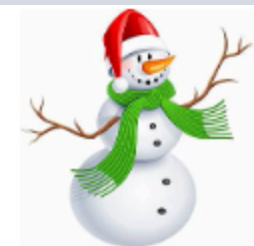




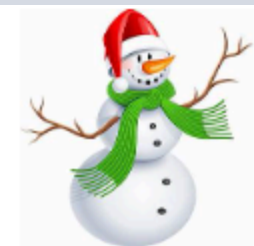



January 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Locations Legend</u></p> <p>Large Activity Room</p> <p>Carnation Activity Area</p> <p>Chapel</p>		<p>Spousal Support Group: January 16th at 11am.</p> <p>Caregivers Coffee Club: January 23rd at 2pm.</p>	<p>NEW YEAR'S DAY 1</p> <p>11:00 Restorative Program</p> <p>2:00 New Year's Eve Karaoke Party</p> 	<p>9:30 Exercise Class with Mai 2</p> <p>10:00 Pampering</p> <p>11:00 Restorative Program</p> <p>2:00 Movie and Popcorn</p>	<p>11:00 Restorative Program 3</p> <p>2:00 Crafts</p> <p>6:00 Card Club</p>	<p>11:00 Restorative Program 4</p>
<p>11:00 Restorative Program 5</p> <p>2:00 Wesleyan Church Service</p>	<p>11:00 Restorative Program 6</p> <p>2:00 Food Committee Meeting</p> <p>6:00 Card Club</p>	<p>9:30 Stretches 7</p> <p>10:00 Bowling</p> <p>11:00 Restorative Program</p> <p>2:00 Residents Council Meeting</p> <p>6:00 Card Club</p>	<p>ELVIS PRESLEY'S BDAY 8</p> <p>11:00 Restorative Program</p> <p>6:00 Arm Chair Travels</p>	<p>9:30 Exercise Class with Mai 9</p> <p>10:00 Pampering</p> <p>11:00 Restorative Program</p> <p>2:00 Anglican Church Service</p>	<p>11:00 Restorative Program 10</p>	<p>10:00 Stretches 11</p> <p>10:30 Painting</p> <p>11:00 Restorative Program</p> <p>2:00 Axe Throwing</p>
<p>9:30 Basketball 12</p> <p>11:00 Restorative Program</p> <p>2:00 Pentecostal Church Service</p>	<p>10:00 Entertainment - Tom Valiquette 13</p> <p>11:00 Restorative Program</p> <p>2:00 Bingo</p> <p>6:00 Card Club</p>	<p>11:00 Restorative Program 14</p> <p>6:00 Hot Chocolate Cart</p>	<p>NATIONAL HAT DAY 15</p> <p>11:00 Restorative Program</p> <p>2:00 Entertainment - Ron Edgely</p> <p>6:00 Movie Night</p>	<p>9:30 Exercise Class with Mai 16</p> <p>10:00 Taking Down Christmas Tree</p> <p>11:00 Restorative Program</p> <p>2:00 Bible Study</p>	<p>11:00 Restorative Program 17</p> <p>1:30 Movie Matinee</p> <p>6:00 Card Club</p>	<p>11:00 Restorative Program 18</p> <p>2:00 Entertainment - Joyride</p>
<p>11:00 Restorative Program 19</p> <p>2:00 Anglican Church Service</p>	<p>11:00 Restorative Program 20</p> <p>2:00 Bingo</p> <p>6:00 Card Club</p>	<p>9:30 Stretches 21</p> <p>10:00 Bean Bag Toss</p> <p>11:00 Restorative Program</p> <p>2:00 Crafts</p> <p>6:00 Pampering</p>	<p>11:00 Restorative Program 22</p> <p>6:00 Funny Short Stories</p>	<p>9:30 Exercise Class with Mai 23</p> <p>10:00 Euchre Tournament</p> <p>11:00 Restorative Program</p> <p>2:00 Worship Service with Rev. Juliet</p>	<p>NATIONAL PEANUT BUTTER DAY 24</p> <p>11:00 Restorative Program</p> <p>2:00 Wine & Cheese Social</p>	<p>10:00 Sip & Sing 25</p> <p>11:00 Restorative Program</p> <p>2:00 Baking</p>
