



Activity Calendar January 2022



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|--|--|
| | | | | | | 1. <u>New Year's Day</u>  |
| 2. 10:00 Worship Service in the Great Hall*** <i>(must have family accompany you down to this program)</i> | 3. 10:15 Gentle Fitness Class 11:00 Finishing Lines 2:30 Friendly Visits with Mandy 3:30 Sing-Along with Isobel | 4. 10:00 Brain Games 11:00 Walking Group 2:30 Helping Hands 3:30 Hymn Sing on the TV | 5. 10:00 Worship Service 11:00 Manicures and Massage 2:30 Balloon Toss | 6. 10:30 Gentle Fitness Class 11:15 Friendly Visits with Mandy 2:30 Crafting Korner: Paper Snowflakes | 7. 9:45 Walking Group 10:45 Music Therapy with Brian 2:30 Entertainment by 'Dynamic Duo' in the Great Hall | 8. 10:30 Brain Games 11:15 One to One Room Visits |
| 9. 10:00 Worship Service in the Great Hall 11:15 Walking Group 2:00 Trivia | 10. 10:15 Gentle Fitness Class 11:00 Crokinole 2:30 Friendly Visits with Mandy 3:30 Sing-Along with Isobel | 11. 10:00 Brain Games 11:00 Walking Group 2:30 Painting Group | 12. 10:00 Worship Service 11:00 Manicures and Massage | 13. 10:00 Movement and Music 11:00 Visits with Frankie the Dog 2:30 Bingo 3:30 Word Puzzles and Music | 14. 9:45 Walking Group 10:45 Music Therapy with Brian 2:30 January Birthday Social | 15. 10:00 Hymn Sing with Carolyn 11:15 One to One Room Visits |
| 16. 10:00 Worship Service in the Great Hall 11:15 Walking Group 2:00 Reminiscing Group | 17. 10:15 Gentle Fitness Class 11:00 Finishing Lines 2:30 Friendly Visits with Mandy 3:30 Sing-Along with Isobel | 18. 10:00 Brain Games 11:00 Walking Group 2:30 Helping Hands 3:30 Hymn Sing on the TV | 19. 10:00 Worship Service 11:00 Manicures and Massage 2:30 Reminiscing Group: Winter Memories | 20. 10:00 Gentle Fitness Class 11:00 Visits with Frankie the Dog 2:30 Entertainment by Al Crawford in the Great Hall | 21. 9:45 Walking Group 10:45 Music Therapy with Brian 12:00 Lunch Club: (Sign-Up) Joey's Fish and Chips 2:30 Creative Colouring Group | 22. 10:30 Walking Group 11:15 One to One Room Visits |
| 23/30. 10:00 Worship Service in the Great Hall 11:15 Walking Group 2:00 Trivia | 24/31. 10:00 Hymn Sing with Carolyn 11:00 Crokinole 2:30 Friendly Visits with Mandy 3:30 Sing-Along with Isobel | 25. <u>Robbie Burns Day</u> 10:00 Brain Games 11:00 Walking Group 2:30 Virtual Concert: BBC Scottish Symphony & Friends | 26. 10:00 Worship Service 11:00 Manicures and Massage 2:30 Crafting Korner: Cranberry Birdfeeders | 27. 10:00 Movement and Music 11:00 Visits with Frankie the Dog 2:30 Bingo 3:30 Word Puzzles and Music | 28. 9:45 Walking Group 10:45 Music Therapy with Brian 2:30 Coffee and Laughs Social | 29. 10:30 Ring Toss 11:15 One to One Room Visits |