

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 What's New? New Year Discussion 10:30 Sunday Service with Chaplain Alan (FH) 2:00 Crafter Corner: Perpetual Calendars 3:00 January Trivia New Year's Day	2 9:30 Reminiscing; New Year Traditions 10:30 Fishing at The Lake 2:00 Exercise Circle (Alcove) 3:00 Poetry Group	3 9:30 In the News 10:30 Friendly Visits 10:30 Chaplain Visits 2:00 Bingo (FH) 3:30 Hymn Sing with Chaplain Alan	4 Christmas Takedown 2:30 Music with Martin Wall (FH) 6:00 Hand & Nail Spa	5 Christmas Takedown 9:30 Trivia; CHIPS 10:30 Singalong 2:00 Bowling Bonanza (FH)	6 Christmas Takedown 9:30 Exercise Circle (Alcove) 2:00 Café Visits	7 9:30 Crochet Club: Making Coasters 11:00 Hand and Nail Spa 2:00 Discussion: Skiing and Winter Sports 3:00 Crafters Corner: Water Bead Air Fresheners
8 9:30 Morning Yoga 10:30 Sunday Service with Chaplain Alan (FH) 2:00 Hand and Nail Spa 3:00 "Show and Tell Day" Discussion Group	9 10:00 Making Soup (FH) 12:00 Lunch Club: Chicken Pot Pie Chowder (Sign up Required) 2:30 Craft; Penguins	10 9:30 Qi Gong (FH) 9:30 Catholic Communion 10:30 Friendly Visits 10:30 Chaplain Visits 2:00 Bingo (FH) 3:30 Hymn Sing with Chaplain Alan	11 10:00 Open Minds Heart Program (FH) 1:00 The Price Is Right 2:00 Tea & Chat 3:00 Exercise Circle (Alcove) 6:00 Sensory & Sing	12 9:30 Hangman Word Game 10:30 Morning Strolls 2:00 Bowling Bonanza (FH)	13 9:30 Seated Yoga 10:30 Card Games 2:00 Friendly Visits 3:00 Craft: 3D Snowflakes	14 9:30 Current Events 10:30 Craft; Winter Silhouettes 2:00 Reminiscing; Wintertime Memories 3:00 Exercise Circle (Alcove)
15 9:30 Target Toss 10:30 Sunday Service with Chaplain Alan (FH) 2:00 Name 5 Game 3:00 Jigsaw Puzzles	16 9:30 Riddle Me This 10:30 Ball Toss 2:00 Horticulture 3:00 Poetry Group Martin Luther King Jr. Day	17 10:30 Memorial Service (FH) 2:00 Bingo (FH) 3:30 Hymn Sing with Chaplain Alan	18 10:00 Open Minds Heart Program (FH) 1:00 Walk & Talk 2:30 Welcome Tea (FH) 6:00 Hand & Nail Spa	19 9:30 Exercise Circle (Alcove) 10:30 Resident Council (FH) 2:00 Bowling Bonanza (FH)	20 9:30 Balloon Badminton 10:30 Natures calling; Pinecone Birdfeeders 2:00 Pathways Music Group 3:00 Café Visits	21 9:30 Morning Yoga (Alcove) 10:30 Parkwood Derby (FH) 2:00 Crafter's Corner: Snowman Sensory Stress Ball 3:00 Ball Toss
22 9:30 Reading Corner 10:30 Sunday Service with Chaplain Alan (FH) 2:00 Chinese New Year Discussion 3:00 Parkwood Café Visits Chinese New Year (Year of the Rabbit)	23 10:00 Baking; Making a Pie 2:30 Tea & Pie Social Activity Professionals Week	24 9:30 Qi Gong (FH) 10:30 Who Am I? 10:30 Chaplain Visits 12:00 Lunch Club: Chinese Food (Sign up is Required) 2:30 Bingo (FH) 3:30 Hymn Sing with Chaplain Alan	25 10:00 Open Minds Heart Program (FH) 10:30 Catholic Mass (FH) 1:00 Exercise Circle (Alcove) 2:00 Reminiscing; Old Cars 3:00 One to One Visits 6:00 Sensory & Sing	26 10:00 Music with Brent M (FH) 2:00 Bowling Bonanza (FH) Australia Day (observed)	27 9:30 Seated Yoga 10:30 Current Events 2:00 Tea and Reminisce 3:00 One to One Visits	28 9:30 Reading; New Beginning Stories 10:30 Balloon Badminton 2:00 Craft; Hand Parrots 3:00 Hand & Nail Spa
29 9:30 Exercise Circle (Alcove) 10:30 Sunday Service with Chaplain Alan (FH) 2:00 Travelogue; Egyptian Tour 3:00 Current Events	30 9:30 Reminiscing; Sports History 10:30 Craft; Sensory Art 2:00 Baking; Chocolate Covered Pretzels 3:00 Poetry Group	31 9:30 Qi Gong (FH) 10:30 Word Games 10:30 Chaplain Visits 2:00 Bingo (FH) 3:30 Hymn Sing with Chaplain Alan				