<p>10:00 Stretches 26</p> <p>11:00 Restorative Program</p> <p>2:00 Presbyterian Church Service</p>	<p>11:00 Restorative Program 27</p> <p>2:00 Bingo</p> <p>6:00 Card Club</p>	<p>11:00 Restorative Program 28</p> <p>6:00 Funny Short Stories</p>	<p>11:00 Restorative Program 29</p> <p>2:00 Birthday Party Karaoke Style</p> <p>6:00 Movie Night</p>	<p>9:30 Exercise Class with Mai 30</p> <p>10:00 Pampering</p> <p>11:00 Restorative Program</p> <p>2:00 Bowling</p>	<p>NATIONAL HOT CHOCOLATE DAY 31</p> <p>11:00 Restorative Program</p> <p>2:00 Men's Club</p> <p>6:00 Card Club</p>	 <p>CARNATION</p>

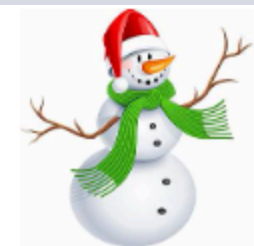


January 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Locations Legend</u></p> <ul style="list-style-type: none"> ■ Large Activity Room ■ Dahlia Activity Area ■ Chapel ■ Carnation Activity Area 		<p>Spousal Support Group: January 16th at 11am.</p> <p>Caregivers Coffee Club: January 23rd at 2pm.</p>	<p>NEW YEAR'S DAY 1</p> <p>10:00 Race Cars and Football</p> <p>11:00 Restorative Program</p> <p>2:00 New Year's Eve Karaoke Party</p>	<p>11:00 Restorative Program 2</p> <p>6:00 Pampering</p>	<p>9:30 Exercise with Mai 3</p> <p>10:00 Table Bowling</p> <p>11:00 Restorative Program</p> <p>2:00 Brain Training</p>	<p>10:00 Making Bookmarks 4</p> <p>11:00 Restorative Program</p> <p>2:00 Ring Toss</p>
<p>10:00 Hymn Sing 5</p> <p>11:00 Restorative Program</p> <p>2:00 Wesleyan Church Service</p>	<p>10:00 Darts 6</p> <p>11:00 Restorative Program</p> <p>2:00 Food Committee Meeting</p>	<p>11:00 Restorative Program 7</p> <p>2:00 Residents Council Meeting</p>	<p>ELVIS PRESLEY'S BDAY 8</p> <p>10:00 Dahlia Recreation Club</p> <p>11:00 Restorative Program</p> <p>2:00 Water Color Painting</p>	<p>10:00 Word Games 9</p> <p>11:00 Restorative Program</p> <p>2:00 Anglican Church Service</p> <p>6:00 Funny Short Stories</p>	<p>9:30 Exercise with Mai 10</p> <p>10:00 Table Bowling</p> <p>11:00 Restorative Program</p> <p>2:00 Short Story Club</p>	<p>11:00 Restorative Program 11</p>
<p>11:00 Restorative Program 12</p> <p>2:00 Pentecostal Church Service</p>	<p>10:00 Entertainment - Tom Valiquette 13</p> <p>11:00 Restorative Program</p> <p>2:00 Bingo</p>	<p>11:00 Restorative Program 14</p> 	<p>NATIONAL HAT DAY 15</p> <p>10:00 Short Story Club</p> <p>11:00 Restorative Program</p> <p>2:00 Entertainment-Ron Edgely</p>	<p>11:00 Restorative Program 16</p> <p>2:00 Bible Study</p> <p>6:00 Dice Games</p>	<p>9:30 Exercise with Mai 17</p> <p>10:00 Table Bowling</p> <p>11:00 Restorative Program</p> <p>1:30 Movie Matinee</p>	<p>10:00 Garden Club 18</p> <p>11:00 Restorative Program</p> <p>2:00 Entertainment-Joyride</p>
<p>10:00 Hymn Sing 19</p> <p>11:00 Restorative Program</p> <p>2:00 Anglican Church Service</p>	<p>10:00 Darts 20</p> <p>11:00 Restorative Program</p> <p>2:00 Bingo</p>	<p>11:00 Restorative Program 21</p>	<p>10:00 Basketball 22</p> <p>11:00 Restorative Program</p> <p>2:00 Centre Piece Club</p>	<p>10:00 Line Dancing 23</p> <p>11:00 Restorative Program</p> <p>2:00 Worship Service with Rev. Juliet</p> <p>6:00 Piano Practice</p>	<p>NATIONAL PEANUT BUTTER DAY 24</p> <p>9:30 Exercise with Mai</p> <p>10:00 Table Bowling</p> <p>11:00 Restorative Program</p> <p>2:00 Wine & Cheese Social</p>	<p>11:00 Restorative Program 25</p>
