


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Year's Day 1 2:00 Church Service with Holy Communion and Prayers for the New Year (MPR) <small>New Year's Day</small>	2 9:30 Giant Matching Game (CR) 10:30 Muscle Strength (CR) 2:00 Creative Painting (MPR) 3:00 Aquafit ~ Pool	3 9:30 Beach Ball Fun (MPR) 10:30 Short Stories (MPR) 2:00 Ladder Ball (EDR) 3:00 Aquafit ~ Pool	4 9:30 Balance & Tone (CR) 10:30 Hymn Sing (MPR) 2:30 Music with Martin Wall (FH)	5 2:30 BINGO! (EDR) 4:15 Muscle Relaxation (3 rd Floor Den) 6:30 Aquaworship ~ Pool	6 9:30 Balloon Badminton (CR) 10:30 Yahtzee (MPR) 2:00 Bowling (FH) 3:00 Aquafit	7
8 2:00 Church Service with Chaplain Alan (MPR)	Christmas Take Down All Week Long 9 10:30 Muscle Strength (CR) 3:00 Aquafit ~ Pool	10 9:30 Qi Gong (FH) 11:00 Catholic Visits 3:00 Aquafit ~ Pool	11 9:30 Balance & Tone (CR) 10:30 Hymn Sing (MPR) 2:00 Open Minds Heart Program (EDR)	12 2:30 BINGO! (EDR) 4:15 Muscle Relaxation (3 rd Floor Den) 6:30 Aquaworship ~ Pool	13 9:30 Beach Ball Fun (CR) 10:30 Crokinole (GR) 1:30 Shopping Outing: Walmart *sign up required	14
15 2:00 Church Service with Chaplain Alan (MPR)	16 9:30 Guess the Phrase (EDR) 10:30 Muscle Strength (CR) 2:00 Java Music (EDR) 3:15 Aquafit ~ Pool <small>Martin Luther King Jr. Day</small>	17 9:30 Beach Ball Fun (MPR) 10:30 Memorial Service (FH) 1:30 Yahtzee (MPR) 3:00 Aquafit ~ Pool	18 9:30 Balance & Tone (CR) 10:30 Hymn Sing (MPR) 2:00 Open Minds Heart Program (EDR)	19 2:30 BINGO! (EDR) 4:15 Muscle Relaxation (3 rd Floor Den) 5:00 6 th Floor Dinner	20 9:30 Balloon Badminton (CR) 12:00 Chinese Lunch *sign-up required 3:00 Aquafit	21
22 2:00 Church Service with Chaplain Alan (MPR) <small>Chinese New Year (Year of the Rabbit)</small>	23 9:30 Colour My World (EDR) 10:30 Muscle Strength (CR) 1:00 Speaker Series (EDR) 3:00 Aquafit ~ Pool <small>Activity Professionals Week</small>	24 9:30 Qi Gong (FH) 10:30 Guess What I am? (EDR) 2:00 Kindness Club (EDR) 3:00 Aquafit ~ Pool	25 9:30 Balance & Tone (CR) 10:30 Hymn Sing (MPR) 10:30 Catholic Mass (FH) 2:00 Open Minds Heart Program (EDR)	26 10:00 Music with Brent M (FH) 2:30 BINGO! (EDR) 4:15 Muscle Relaxation (3 rd Floor Den) 6:30 Aquaworship ~ Pool <small>Australia Day (observed)</small>	27 9:30 Balloon Badminton (CR) 11:00 Bus Outing: Anna Mae's *sign up required 3:00 Aquafit	28
29 2:00 Church Service with Chaplain Alan (MPR)	30 9:30 Yahtzee (MPR) 10:30 Muscle Strength (CR) 2:00 Java Music (EDR) 3:15 Aquafit ~ Pool	31 9:30 Qi Gong (FH) 10:30 Jeopardy (EDR) 2:00 Root Beer Float Social (EDR) 3:00 Aquafit ~	 <h1>January 2023</h1> <p>Parkwood Suites & Garden Homes</p>			

New Year's Word Search

J A N U A R Y F R I E N A C E
 F R I E N D S Y A S R I L A H
 N E Y S E R T I E M O W B L C
 B S I L Y F A E N E I Y A E O
 N O C R N V N V E Y D L B N U
 A L D C L O C K L T I E Y D N
 R U V E W M I D N I G H T A T
 V T O A S T W S N O L Y I R D
 G I A N I N G S E V E U A R O
 C O N F E T T I T M I N G S W
 R N O L C E L E B R A T I O N
 A J A N U E L V E I M K E R A
 Y P A R T Y H A A P Y S E V W
 N E W Y E A R C L O K S O R Y
 S H A P P Y E B A L L R E S O

BABY
 BALL
 CALENDAR
 CELEBRATION
 CLOCK
 CONFETTI
 COUNTDOWN
 EVE

FAMILY
 FRIENDS
 HAPPY
 JANUARY
 MIDNIGHT
 NEW YEAR
 NOISEMAKER
 PARTY

RESOLUTION
 TOAST



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Monthly Activity Calendar ~November 2022



Parkwood
 SENIORS COMMUNITY