

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4F Fourth Floor Common Area AR Activity Room BI Bistro BUS Bus Outing CA Common Area DR Dining Room IC Inside Community K Kitchen LB Lobby OC Outside Community P Patio PR Piano Room RR Reflection Room TV TV Room			10:00 Visits with Bella (CA) 11:00 Physio Fit (CA) 11:00 Exercise Essentials with Care Managers (CA) 11:30 Daily Chronicle (CA) 2:30 Community Projects (DR) 3:00 Hot Chocolate Social (CA) 4:00 Go4Life@ Walking Club (IC) 4:00 Sentimental Sing A Long (CA) 6:15 Popcorn & Picture (TV)	10:00 Visits with Bella (CA) 11:00 Exercises with Care Managers (CA) 11:00 Physio Fit (CA) 11:30 Daily Chronicle (CA) 2:30 Kick It! with Shanelle (CA) 3:00 Manicures with Latoya (CA) 3:00 Sausage Rolls Social (CA) 4:00 Go4Life@ Walking Club (IC)	10:30 Visits with Therapy Dog Bear (CA) 11:30 Daily Chronicle (CA) 1:30 Baking with Students (RR) 2:30 Bowling (CA) 3:00 Wine & Cheese Social (CA) 4:00 Go4Life@ Walking Club (IC) 6:45 Piano with Lucas & Nicholas (CA)	10:00 Finishing Lines (CA) 11:00 St. Ignatius of Loyola Church Service (CA) 11:00 Exercise Essentials with Care Managers (CA) 11:30 Daily Chronicle (CA) 2:00 Caring Cards (CA) 2:30 BINGO (DR) 3:00 Assorted Danishes Social (CA) 4:00 Go4Life@ Walking Club (IC) 4:00 Sentimental Sing A Long (CA) 6:00 Netflix Night (TV)
10:00 Finishing Lines (CA) 11:00 Exercise Essentials with Care Managers (CA) 11:30 Daily Chronicle (CA) 2:30 Music with Marcus (BI) 3:00 Chips & Dip Social (CA) 4:00 Go4Life@ Walking Club (IC) 4:00 Hangman (CA)	10:00 Visits with Bella (CA) 11:00 Physio Fit with Sonya (CA) 11:30 Daily Chronicle (CA) 1:30 Baking with Students (RR) 2:00 Music Appreciation: Dolly Parton (TV) 3:00 Assorted Cookies Social (CA) 4:00 Go4Life@ Walking Club (IC) 6:00 Story Reading with Latoya (CA) 6:15 Popcorn & Movie Night: Casablanca (TV) 7:00 Visits with Therapy Dog Baxter (CA)	10:00 Visits with Bella (CA) 11:00 Nondenominational Communion Service with Rev. David (4F) 11:00 Physio Fit with Sonya (CA) 11:30 Daily Chronicle (CA) 1:30 Baking with Students (RR) 2:30 Flower Arranging (RR) 3:00 Chef's Choice Social (CA) 4:00 Go4Life@ Walking Club (IC) 4:00 Alphabet Trivia (CA) 7:00 Bible Study with Sophia (CA)	10:00 Cora's Brunch (BUS) 10:00 Visits with Bella (CA) 11:00 Exercise Essentials with Care Managers (CA) 11:30 Daily Chronicle (CA) 1:30 Baking with Students (RR) 2:30 Community Projects (DR) 3:00 Hot Chocolate Social (CA) 4:00 Go4Life@ Walking Club (IC) 4:00 Sentimental Sing A Long (CA) 6:15 Popcorn & Picture (TV)	10:00 Visits with Bella (CA) 11:00 Physio Fit with Sonya (CA) 11:30 Daily Chronicle (CA) 1:30 Baking with Students (RR) 2:30 Zumba (CA) 3:00 Manicures with Latoya (CA) 3:00 Sausage Rolls Social (CA) 4:00 Go4Life@ Walking Club (IC)	10:30 Visits with Therapy Dog Bear (CA) 11:00 Ballroom Dancing (CA) 11:00 Physio Fit with Sonya (CA) 11:30 Daily Chronicle (CA) 1:30 Scenic Drive with Tim Hortons (BUS) 1:30 Baking with Students (RR) 2:30 Bowling (CA) 3:00 Wine & Cheese Social (CA) 4:00 Go4Life@ Walking Club (IC) 6:45 Piano with Lucas & Nicholas (CA)	10:00 Finishing Lines (CA) 11:00 St. Ignatius of Loyola Church Service (CA) 11:00 Exercise Essentials with Care Managers (CA) 11:30 Daily Chronicle (CA) 2:00 Caring Cards (CA) 2:30 BINGO (DR) 3:00 Forte Music Recital (PR) 3:00 Assorted Danishes Social (CA) 4:00 Go4Life@ Walking Club (IC) 4:00 Sentimental Sing A Long (CA) 6:00 Netflix Night (TV)