<p>11:00 Restorative Program 26</p> <p>2:00 Presbyterian Church Service</p>	<p>10:00 Darts 27</p> <p>11:00 Restorative Program</p> <p>2:00 Bingo</p>	<p>11:00 Restorative Program 28</p> 	<p>10:00 Valentine's Craft 29</p> <p>11:00 Restorative Program</p> <p>2:00 Birthday Party Karaoke Style</p>	<p>11:00 Restorative Program 30</p> <p>6:00 Pampering</p>	<p>NATIONAL HOT CHOCOLATE DAY 31</p> <p>9:30 Exercise with Mai</p> <p>10:00 Table Bowling</p> <p>11:00 Restorative Program</p> <p>2:00 Men's Club</p>	 <p>DAHLIA</p>

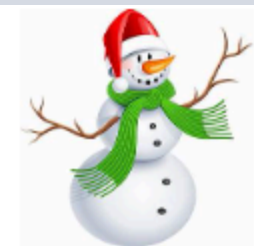


January 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Locations Legend</u></p> <ul style="list-style-type: none"> ■ Large Activity Room ■ Iris Activity Area ■ Chapel ■ Iris Lounge 		<p>Spousal Support Group: January 16th at 11am.</p> <p>Caregivers Coffee Club: January 23rd at 2pm.</p>	<p>NEW YEAR'S DAY 1</p> <p>10:00 Card Club</p> <p>11:00 Restorative Program</p> <p>2:00 New Year's Eve</p> 	<p>10:00 Trivia 2</p> <p>11:00 Restorative Program</p> <p>2:00 New Year's Resolutions</p>	<p>10:00 Baking Bread 3</p> <p>11:00 Restorative Program</p> <p>2:00 Scattagories</p>	<p>11:00 Restorative Program 4</p> <p>6:00 Evening Walking Club</p>
<p>11:00 Restorative Program 5</p> <p>2:00 Wesleyan Church Service</p> <p>6:00 Movie Night</p>	<p>9:30 Exercise Class with Mai 6</p> <p>10:00 The Milk Bag Project</p> <p>11:00 Restorative Program</p> <p>2:00 Food Committee Meeting</p>	<p>10:00 Hangman 7</p> <p>11:00 Restorative Program</p> <p>2:00 Residents Council Meeting</p>	<p>ELVIS PRESLEY'S BDAY 8</p> <p>10:00 Card Club</p> <p>11:00 Restorative Program</p> <p>2:00 Monopoly</p>	<p>10:00 Craft 9</p> <p>11:00 Restorative Program</p> <p>2:00 Anglican Church Service</p>	<p>11:00 Restorative Program 10</p> <p>6:00 Winter Word Games</p>	<p>10:00 Manicures 11</p> <p>11:00 Restorative Program</p> <p>2:00 Axe Throwing</p>
<p>10:00 Sequence Game 12</p> <p>11:00 Restorative Program</p> <p>2:00 Pentecostal Church Service</p>	<p>9:30 Exercise Class with Mai 13</p> <p>10:00 Entertainment - Tom Valiquette</p> <p>11:00 Restorative Program</p> <p>2:00 Bingo</p> <p>6:00 Fun and Fitness</p>	<p>10:00 Colour My World 14</p> <p>11:00 Restorative Program</p> <p>2:00 Table Bowling</p>	<p>NATIONAL HAT DAY 15</p> <p>10:00 Card Club</p> <p>11:00 Restorative Program</p> <p>2:00 Entertainment - Ron Edgely</p>	<p>10:00 Christmas Take Down 16</p> <p>11:00 Restorative Program</p>	<p>10:00 Dear Abby 17</p> <p>11:00 Restorative Program</p> <p>1:30 Movie Matinee</p>	<p>11:00 Restorative Program 18</p> <p>2:00 Entertainment - Joyride</p> <p>6:00 Hot Chocolate Cart</p>
