

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|--|---|
| <p>4F Fourth Floor Common Area</p> <p>AR Activity Room</p> <p>B Bistro</p> <p>BP Back Patio</p> <p>BUS Bus Outing</p> <p>DR Dining Room</p> <p>IC Inside Community</p> <p>LB Lobby</p> <p>OC Outside Community</p> <p>PR Piano Room</p> <p>RR Resident's Room</p> <p>TF 3rd Floor</p> <p>TV TV Room</p> <p>WP Walking Path</p> | |  | <p>10:00 Exercises with Care Managers (AR) 1</p> <p>10:45 Cranium Crunches (AR)</p> <p>1:15 Discussion Group: New Years Day (AR)</p> <p>1:15 Nagin's Bridge Club (4F)</p> <p>2:30 Kick It! (B)</p> <p>3:30 Hot Chocolate Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> | <p>9:30 Visits with Bella (RR) 2</p> <p>10:00 Exercises with Shanelle (AR)</p> <p>10:45 Trivia (AR)</p> <p>1:15 BINGO (B)</p> <p>2:30 Afternoon Bowling (B)</p> <p>3:30 Sausage Rolls Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> | <p>10:00 Physio Fit with Sonya (AR) 3</p> <p>10:30 Visits with Therapy Dog Bear (RR)</p> <p>1:00 Afternoon Aromatherapy with Taylor (RR)</p> <p>2:30 Charades (B)</p> <p>3:30 Wine & Cheese Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> | <p>10:30 Exercise Essentials: Bands (AR) 4</p> <p>11:00 St. Ignatius of Loyola Church Service (TF)</p> <p>11:30 Hangman (AR)</p> <p>1:15 Crossword Challenge (B)</p> <p>3:00 Bean Bag Toss (B)</p> <p>3:30 Assorted Danishes Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:15 Coffee & Cards (B)</p> |
| <p>10:30 Exercise Essentials: Weights (AR) 5</p> <p>11:00 Hand in the Bag Game with Ramsha (B)</p> <p>1:15 Story Writing with Alifiya (AR)</p> <p>2:30 Music with Marcus (B)</p> <p>3:30 Chips & Dip Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:15 Coffee & Cards (B)</p> | <p>9:30 Visits with Bella (RR) 6</p> <p>10:00 Physio Fit with Sonya (AR)</p> <p>10:45 Trivial Pursuit (AR)</p> <p>1:15 Discussion Group: Defending a Daughter's Dignity Truman Style (AR)</p> <p>2:30 Balloon Tennis (B)</p> <p>3:30 Assorted Cookies Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:15 Popcorn & Movie Night: Casablanca (TV)</p> <p>7:00 Visits with Therapy Dog Baxter (RR)</p> | <p>9:30 Visits with Bella (RR) 7</p> <p>10:00 Physio Fit with Sonya (AR)</p> <p>10:45 Flower Arranging (AR)</p> <p>11:00 Nondenominational Communion Service with Rev. David (4F)</p> <p>1:15 Jeopardy (AR)</p> <p>2:00 Tell Your Story with Helena (4F)</p> <p>2:30 Ring Toss (B)</p> <p>3:30 Chef's Choice Social (B)</p> <p>3:45 Manicures with Skyla (AR)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:15 Name that Tune with Shanelle (AR)</p> | <p>9:30 Visits with Bella (RR) 8</p> <p>10:00 Corra's Brunch (BUS)</p> <p>10:00 Exercise Essentials: Balls (AR)</p> <p>10:45 Cranium Crunches (AR)</p> <p>1:15 Nagin's Bridge Club (4F)</p> <p>2:30 Kick It! (B)</p> <p>3:30 Hot Chocolate Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:15 Evening Meditation with Alifiya (AR)</p> | <p>9:30 Visits with Bella (RR) 9</p> <p>10:00 Physio Fit with Sonya (AR)</p> <p>10:45 Trivia (AR)</p> <p>1:15 BINGO (B)</p> <p>2:30 Afternoon Bowling (B)</p> <p>3:30 Sausage Rolls Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> | <p>9:30 Visits with Bella (RR) 10</p> <p>10:00 Physio Fit with Sonya (AR)</p> <p>10:30 Visits with Therapy Dog Bear (RR)</p> <p>10:45 Community Projects (AR)</p> <p>11:00 Ballroom Dancing (TF)</p> <p>1:00 Afternoon Aromatherapy with Taylor (RR)</p> <p>1:30 Scenic Drive with Tim Hortons (BUS)</p> <p>2:30 Charades (B)</p> <p>3:30 Wine & Cheese Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> | <p>10:30 Exercise Essentials: Bands (AR) 11</p> <p>11:00 St. Ignatius of Loyola Church Service (TF)</p> <p>11:30 Hangman (AR)</p> <p>3:00 Forté Music Recital (PR)</p> <p>3:30 Assorted Danishes Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:15 Coffee & Cards (B)</p> |
