

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

January 2025

Parkwood Suites, Garden Homes & DLMA

<p>5 10:30 Sunday Service with Chaplain Lisa (FH)</p>	<p>6 9:30 Strength & Conditioning (CR) 10:30 Relax & Colour (MPR) 1:30 Ring Toss (CR) 2:30 Spirit Circle with Chaplain Ellen (CR)</p>	<p>7 Christmas Takedown this Afternoon 9:30 Qi Gong (FH) 10:30 Manicures (CR) 1:30 Dominoes (MPR)</p>	<p>New Year's Day 1 9:30 Balloon Badminton (CR) 10:30 New Year's Reminisce (MPR) 1:30 Bean Bag Toss (CR)</p> <p><small>New Year's Day</small></p>	<p>2 9:30 Strength & Conditioning (CR) 10:30 Creative Painting (MPR) 1:15 Hot Wax Treatment (Gym)</p>	<p>3 9:30 Flexibility Fitness (CR) 10:30 Yahtzee (MPR) 1:30 UNO (CR) 2:30 BINGO (MPR)</p>	<p>4</p>
<p>12 10:30 Sunday Service with Chaplain Lisa (FH)</p>	<p>13 9:30 Lower Body Strength (CR) 10:30 Creative Painting (MPR) 1:30 Bocce Ball (CR hallway) 2:30 Spirit Circle with Chaplain Ellen (CR)</p>	<p>14 9:30 Qi Gong (FH) 10:30 Current Events (CR) 1:30 Ladder Ball Toss (CR) 2:30 January Birthday Celebration (MPR) 7:00 Music with Fred Martin & Friends (MPR)</p>	<p>8 9:30 Beach Ball Fun (CR) 10:20 RC Communion Visits 10:30 Hymn Sing (MPR) 1:30 Crokinole (GR) 2:30 Dice Game: <i>First to 25</i> (MPR)</p>	<p>9 9:30 Strength & Conditioning (CR) 10:30 Baking: Cinnamon Roll Cake (MPR) 1:15 Hot Wax Treatment (Gym)</p>	<p>10 9:30 Flexibility Fitness (CR) 10:30 Jeopardy (CR) 1:30 Bean Bag Toss (CR)</p>	<p>11 10:00 Fitness Support with Caleb (Gym) 2:00 Crochet Club (FH)</p>
<p>19 10:30 Sunday Service with Chaplain Ellen (FH)</p>	<p>20 9:30 Lower Body Strength (CR) 10:30 Yahtzee (MPR) 1:30 Bean Bag Toss (CR) 2:30 Spirit Circle with Chaplain Ellen (CR)</p>	<p>21 9:30 Qi Gong (FH) 10:30 Beach Ball Fun (CR) 1:30 Word Games (CR) 2:30 Friendly Visits 5:00 6th Floor Dinner (MPR)</p>	<p>15 9:30 Balloon Badminton (CR) 10:30 Hymn Sing (MPR) 2:00 Music with Brent Stainton (FH)</p>	<p>16 9:30 Lower Body Strength (CR) 10:30 Worship with Knox Presbyterian Church (FH) 1:15 Hot Wax Treatment (Gym)</p>	<p>17 9:30 Flexibility Fitness (CR) 10:30 UNO (MPR) 1:30 Outing: Walmart *sign-up required*</p>	<p>18 10:00 Fitness Support with Caleb (Gym) 10:00 Exercise Circle with Brandon (CR)</p>
<p>26 10:30 Sunday Service with Chaplain Lisa (FH)</p>	<p>27 10:00 Music with Henry Winter (FH) 1:30 Word Games (CR) 2:30 Spirit Circle with Chaplain Ellen (CR)</p>	<p>28 9:30 Qi Gong (FH) 10:30 Poetry Reading (CR) 1:30 Ladder Ball (CR) 2:30 Yahtzee (MPR)</p>	<p>22 8:30 Outing: Jack's Family Restaurant *sign-up required* 10:30 Catholic Mass (FH) 10:30 Hymn Sing (MPR) 1:30 Dominoes (MPR) 2:30 Travelogue: Australia (CR)</p>	<p>23 9:30 Lower Body Strength (CR) 10:30 Ring Toss (CR) 1:15 Hot Wax Treatment (Gym) 2:30 Men's Club (CR)</p>	<p>24 9:30 Flexibility Fitness (CR) 10:30 Crokinole (GR) 12:00 Lunch Club: Pizza Lunch *Sign-up required 2:30 BINGO (MPR)</p>	<p>25 10:00 Fitness Support with Caleb (Gym) 10:00 Exercise Circle with Brandon (CR)</p>
<p>26 10:30 Sunday Service with Chaplain Lisa (FH)</p>	<p>27 10:00 Music with Henry Winter (FH) 1:30 Word Games (CR) 2:30 Spirit Circle with Chaplain Ellen (CR)</p>	<p>28 9:30 Qi Gong (FH) 10:30 Poetry Reading (CR) 1:30 Ladder Ball (CR) 2:30 Yahtzee (MPR)</p>	<p>29 9:30 Balloon Badminton (CR) 10:30 Hymn Sing (MPR) 1:30 Bocce Ball (CR Hallway) 2:30 UNO (MPR)</p>	<p>30 9:30 Upper Body Strength (CR) 10:30 Memorial Service (FH) 1:15 Hot Wax Treatment (Gym)</p>	<p>31 9:30 Flexibility Fitness (CR) 10:30 Creative Painting (MPR) 11:30 Outing: Boston Pizza *sign-up required*</p>	<p>LEGEND CR – Craft Room MPR – Multipurpose Room FH – Fellowship Hall EDR – Education Room L – Lobby GR – Games Room FP – Front Patio DR – Dining Room</p>

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