<p>11:00 Restorative Program 19</p> <p>2:00 Anglican Church Service</p> <p>6:00 Arm Chair Travels</p>	<p>9:30 Exercise Class with Mai 20</p> <p>10:00 The Milk Bag Project</p> <p>11:00 Restorative Program</p> <p>2:00 Bingo</p>	<p>10:00 Mix and Match Game 21</p> <p>11:00 Restorative Program</p> <p>2:00 Bean Bag Toss</p>	<p>10:00 Card Club 22</p> <p>11:00 Restorative Program</p> <p>2:00 Pampering</p>	<p>10:00 Euchre Tournament 23</p> <p>11:00 Restorative Program</p> <p>2:00 Worship Service with Rev. Juliet</p>	<p>NATIONAL PEANUT BUTTER DAY 24</p> <p>11:00 Restorative Program</p> <p>2:00 Wine & Cheese Social</p> <p>6:00 Movie Night</p>	<p>10:00 Sip & Sing 25</p> <p>11:00 Restorative Program</p> <p>2:00 Baking</p>
<p>10:00 Board Games 26</p> <p>11:00 Restorative Program</p> <p>2:00 Presbyterian Church Service</p>	<p>9:30 Exercise Class with Mai 27</p> <p>11:00 Restorative Program</p> <p>2:00 Bingo</p> <p>6:00 Board Games</p>	<p>10:00 Painting 28</p> <p>11:00 Restorative Program</p> <p>2:00 LAR Christmas Cleanup</p>	<p>10:00 Card Club 29</p> <p>11:00 Restorative Program</p> <p>2:00 Birthday Party Karaoke Style</p>	<p>10:30 Bible Study 30</p> <p>11:00 Restorative Program</p> <p>2:00 Trivia</p>	<p>NATIONAL HOT CHOCOLATE DAY 31</p> <p>10:00 Hot Chocolate Cart</p> <p>11:00 Restorative Program</p> <p>2:00 Men's Club</p>	 <p>IRIS</p>

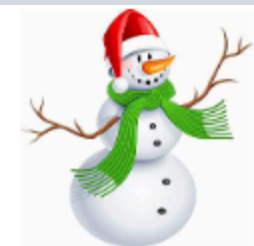



January 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Locations Legend</u></p> <ul style="list-style-type: none"> ■ Large Activity Room ■ Poppy Activity Area ■ Poppy Lounge ■ Chapel ■ Through out the Home ■ Poppy Home Area 		<p>Spousal Support Group: January 16th at 11am.</p> <p>Caregivers Coffee Club: January 23rd at 2pm.</p>	<p>NEW YEAR'S DAY 1</p> <ul style="list-style-type: none"> 9:30 Morning Meditation 10:00 Pampering 11:00 Restorative Program 2:00 New Year's Eve Karaoke Party 	<p>11:00 Restorative Program 2</p>	<ul style="list-style-type: none"> 9:30 Morning Meditation 3 9:30 Indoor Walk & Talk 10:00 1:1 Visits 11:00 Restorative Program 2:00 Jackpot BallToss 	<ul style="list-style-type: none"> 9:30 Morning Meditation 4 10:00 Ladies Tea 11:00 Restorative Program 2:00 Board Games
<ul style="list-style-type: none"> 9:30 Faith Based Meditation 5 10:00 Pampering 11:00 Restorative Program 2:00 Wesleyan Church Service 	<ul style="list-style-type: none"> 11:00 Restorative Program 6 2:00 Food Committee Meeting 	<ul style="list-style-type: none"> 9:30 Morning Meditation 7 10:00 Winter Craft 11:00 Restorative Program 2:00 Residents Council Meeting 	<p>ELVIS PRESLEY'S BDAY 8</p> <ul style="list-style-type: none"> 9:30 Morning Meditation 9:30 Exercise Class with Mai 10:00 Word Games 11:00 Restorative Program 2:00 BallToss 	<ul style="list-style-type: none"> 9:30 Morning Meditation 9 10:00 Painting 11:00 Restorative Program 2:00 Anglican Church Service 	<ul style="list-style-type: none"> 9:30 Morning Meditation 10 9:30 Indoor Walk & Talk 10:00 Dice Games 11:00 Restorative Program 2:00 Bowling 	<ul style="list-style-type: none"> 11:00 Restorative Program 11
