communion	28 1:30 Bus Outing <b>Floors 2&amp;3</b> 1:30 Sing Along <b>Dogwood</b> 3:00 Rosary Prayer 6:00 Family and Fun Games <b>Village Square</b>	29 10:30 RC Mass 1:30 Movie <b>Garry Oak</b> 6:00 Drawing/Colouring <b>Dogwood</b>	30 1:30 Happy Hour <b>Village Square</b>	31 1:30 Reminisce <b>St. Francis</b> 4:00 Piano <b>Humboldt</b>		