




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:15 Church Service 1 	Balance Exercises Activity Cart 2 11:00 Name 3 1:30 Bingo 2:45 Walks & Talks	Balance Exercises Activity Cart 3 11:00 Shuffleboard 1:30 Christmas Clean Up 4:00 Strolls & Rolls	Balance Exercises Activity Cart 4 11:00 Word Wednesday 1:15 Music with Sarah Hall 2:30 Refreshment & Visits 3:15 Pet Visits with Nancy 6:00 Bingo	Balance Exercises Activity Cart 5 10:30 Art Group 1:30 Ice Cream Cart 2:30 1:1 Visits 3:15 Crazy 8's Card Game	Balance Exercises Activity Cart 6 11:00 Tuck Shop Visits 1:45 Elimination Cards 2:30 Refreshments & Visits	11:00 Flower Arranging 1:30 Shuffleboard 2:45 1:1 Ipad Visits
8 11:00 Ball Toss & Exercises 1:30 Card Games 2:30 Hand Massages & Visits 3:15 Church Service 3:15 1:1 Visits with Julia	Balance Exercises Activity Cart 9 11:00 Sing-a-long 1:45 Trivia 2:30 Refreshment & Visits 3:15 Balloon Badminton 6:00 Bingo	Balance Exercises Activity Cart 10 11:00 Tuesday Trivia 1:45 Shuffleboard 3:15 Art with Julia	Balance Exercises Activity Cart 11 11:00 Crazy 8's Card Game 1:15 The Findlay's Entertain 2:30 Refreshment & Visits 3:15 Pet Visits with Nancy 6:30 1:1 Visits	Balance Exercises Activity Cart 12 11:00 Thinking Thursday 1:30 Ice Cream Cart 2:30 1:1 Visits 2:30 Chaplain's Hour 3:15 Card Games	Balance Exercises Activity Cart 13 11:00 Chat & Walkabouts 1:45 Bingo 2:30 Refreshments & Visits	Balance Exercises Activity Cart 14 11:00 Flower Arranging 1:30 Mini-Putt 2:45 1:1 Music on Ipad
Balance Exercises Activity Cart 15 11:00 Let's Make Bread 1:30 What Comes Next? 2:30 Bread with Jam 3:15 Church Service 3:15 1:1 Visits with Nancy	Balance Exercises Activity Cart 16 11:00 Crokinole 1:45 Guggenheimer 2:30 Refreshment & Visits	Balance Exercises Activity Cart 17 11:00 Making Snowflakes 1:45 Montessori Activity 3:15 Balloon Badminton	Balance Exercises Activity Cart 18 11:00 Word Wednesday 1:15 Jeremy Smith Entertains 2:30 Refreshment & Visits 3:15 Pet Visits with Nancy 6:30 1:1 Visits	Balance Exercises Activity Cart 19 10:30 Art Group 1:30 Ice Cream Cart 2:30 1:1 Visits 3:15 Crazy 8's Card Game	Balance Exercises Activity Cart 20 11:00 Tuck Shop Visits 1:45 Elimination Cards 2:30 Refreshments & Visits	Balance Exercises Activity Cart 21 11:00 Flower Arranging 1:30 Winter Art 2:45 1:1 Ipad Visits