| <p>10:30 Exercise Essentials: Weights (AR) 12</p> <p>11:00 Hand in the Bag Game with Ramsha (B)</p> <p>1:15 Cartooning with Alifiya (AR)</p> <p>2:30 Music with Dan (PR)</p> <p>3:30 Chips & Dip Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:15 Coffee & Cards (B)</p> | <p>9:30 Visits with Bella (RR) 13</p> <p>10:00 Physio Fit with Sonya (AR)</p> <p>10:45 Trivial Pursuit (AR)</p> <p>1:15 Who/What Am I? (AR)</p> <p>1:30 Shopping Club: Walmart (BUS)</p> <p>2:30 Balloon Tennis (B)</p> <p>3:30 Assorted Cookies Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:15 Popcorn & Movie Night: Crocodile Dundee (TV)</p> | <p>9:30 Visits with Bella (RR) 14</p> <p>10:00 Physio Fit with Sonya (AR)</p> <p>10:45 Calendar Planning Club (AR)</p> <p>1:15 Jeopardy (AR)</p> <p>2:00 Book Club with Helena (4F)</p> <p>2:30 Ring Toss (B)</p> <p>3:30 Chef's Choice Social (B)</p> <p>3:45 Manicures with Skyla (AR)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:30 Chair Yoga with Shanelle (TF)</p> | <p>9:30 Visits with Bella (RR) 15</p> <p>10:00 Exercise Essentials: Balls (AR)</p> <p>10:45 Cranium Crunches (AR)</p> <p>1:15 Nagin's Bridge Club (4F)</p> <p>1:15 Ted Talks (AR)</p> <p>2:30 Kick It! (B)</p> <p>3:30 Hot Chocolate Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:15 Evening Meditation with Alifiya (AR)</p> | <p>9:30 Visits with Bella (RR) 16</p> <p>10:00 Physio Fit with Sonya (AR)</p> <p>10:45 Trivia (AR)</p> <p>1:15 BINGO (B)</p> <p>2:30 Afternoon Bowling (B)</p> <p>3:30 Sausage Rolls Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:15 Game Night with Jaiya (B)</p> | <p>9:30 Visits with Bella (RR) 17</p> <p>10:00 Physio Fit with Sonya (AR)</p> <p>10:30 Visits with Therapy Dog Bear (RR)</p> <p>10:45 Community Projects (AR)</p> <p>1:00 Afternoon Aromatherapy with Taylor (RR)</p> <p>2:30 Charades (B)</p> <p>3:30 Wine & Cheese Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> | <p>10:30 Exercise Essentials: Bands (AR) 18</p> <p>11:00 St. Ignatius of Loyola Church Service (TF)</p> <p>11:30 Hangman (AR)</p> <p>1:15 Crossword Challenge (B)</p> <p>3:00 Bean Bag Toss (B)</p> <p>3:30 Social with MISK Youth Students (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:15 Coffee & Cards (B)</p> |
| <p>10:30 Exercise Essentials: Weights (AR) 19</p> <p>11:00 Hand in the Bag Game with Ramsha (B)</p> <p>1:15 Story Writing with Alifiya (AR)</p> <p>2:30 Music with Martin (B)</p> <p>3:30 Social with MISK Youth Students (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:15 Coffee & Cards (B)</p> | <p>9:30 Visits with Bella (RR) 20</p> <p>10:00 Physio Fit with Sonya (AR)</p> <p>10:45 Trivial Pursuit (AR)</p> <p>1:15 Discussion Group: Chinese New Year (AR)</p> <p>2:30 Balloon Tennis (B)</p> <p>3:30 Assorted Cookies Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:15 Popcorn & Movie Night: Fun with Dick and Jane (TV)</p> <p>7:00 Visits with Therapy Dog Baxter (RR)</p> | <p>9:30 Visits with Bella (RR) 21</p> <p>10:00 Physio Fit with Sonya (AR)</p> <p>10:45 Flower Arranging (AR)</p> <p>1:15 Jeopardy (AR)</p> <p>2:00 Tell Your Story with Helena (4F)</p> <p>2:30 Ring Toss (B)</p> <p>3:30 Chef's Choice Social (B)</p> <p>3:45 Manicures with Skyla (AR)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:30 Chair Yoga with Shanelle (TF)</p> | <p>9:30 Visits with Bella (RR) 22</p> <p>10:00 Exercise Essentials: Balls (AR)</p> <p>10:45 Cranium Crunches (AR)</p> <p>11:00 Visits with Brad's Baby Niece (AR)</p> <p>1:15 Nagin's Bridge Club (4F)</p> <p>1:15 Ted Talks (AR)</p> <p>1:30 Classic Bowl (BUS)</p> <p>2:30 Kick It! (B)</p> <p>3:30 Hot Chocolate Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:15 Evening Meditation with Alifiya (AR)</p> | <p>9:30 Visits with Bella (RR) 23</p> <p>10:00 Physio Fit with Sonya (AR)</p> <p>10:45 Trivia (AR)</p> <p>1:15 BINGO (B)</p> <p>2:30 Afternoon Bowling (B)</p> <p>3:30 Sausage Rolls Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:15 Game Night with Jaiya (B)</p> | <p>9:30 Visits with Bella (RR) 24</p> <p>10:00 Physio Fit with Sonya (AR)</p> <p>10:30 Visits with Therapy Dog Bear (RR)</p> <p>10:45 Robbie Burns Trivia (AR)</p> <p>1:00 Afternoon Aromatherapy with Taylor (RR)</p> <p>2:30 Charades (B)</p> <p>3:30 Wine & Cheese Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> | <p>10:30 Exercise Essentials: Bands (AR) 25</p> <p>11:00 St. Ignatius of Loyola Church Service (TF)</p> <p>11:30 Hangman (AR)</p> <p>1:15 Crossword Challenge (B)</p> <p>3:00 Bean Bag Toss (B)</p> <p>3:30 Assorted Danishes Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:15 Coffee & Cards (B)</p> |
| <p>10:30 Exercise Essentials: Weights (AR) 26</p> <p>11:00 Hand in the Bag Game with Ramsha (B)</p> <p>1:15 Cartooning with Alifiya (AR)</p> <p>2:30 Chinese New Year Celebration with Traditional Chinese Folk Dance (B)</p> <p>3:30 Chinese Spring Rolls Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:15 Evening Meditation with Alifiya (AR)</p> <p>6:15 Coffee & Cards (B)</p> | <p>9:30 Visits with Bella (RR) 27</p> <p>10:00 Physio Fit with Sonya (AR)</p> <p>10:45 Trivial Pursuit (AR)</p> <p>1:15 Who/What Am I? (AR)</p> <p>2:30 Balloon Tennis (B)</p> <p>3:30 Assorted Cookies Social (B)</p> <p>4:00 Flower Arranging (AR)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:15 Popcorn & Movie Night: Sherlock Holmes: A Game of Shadows (TV)</p> | <p>9:30 Visits with Bella (RR) 28</p> <p>10:00 Physio Fit with Sonya (AR)</p> <p>10:45 Calendar Planning Club (AR)</p> <p>1:15 Jeopardy (B)</p> <p>1:15 Resident Meeting (AR)</p> <p>2:00 Tell Your Story with Helena (4F)</p> <p>2:30 Ring Toss (B)</p> <p>3:30 Chef's Choice Social (B)</p> <p>3:45 Manicures with Skyla (AR)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:30 Pub Night with Jan (B)</p> | <p>9:30 Visits with Bella (RR) 29</p> <p>10:00 Exercise Essentials: Balls (AR)</p> <p>10:30 Palma Pasta Restaurant (BUS)</p> <p>10:45 Cranium Crunches (AR)</p> <p>1:15 Nagin's Bridge Club (4F)</p> <p>1:30 Parkview Jammers (B)</p> <p>2:30 Kick It! (B)</p> <p>3:30 Hot Chocolate Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> | <p>9:30 Visits with Bella (RR) 30</p> <p>10:00 Physio Fit with Sonya (AR)</p> <p>10:45 Trivia (AR)</p> <p>1:15 Bingo Tournament at Sunrise of Burlington (BUS)</p> <p>2:30 Afternoon Bowling (B)</p> <p>3:30 Birthday Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> <p>6:15 Game Night with Jaiya (B)</p> | <p>9:30 Visits with Bella (RR) 31</p> <p>10:00 Physio Fit with Sonya (AR)</p> <p>10:30 Visits with Therapy Dog Bear (RR)</p> <p>10:45 Community Projects (AR)</p> <p>1:00 Afternoon Aromatherapy with Taylor (RR)</p> <p>1:30 Scenic Drive with Tim Hortons (BUS)</p> <p>2:30 Charades (B)</p> <p>3:30 Wine & Cheese Social (B)</p> <p>4:00 Go4Life® Walking Club (IC)</p> | <p>Happy Birthday!</p> <p>Margaret M - Jan 1</p> <p>Sherryne H - Jan 10</p> <p>Edward S - Jan 16</p> <p>Julian D - Jan 23</p> |