<ul style="list-style-type: none"> 11:00 Restorative Program 12 2:00 Pentecostal Church Service 	<ul style="list-style-type: none"> 9:30 Morning Meditation 13 10:00 Entertainment - Tom Valiquette 11:00 Restorative Program 2:00 Bingo 	<ul style="list-style-type: none"> 9:30 Morning Meditation 14 10:00 Board Games 11:00 Restorative Program 2:00 1:1 Visits 	<p>NATIONAL HAT DAY 15</p> <ul style="list-style-type: none"> 9:30 Morning Meditation 9:30 Exercise Class with Mai 10:00 Knitting & Knots 11:00 Restorative Program 2:00 Entertainment- Ron Edgely 	<p>11:00 Restorative Program 16</p> 	<ul style="list-style-type: none"> 9:30 Morning Meditation 17 9:30 Indoor Walk & Talk 10:00 Board Games 11:00 Restorative Program 1:30 Movie Matinee 	<ul style="list-style-type: none"> 9:30 Morning Meditation 18 10:00 Ladies Tea 11:00 Restorative Program 2:00 Entertainment- Joyride
<ul style="list-style-type: none"> 9:30 Faith Based Meditation 19 10:00 Pampering 11:00 Restorative Program 2:00 Anglican Church Service 	<ul style="list-style-type: none"> 11:00 Restorative Program 20 2:00 Bingo 	<ul style="list-style-type: none"> 9:30 Morning Meditation 21 10:00 Board Games 11:00 Restorative Program 2:00 1:1 Visits 	<ul style="list-style-type: none"> 9:30 Morning Meditation 22 9:30 Exercise Class with Mai 10:00 Word Games 11:00 Restorative Program 2:00 Bean Bag Toss 	<ul style="list-style-type: none"> 9:30 Morning Meditation 23 10:30 Bible Study 11:00 Restorative Program 2:00 Worship Service with Rev. Juliet 	<p>NATIONAL PEANUT BUTTER DAY 24</p> <ul style="list-style-type: none"> 9:30 Morning Meditation 9:30 Indoor Walk & Talk 10:00 Baking Cookies 11:00 Restorative Program 2:00 Wine & Cheese Social 	<ul style="list-style-type: none"> 11:00 Restorative Program 25
<ul style="list-style-type: none"> 11:00 Restorative Program 26 2:00 Presbyterian Church Service 	<ul style="list-style-type: none"> 9:30 Morning Meditation 27 10:00 Pampering 11:00 Restorative Program 2:00 Bingo 	<ul style="list-style-type: none"> 9:30 Morning Meditation 28 10:00 Colour My World 11:00 Restorative Program 2:00 Lego Building 	<ul style="list-style-type: none"> 9:30 Morning Meditation 29 9:30 Exercise Class with Mai 10:00 Knitting & Knots 11:00 Restorative Program 2:00 Birthday Party Karaoke Style 	<ul style="list-style-type: none"> 11:00 Restorative Program 30 	<p>NATIONAL HOT CHOCOLATE DAY 31</p> <ul style="list-style-type: none"> 9:30 Morning Meditation 9:30 Indoor Walk & Talk 10:00 Hot Chocolate Cart 11:00 Restorative Program 2:00 Men's Club 	 <p>POPPY</p>