Balance Exercises Activity Cart 22 11:00 Basketball Hoops 1:30 Elimination Cards 2:30 Hand Massages & Visits 3:15 Church Service 3:15 1:1 Visits with Julia	Balance Exercises Activity Cart 23 11:00 Sing-a-long 1:45 Trivia 2:30 Refreshment & Visits	Balance Exercises Activity Cart 24 11:00 Tuesday Trivia 1:45 Shuffleboard 3:15 Balloon Badminton	Balance Exercises Activity Cart 25 11:00 Crazy 8's Card Game 1:15 Music with Randy Gray 2:30 Refreshment & Visit 2:30 Chaplain Visits 3:15 Pet Visits with Nancy 6:30 1:1 Visits	Balance Exercises Activity Cart 26 11:00 Thinking Thursday 1:30 Ice Cream Cart 2:30 1:1 Visits 3:15 Card Games	Balance Exercises Activity Cart 27 11:00 Chat & Walkabouts 1:45 Bingo 2:30 Refreshments & Visits	28 11:00 Flower Arranging 1:30 Lumberjacking 2:30 Sing-a-long & Visits
29 11:00 Let's Make Bread 1:30 Balloon Badminton 2:30 Bread with Jam 3:15 Church Service 3:15 1:1 Visits with Nancy	Balance Exercises Activity Cart 30 11:00 Crokinole 1:45 Guggenheimer 2:30 Refreshment & Visits	Balance Exercises Activity Cart 31 11:00 Pic a Picture 1:45 Montessori Activity 3:15 Hand Massages & Visits	<div>  <div> <h1>January 2023</h1> <h1>BEAR CREEK</h1> </div>  </div>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1-3 Tuck Shop Open</div> <div>2:30 Church Service</div> <div>  </div> <div>1</div>	<div>9:15 Group Exercises-HW</div> <div>10:00 Group Exercises-SM</div> <div>11:00 Manicures-SM</div> <div>1:30 Bingo-HW</div> <div>2:45 Bingo-SM</div> <div>2</div>	<div>9:15 Group Exercises-HW</div> <div>10:00 Group Exercises-SM</div> <div>11:00 Room to Room Visits-HW</div> <div>1:30 Christmas Clean-Up</div> <div>3</div>	<div>9:15 Group Exercises-HW</div> <div>10:00 Group Exercises-SM</div> <div>10-12 Tuck Shop Open</div> <div>11:15 Sparkling Specs-SM</div> <div>2:45 Music with Sarah-SM</div> <div>4</div>	<div>9:15 Power Up-HW</div> <div>9:45 Flex the Brain-HW</div> <div>10:00 Power Up-SM</div> <div>10:30 Flex the Brain-SM</div> <div>1:30 Ice Cream Cart</div> <div>1:30 Epiphany Hour-HW</div> <div>2:45 Euchre</div> <div>6:00 Bingo-HW</div> <div>5</div>	<div>9:15 Group Exercises-HW</div> <div>10:00 Group Exercises-SM</div> <div>10-12 Tuck Shop Open</div> <div>11:15 Tuck Shop Visits</div> <div>1:30 Shuffleboard-HW</div> <div>2:45 Shuffleboard-SM</div> <div>6</div>	<div>9:15 Winter Craft with Julia-HW</div> <div>1:30 Elimination Cards-HW</div> <div>2:45 Elimination Cards-SM</div> <div>7</div>
<div>9:15 Winter Craft with Julia-SM</div> <div>1-3 Tuck Shop Open</div> <div>2:30 Church Service-HW</div> <div>6:00 Epiphany Hour-SM</div> <div>8</div>	<div>9:15 Manicures-HW</div> <div>9:15 Power Up-HW</div> <div>10:00 Power Up-SM</div> <div>11:00 Name 10</div> <div>1:30 Hot Chocolate Social-HW</div> <div>2:30 Hot Chocolate Social-SM</div> <div>9</div>	<div>9:15 Group Exercises-HW</div> <div>10:00 Group Exercises-SM</div> <div>11:00 Guy's Gathering</div> <div>1:45 Guggenheimer-HW</div> <div>10</div>	<div>9:15 Group Exercises-HW</div> <div>10:00 Group Exercises-SM</div> <div>10-12 Tuck Shop Open</div> <div>11:15 