10:00 Finishing Lines (CA) 11:00 Exercise Essentials with Care Managers (CA) 11:30 Daily Chronicle (CA) 2:30 Music with Dan (PR) 3:00 Chips & Dip Social (CA) 4:00 Go4Life@ Walking Club (IC) 4:00 Hangman (CA)	10:00 Visits with Bella (CA) 11:00 Physio Fit with Sonya (CA) 11:30 Daily Chronicle (CA) 1:30 Shopping Club: Walmart (BUS) 1:30 Baking with Students (RR) 2:00 Music Appreciation: Kenny Rogers (TV) 3:00 Assorted Cookies Social (CA) 4:00 Go4Life@ Walking Club (IC) 4:00 Guitar with Nicole (CA) 6:00 Story Reading with Latoya (CA) 6:15 Popcorn & Movie Night: Crocodile Dundee (TV)	10:00 Visits with Bella (CA) 11:00 Physio Fit with Sonya (CA) 11:30 Daily Chronicle (CA) 1:30 Baking with Students (RR) 2:30 Meet Me at MoMa with LEM (CA) 3:00 Chef's Choice Social (CA) 4:00 Go4Life@ Walking Club (IC) 4:00 Alphabet Trivia (CA) 6:15 Aromatherapy with Shanelle (CA) 6:30 Chair Yoga with Shanelle (CA) 7:00 Bible Study with Sophia (CA)	10:00 Visits with Bella (CA) 11:00 Exercise Essentials with Care Managers (CA) 11:30 Daily Chronicle (CA) 1:30 Baking with Students (RR) 2:30 Community Projects (DR) 3:00 Hot Chocolate Social (CA) 4:00 Go4Life@ Walking Club (IC) 4:00 Sentimental Sing A Long (CA) 6:15 Popcorn & Picture (TV)	10:00 Visits with Bella (CA) 11:00 Physio Fit with Sonya (CA) 11:30 Daily Chronicle (CA) 1:30 Baking with Students (RR) 2:30 Kick It! (CA) 3:00 Manicures with Latoya (CA) 3:00 Sausage Rolls Social (CA) 4:00 Go4Life@ Walking Club (IC)	10:30 Visits with Therapy Dog Bear (CA) 11:00 Physio Fit with Sonya (CA) 11:30 Daily Chronicle (CA) 1:30 Baking with Students (RR) 2:30 Bowling (CA) 3:00 Wine & Cheese Social (CA) 4:00 Go4Life@ Walking Club (IC) 6:45 Piano with Lucas & Nicholas (CA)	10:00 Finishing Lines (CA) 11:00 St. Ignatius of Loyola Church Service (CA) 11:00 Exercise Essentials with Care Managers (CA) 11:30 Daily Chronicle (CA) 2:00 Caring Cards (CA) 2:30 BINGO (DR) 3:00 Assorted Danishes Social (CA) 3:30 MISK Youth Visits (CA) 4:00 Go4Life@ Walking Club (IC) 4:00 Sentimental Sing A Long (CA) 6:00 Netflix Night (TV)
10:00 Finishing Lines (CA) 11:00 Exercise Essentials with Care Managers (CA) 11:30 Daily Chronicle (CA) 2:30 Music with Martin (BI) 3:00 Chips & Dip Social (CA) 3:30 MISK Youth Visits (CA) 4:00 Go4Life@ Walking Club (IC) 4:00 Hangman (CA)	10:00 Visits with Bella (CA) 11:00 Physio Fit with Sonya (CA) 11:30 Daily Chronicle (CA) 1:30 Baking with Students (RR) 2:00 Music Appreciation: Elta James (TV) 2:30 Remembering the Wonders of Winter with Shanelle (CA) 3:00 Assorted Cookies Social (CA) 4:00 Go4Life@ Walking Club (IC) 4:00 Guitar with Nicole (CA) 6:00 Story Reading with Latoya (CA) 6:15 Popcorn & Movie Night: Fun with Dick and Jane (TV) 7:00 Visits with Therapy Dog Baxter (CA)	10:00 Visits with Bella (CA) 11:00 Physio Fit with Sonya (CA) 11:30 Daily Chronicle (CA) 1:30 Baking with Students (RR) 2:30 Flower Arranging (RR) 3:00 Chef's Choice Social (CA) 4:00 Go4Life@ Walking Club (IC) 4:00 Alphabet Trivia (CA) 6:30 Chair Yoga