



Activity Calendar January 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. <u>New Year's Day</u> 	2. <i>New Year's Word Puzzles Available in the Lounge</i>
3. <i>Sing-Along on the Lounge TV</i>	4. 10:15 Gentle Fitness Class 11:00 Finishing Lines	5. 10:00 Brain Games 11:00 Walking Group	6. 10:00 Worship Service with Rick 11:00 Music and Manicures	7. 10:15 Gentle Fitness Class 11:00 Trivia	8. 10:00 Music Therapy with Brian 11:00 Walking Group 2:30 Movie and Popcorn in the Lounge: "Wonder"	9. 10:30 Brain Games 11:15 One to One Room Visits
10. 10:30 Creative Colouring 11:15 Walking Group	11. 10:15 Gentle Fitness Class 11:00 Crokinole 3:30 Helping Hands	12. 10:00 Brain Games 11:00 Walking Group 3:30 Hymn Sing on the TV	13. 10:00 Worship Service with Rick 11:00 Music and Manicures 2:30 Crafting Korner: Cranberry Birdfeeders	14. 10:15 Gentle Fitness Class 11:00 Reminiscing Group 2:30 Bingo 3:30 Word Puzzles and Music	15. 10:00 Music Therapy with Brian 11:00 Walking Group 2:30 January Birthday Social 3:30 Old Time Sing-Along	16. <i>Word Puzzles Available in the Lounge</i>
17. <i>Sing-Along on the Lounge TV</i>	18. 10:15 Gentle Fitness Class 11:00 Finishing Lines 2:30 Sing Along	19. 10:00 Brain Games 11:00 Walking Group 2:30 Helping Hands 3:30 Hymn Sing on the TV	20. 10:00 Worship Service with Rick 11:00 Music and Manicures 2:30 Balloon Toss	21. 10:15 Gentle Fitness Class 11:00 Trivia 2:30 Bingo 3:30 Creative Colouring	22. 10:00 Music Therapy with Brian 11:00 Walking Group 2:30 Movie and Popcorn in the Lounge: 'Founder': The Rise of McDonalds Restaurant	23. 10:30 Balloon Toss 11:15 One to One Room Visits
24/31. 10:30 Word Puzzles 11:15 Walking Group	25. 10:15 Gentle Fitness Class 11:00 Crokinole 2:30 Sing Along	26. 10:00 Brain Games 11:00 Walking Group 2:30 Helping Hands 3:30 Hymn Sing on the TV	27. 10:00 Worship Service with Rick 11:00 Music and Manicures 2:30 Crafting Korner: Cheerio Birdfeeders	28. 10:15 Gentle Fitness Class 11:00 Reminiscing Group	29. 10:00 Music Therapy with Brian 11:00 Walking Group 2:30 Coffee and Laughs Social 3:30 Old Time Sing-Along	30. <i>Word Puzzles Available in the Lounge</i>