Canadian Stories-SM</div> <div>2:45 The Findlay's Entertain-HW</div> <div>11</div>	<div>9:15-11:30 Gordie Pet Visits</div> <div>9:15 Power Up-HW</div> <div>10:00 Power Up-SM</div> <div>1:30 Ice Cream Cart</div> <div>2:45 Euchre</div> <div>6:00 Bingo-SM</div> <div>12</div>	<div>9:15 Group Exercises-HW</div> <div>10:00 Group Exercises-SM</div> <div>10-12 Tuck Shop Open</div> <div>11:15 Tuck Shop Visits</div> <div>1:30 Shuffleboard-HW</div> <div>2:45 Shuffleboard-SM</div> <div>13</div>	<div>9:15 Flower Arranging-HW</div> <div>11:00 Visits & Hand Massages-SM</div> <div>1:30 Big Deal Bingo-HW</div> <div>2:45 Big Deal Bingo-SM</div> <div>14</div>
<div>9:15 Would you Rather-HW</div> <div>11:00 Would you Rather-SM</div> <div>1:30 Crazy 8's -SM</div> <div>1-3 Tuck Shop Open</div> <div>1:30 Manicures & Visits-HW</div> <div>2:30 Church Service-SM</div> <div>3:00 Axe Throwing-SM</div> <div>6:00 Choir with Inge</div> <div>15</div>	<div>9:15 Manicures-SM</div> <div>9:15 Power Up-HW</div> <div>10:00 Power Up-SM</div> <div>11:00 Guggenheimer-SM</div> <div>1:30 Dollar Ante & Donuts-HW</div> <div>2:45 Dollar Ante & Donuts-SM</div> <div>16</div>	<div>9:15 Group Exercises-HW</div> <div>10:00 Group Exercises-SM</div> <div>11:00 Guy's Gathering</div> <div>1:45 Team Yahtzee-SM</div> <div>17</div>	<div>9:15 Group Exercises-HW</div> <div>10:00 Group Exercises-SM</div> <div>10-12 Tuck Shop Open</div> <div>11:15 Sparkling Specs-HW</div> <div>2:45 Music with Jeremy -SM</div> <div>3:15 1:1 Visits-SM</div> <div>5:00 Diners Club-SM</div> <div>18</div>	<div>9:15 Power Up-HW</div> <div>9:45 Flex the Brain-HW</div> <div>10:00 Power Up-SM</div> <div>10:30 Flex the Brain-SM</div> <div>1:30 Chaplain's Hour</div> <div>1:30 Ice Cream Cart</div> <div>2:45 Euchre</div> <div>6:00 Bingo-HW</div> <div>19</div>	<div>9:15 Group Exercises-HW</div> <div>10:00 Group Exercises-SM</div> <div>10-12 Tuck Shop Open</div> <div>11:15 Tuck Shop Visits</div> <div>1:30 Shuffleboard-HW</div> <div>2:45 Shuffleboard-SM</div> <div>20</div>	<div>9:15 Flower Arranging-HW</div> <div>11:00 What Comes Next?-SM</div> <div>1:30 Elimination Cards-HW</div> <div>2:45 Elimination Cards-SM</div> <div>21</div>
<div>9:15 Let's Bake-SM</div> <div>11:00 Hand Massages-HW</div> <div>1-3 Tuck Shop Open</div> <div>1:30 Crazy 8's-SM</div> <div>2:30 Church Service-HW</div> <div>3:00 Axe Throwing-HW</div> <div>22</div>	<div>9:15 Manicures-HW</div> <div>9:15 Power Up-HW</div> <div>10:00 Power Up-SM</div> <div>11:00 What Comes Next-SM</div> <div>1:30 Giant Horserace Game-HW</div> <div>2:45 Giant Horserace Game-SM</div> <div>23</div>	<div>9:15 Group Exercises-HW</div> <div>10:00 Group Exercises-SM</div> <div>11:00 