with Shanelle (CA) 7:00 Bible Study with Sophia (CA)	10:00 Visits with Bella (CA) 11:00 Exercise Essentials with Care Managers (CA) 11:30 Daily Chronicle (CA) 1:30 Baking with Students (RR) 1:30 Classic Bowl (BUS) 2:30 Community Projects (DR) 3:00 Hot Chocolate Social (CA) 3:30 Discussion Group: Chinese New Year (CA) 4:00 Go4Life@ Walking Club (IC) 4:00 Sentimental Sing A Long (CA) 6:15 Popcorn & Picture (TV)	10:00 Visits with Bella (CA) 11:00 Physio Fit with Sonya (CA) 11:30 Daily Chronicle (CA) 1:30 Baking with Students (RR) 2:30 Zumba (CA) 3:00 Manicures with Latoya (CA) 3:00 Sausage Rolls Social (CA) 4:00 Go4Life@ Walking Club (IC)	10:30 Visits with Therapy Dog Bear (CA) 11:00 Physio Fit with Sonya (CA) 11:30 Daily Chronicle (CA) 1:30 Baking with Students (RR) 2:30 Bowling (CA) 3:00 Wine & Cheese Social (CA) 4:00 Go4Life@ Walking Club (IC) 6:45 Piano with Lucas & Nicholas (CA)	10:00 Finishing Lines (CA) 11:00 St. Ignatius of Loyola Church Service (CA) 11:00 Exercise Essentials with Care Managers (CA) 11:30 Daily Chronicle (CA) 2:00 Caring Cards (CA) 2:30 BINGO (DR) 3:00 Forte Music Recital (PR) 3:00 Assorted Danishes Social (CA) 4:00 Go4Life@ Walking Club (IC) 4:00 Sentimental Sing A Long (CA) 6:00 Netflix Night (TV)
10:00 Finishing Lines (CA) 11:00 Exercise Essentials with Care Managers (CA) 11:30 Daily Chronicle (CA) 2:30 Chinese New Year Celebration with Traditional Chinese Folk Dance (BI) 3:00 Chinese Spring Rolls Social (CA) 4:00 Go4Life@ Walking Club (IC) 4:00 Hangman (CA)	10:00 Visits with Bella (CA) 11:00 Physio Fit with Sonya (CA) 11:30 Daily Chronicle (CA) 1:30 Baking with Students (RR) 2:00 Music Appreciation: Michael Jackson (TV) 3:00 Assorted Cookies Social (CA) 4:00 Go4Life@ Walking Club (IC) 4:00 Guitar with Nicole (CA) 6:00 Story Reading with Latoya (CA) 6:15 Popcorn & Movie Night: Sherlock Holmes: A Game of Shadows (TV)	10:00 Visits with Bella (CA) 11:00 Physio Fit with Sonya (CA) 11:30 Daily Chronicle (CA) 1:30 Baking with Students (RR) 2:30 Meet Me at MoMa with LEM (CA) 3:00 Chef's Choice Social (CA) 4:00 Go4Life@ Walking Club (IC) 4:00 Alphabet Trivia (CA) 6:30 Pub Night with Jan (BI) 7:00 Bible Study with Sophia (CA)	10:00 Visits with Bella (CA) 10:30 Palma Pasta Restaurant (BUS) 11:00 Exercise Essentials with Care Managers (CA) 11:30 Daily Chronicle (CA) 1:30 Parkview Jammers (BI) 1:30 Baking with Students (RR) 2:30 Community Projects (DR) 3:00 Hot Chocolate Social (CA) 4:00 Go4Life@ Walking Club (IC) 4:00 Sentimental Sing A Long (CA) 6:15 Popcorn & Picture (TV)	10:00 Visits with Bella (CA) 11:00 Physio Fit with Sonya (CA) 11:30 Daily Chronicle (CA) 1:15 Bingo Tournament at Sunrise of Burlington (BUS) 1:30 Baking with Students (RR) 2:30 Kick It! with Shanelle (CA) 3:00 Birthday Social (CA) 3:00 Manicures with Latoya (CA) 4:00 Go4Life@ Walking Club (IC)	10:30 Visits with Therapy Dog Bear (CA) 11:00 Physio Fit with Sonya (CA) 11:30 Daily Chronicle (CA) 1:30 Scenic Drive with Tim Hortons (BUS) 1:30 Baking with Students (RR) 2:30 Bowling (CA) 3:00 Wine & Cheese Social (CA) 4:00 Go4Life@ Walking Club (IC) 6:45 Piano with Lucas & Nicholas (CA)	<div style="text-align: center;"> Happy Birthday! Gunvantrai B - Jan 1 Frank K - Jan 31 </div>