January 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Locations Legend</u></p> <ul style="list-style-type: none"> Large Activity Room Sunflower Activity Area Chapel Poppy Activity Area Sunflower Lounge 		<p>Spousal Support Group: January 16th at 11am.</p> <p>Caregivers Coffee Club: January 23rd at 2pm.</p>	<p>NEW YEAR'S DAY 1</p> <p>11:00 Restorative Program</p> <p>2:00 New Year's Eve Karaoke Party</p>	<p>2</p> <p>10:00 New Year's Resolutions</p> <p>11:00 Restorative Program</p> <p>2:00 Baking</p>	<p>3</p> <p>11:00 Restorative Program</p>	<p>4</p> <p>10:00 Guided Meditation</p> <p>11:00 Restorative Program</p> <p>2:00 Arm Chair Travels</p> <p>6:00 1:1 Visits</p>
<p>10:00 Hymn Sing 5</p> <p>11:00 Restorative Program</p> <p>2:00 Wesleyan Church Service</p> <p>6:00 Bean Bag Toss</p>	<p>10:00 Colour My World 6</p> <p>11:00 Restorative Program</p> <p>2:00 Food Committee Meeting</p>	<p>9:30 Exercise Class with Mai 7</p> <p>11:00 Restorative Program</p> <p>2:00 Residents Council Meeting</p>	<p>ELVIS PRESLEY'S BDAY 8</p> <p>11:00 Restorative Program</p>	<p>9</p> <p>10:00 Word Games</p> <p>11:00 Restorative Program</p> <p>2:00 Anglican Church Service</p>	<p>10</p> <p>10:00 Craft</p> <p>11:00 Restorative Program</p> <p>2:00 Short Stories</p>	
<p>11:00 Restorative Program 12</p> <p>2:00 Pentecostal Church Service</p>	<p>10:00 Entertainment - Tom Valiquette 13</p> <p>11:00 Restorative Program</p> <p>2:00 Bingo</p>	<p>9:30 Exercise Class with Mai 14</p> <p>10:00 Colour My World</p> <p>11:00 Restorative Program</p> <p>2:00 Short Stories</p>	<p>NATIONAL HAT DAY 15</p> <p>10:00 Sing Along</p> <p>11:00 Restorative Program</p> <p>2:00 Entertainment - Ron Edgely</p>	<p>16</p> <p>10:00 Pampering</p> <p>11:00 Restorative Program</p> <p>2:00 Board Games</p>	<p>17</p> <p>11:00 Restorative Program</p> <p>1:30 Movie Matinee</p>	<p>18</p> <p>10:00 Craft</p> <p>11:00 Restorative Program</p> <p>1:00 1:1 Visits</p> <p>2:00 Entertainment - Joyride</p>
<p>10:00 Hymn Sing 19</p> <p>11:00 Restorative Program</p> <p>2:00 Anglican Church Service</p> <p>6:00 Memory Match</p>	<p>10:00 Reflection Journal 20</p> <p>11:00 Restorative Program</p> <p>2:00 Bingo</p>	<p>9:30 Exercise Class with Mai 21</p> <p>11:00 Restorative Program</p>	<p>11:00 Restorative Program 22</p> 	<p>10:30 Bible Study 23</p> <p>11:00 Restorative Program</p> <p>2:00 Worship Service with Rev. Juliet</p>	<p>NATIONAL PEANUT BUTTER DAY 24</p> <p>10:00 Pampering</p> <p>11:00 Restorative Program</p> <p>2:00 Wine & Cheese Social</p>	<p>11:00 Restorative Program 25</p>
<p>11:00 Restorative Program 26</p> <p>2:00 Presbyterian Church Service</p>	<p>10:00 Reflection Journal 27</p> <p>11:00 Restorative Program</p> <p>2:00 Bingo</p>	<p>9:30 Exercise Class with Mai 28</p> <p>10:00 Board Games</p> <p>11:00 Restorative Program</p> <p>2:00 Afternoon Movie</p>	<p>10:00 Colour My World 29</p> <p>11:00 Restorative Program</p> <p>2:00 Birthday Party Karaoke Style</p>	<p>9:30 Baking 30</p> <p>11:00 Restorative Program</p> <p>2:00 Tea/ Coffee Social</p>	<p>NATIONAL HOT CHOCOLATE DAY 31</p> <p>11:00 Restorative Program</p> <p>2:00 Men's Club</p>	 <p>Sunflower</p>