Guy's Gathering</div> <div>1:30 Mid-Winter Tea & Treats-HW</div> <div>2:45 Mid-Winter Tea & Treats-SM</div> <div>24</div>	<div>9:15 Group Exercises-HW</div> <div>10:00 Group Exercises-SM</div> <div>10-12 Tuck Shop Open</div> <div>11:00 Catholic Communion</div> <div>11:15 Canadian Stories-HW</div> <div>1:30 Chaplains Visits-HW</div> <div>2:45 Music with Randy Grey-HW</div> <div>25</div>	<div>9:15-11:30 Gordie Pet Visits</div> <div>9:15 Power Up-HW</div> <div>10:00 Power Up-SM</div> <div>1:30 Ice Cream Cart</div> <div>2:45 Euchre</div> <div>6:00 Bingo-SM</div> <div>26</div>	<div>9:15 Group Exercises-HW</div> <div>10:00 Group Exercises-SM</div> <div>10-12 Tuck Shop Open</div> <div>11:15 Tuck Shop Visits</div> <div>1:30 Shuffleboard-HW</div> <div>2:45 Shuffleboard-SM</div> <div>27</div>	<div>9:15 Flower Arranging-HW</div> <div>11:00 What Comes Next?-SM</div> <div>28</div>
<div>9:15 Big Deal Bingo-HW</div> <div>11:00 Big Deal Bingo-SM</div> <div>1-3 Tuck Shop Open</div> <div>2:30 Church Service-SM</div> <div>6:00 Chaplain's Visits-SM</div> <div>29</div>	<div>9:15 Manicures-SM</div> <div>9:15 Power Up-HW</div> <div>10:00 Power Up-SM</div> <div>11:00 Words of Wisdom-HW</div> <div>1:45 Art with Kristie</div> <div>3:00 1:1 Visits</div> <div>30</div>	<div>9:15 Group Exercises-HW</div> <div>10:00 Group Exercises-SM</div> <div>11:00 Guy's Gathering</div> <div>1:30 Eliminations Cards-HW</div> <div>2:45 Eliminations Cards-SM</div> <div>31</div>	<div>  <div> <div>January 2023</div> <div>SYDENHAM MEADOWS & HICKORY WOODS</div> </div>  </div>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-3 Tuck Shop Open 1:45 Church Service 	9:15 Group Exercises-PP 10:00 Group Exercises-AG 11:15 Art with Kristie 1:30 Shuffleboard-PP 2:45 Shuffleboard-AG	9:15 Manicures-PP 9:15 Power Up-PP 10:00 Power Up-AG 11:00 Its' a New Year-AG 1:30 Christmas Clean-Up 6:00 Bingo-PP	9:15 Group Exercises-PP 10:00 Group Exercises-AG 10-12 Tuck Shop Open 11:15 Tuck Shop Visits 2:00 Music with Sarah Hall 6:00 Hot Chocolate Social	9:15 Group Exercises-PP 10:00 Group Exercises-AG 10:45 Epiphany Hour 11:15 It's a New Year-PP 1:30 Ice Cream Cart 2:45 Euchre	9:15-11:30 Reuben Pet Visits 9:15 Power Up-PP 10:00 Power Up-AG 10-12 Tuck Shop Open 1:30 Let's Travel-PP 2:45 Let's Travel-AG	9:15 Flower Arranging-PP 11:00 Manicures & Visits-AG
9:15 Words of Wisdom-PP 11:00 Axe Throwing-AG 1:00-3:00 Tuck Shop Open 1:45 Church Service-PP	9:15 Group Exercises-PP 10:00 Group Exercises-AG 11:15 Name Your Favourite-PP 1:30 Shuffleboard-PP 2:45 Shuffleboard-AG	9:15 Manicures-AG 9:15 Power Up-PP 10:00 Power Up-AG 11:00 Guy's Gathering 1:30 Balloon Badminton-PP 2:45 Balloon Badminton-AG 6:00 Bingo-AG	9:15 Group Exercises-PP 10:00 Group Exercises-AG 10-12 Tuck Shop Open 11:15 Tuck Shop Visits 2:00 The Findlay's Entertain 3:15 1:1 Visits-AG 5:00 Diner's Club-AG	9:15 Group Exercises-PP 10:00 Group Exercises-AG 10:45 Choir with Inge 11:15 Flex your Brain-AG 1:30 Ice Cream Cart 2:45 Euchre	9:15 1:1 Visits 9:15 Power Up-PP 10:00 Power Up-AG 10-12 Tuck Shop Open 10:45 Baking with Amy-PP 1:30 Shortbread Social-PP 2:45 Shortbread Social-AG	9:15 Flower Arranging-PP 11:00 Room to Room Visits-AG 1:30 Elimination Cards-PP 2:45 Elimination Cards-AG
9:15 Balloon Badminton-PP 11:00 Balloon Badminton-AG 1-3 Tuck Shop Open 1:45 Church Service-AG 1:45 1:1 Visits 2:30 What Comes Next?	9:15 Group Exercises-PP 10:00 Group Exercises-AG 11:15 Name Your Favourite-AG 1:30 Shuffleboard-PP 2:45 Shuffleboard-AG	9:15 Manicures-PP 9:15 Power Up-PP 10:00 Power Up-AG 11:00 Guy's Gathering 1:30 Mini-Putt-PP 2:45 Mini-Putt-AG 6:00 Bingo-PP	9:15 Group Exercises-PP 10:00 Group Exercises-AG 10-12 Tuck Shop Open 11:15 Tuck Shop Visits 2:00 Jeremy Smith Entertains	9:15 Group Exercises-PP 10:00 Group Exercises-AG 11:15 Visits & Hand Massages-PP 1:30 Ice Cream Cart 2:45 Euchre 3:30 Chaplain's Hour	9:15-11:30 Reuben Pet Visits 9:15 Power Up-PP 10:00 Power Up-AG 10-12 Tuck Shop Open 1:30 Winter Craft-PP 3:00 1:1 Visits-AG	9:15 Flower Arranging-PP 11:00 Visits & Hand Massages-AG 1:30 Big Deal Bingo-PP 2:45 Big Deal Bingo-AG
9:15 Art with Kristie-AG 11:00 Words of Wisdom 1-3 Tuck Shop Open 1:45 Church Service-PP 1:45 1:1 Visits 2:30 Axe Throwing-PP 6:00 Chaplain's Visits-PP	9:15 Group Exercises-PP 10:00 Group Exercises-AG 11:15 Name that Tune-PP 1:30 Shuffleboard-PP 2:45 Shuffleboard-AG	9:15 Manicures-AG 9:15 Power Up-PP 10:00 Power Up-AG 11:00 Guy's Gathering 1:45 Baking with Amy 6:00 Bingo-AG	9:15 Group Exercises-PP 10:00 Group Exercises-AG 10-12 Tuck Shop Open 11:15 Tuck Shop Visits 2:00 Music with Randy Gray 3:15 1:1 Visits-PP 3:30 Chaplains Visits-AG 5:00 Diner's Club-PP	9:15 Group Exercises-PP 10:00 Group Exercises-AG 11:15 Visits & Hand Massages-AG 1:30 Ice Cream Cart 2:45 Euchre	9:15 Power Up-PP 10:00 Power Up-AG 10-12 Tuck Shop Open 11:00 Flex the Brain-PP 1:30 Winter Craft-AG 3:00 1:1 Visits-PP	9:15 What Comes Next with Nancy 1:30 Elimination Cards-PP 2:45 Elimination Cards-AG
9:15 Name 10 with Nancy 1:00 -3:00 Tuck Shop Open 1:45 Church Service-AG	9:15 Group Exercises-PP 10:00 Group Exercises-AG 11:15 Name that Tune-AG 1:30 Shuffleboard-PP 2:45 Shuffleboard-AG	9:15 Manicures-PP 9:15 Power Up-PP 10:00 Power Up-AG 11:00 Guy's Gathering 1:45 Family Feud-PP vs AG 6:00 Bingo-PP	<div>  <div> <h1>January 2023</h1> <h2>PARKVIEW PLACE & ARBOUR GLEN</h2> </div>  </div>			