


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Family and friends are welcome to join programs with their loved ones.</p> <p><b>Please note:</b> Calendars are subject to change</p>	<p><b>1</b></p>  <p>New Year's Day</p>	<p><b>2</b></p> <p>10:00am – Morning Stretch and Mini Golf</p> <p>2:30pm – Bingo with Anne</p>	<p><b>3</b></p> <p>10:30am – Exercise and Math Races</p> <p>2:30pm-Icecream Floats</p>	<p><b>4</b></p> <p>10:00am – Morning Stretch and Trivia</p> <p>2:30pm-Pin Bowling</p>	<p><b>5</b></p> <p>10:30am – Exercise and News and Views</p> <p>2:30pm-Fact or Fiction</p>	<p><b>6</b></p> <p>2:00pm – Movie and Munchies</p>
<p><b>7</b></p> <p>1:30pm – Anglican Church Service</p>	<p><b>8</b></p> <p>10:00am – Hand Spa 11:00am – Brain and Body Boogie</p> <p>2:00 – 3:00pm: Entertainment by Myrna <b>(Lodge)</b></p>	<p><b>9</b></p> <p>10:00am – Morning Stretch and Horse Shoes</p> <p>2:30pm – Bingo with Anne</p>	<p><b>10</b></p> <p>10:30am – Exercise and Finish the Line</p> <p>2:30pm-Crosswords</p>	<p><b>11</b></p> <p><b>Theme Thursday: Wear Blue</b></p> <p>10:00am – Morning Stretch and Hangman</p> <p>2:30pm-Floor Curling</p>	<p><b>12</b></p> <p>10:30am – Exercise and Balloon Badminton</p> <p>2:30pm-Charades</p>	<p><b>13</b></p> <p>2:00pm – Movie and Munchies</p>
<p><b>14</b></p> <p>1:30pm – Nazarene Church Service</p>	<p><b>15</b></p> <p>10:00am – Hand Spa 11:00am – Brain and Body Boogie</p> <p>2:00 – 3:00pm: <b>Resident Birthday Party!</b> Entertainment by Larry Larsen <b>(Lodge)</b></p> <p><small>Martin Luther King Day</small></p>	<p><b>16</b></p> <p>10:00am – Morning Stretch and Beanbag Toss</p> <p>2:30pm – Bingo with Anne</p>	<p><b>17</b></p> <p>10:30am – Exercise and Scattogories</p> <p>2:30pm-Shake Awake a Taste</p>	<p><b>18</b></p> <p>10:00am – Morning Stretch and Wacky Wordies</p> <p>2:30pm-Imagination Vacation</p>	<p><b>19</b></p> <p>10:30am – Exercise and Comedy Corner</p> <p>2:30-Songs We Remember:</p>	<p><b>20</b></p> <p>2:00pm – Movie and Munchies</p>
<p><b>21</b></p> <p>1:30pm – McDougal Church Service</p>	<p><b>22</b></p> <p>10:00am – Hand Spa 11:00am – Brain and Body Boogie</p> <p>2:00 – 3:00pm: Entertainment by <b>(Lodge)</b></p>	<p><b>23</b></p> <p>10:00am – Morning Stretch and Balloon Hockey</p> <p>2:30pm – Bingo with Anne</p>	<p><b>24</b></p> <p>10:30am – Exercise and Trivia</p> <p>2:30pm- Culinary Program-Tea</p>	<p><b>25</b></p> <p>10:00am – Morning Stretch and Brain Teasers</p> <p>2:30pm-Card Bingo</p>	<p><b>26</b></p> <p>No Recreation Staff in the Morning</p> <p><b>Beat the Winter Blues Party!</b></p> <p><small>Australia Day</small></p>	<p><b>27</b></p> <p>2:00pm – Movie and Munchies</p>
<p><b>28</b></p> <p>1:30pm – Bergen Church Service</p>	<p><b>29</b></p> <p>10:00am – Hand Spa 11:00am – Brain and Body Boogie</p> <p>2:00 – 3:00pm: Entertainment by Carol Gorsline <b>(Lodge)</b></p>	<p><b>30</b></p> <p>10:00am – Morning Stretch and Parachute</p> <p>2:30pm – Bingo with Anne</p>	<p><b>31</b></p> <p>10:30am – Exercise and Reading Circle</p> <p>2:30pm-Making Sense of the Winter Season</p> <p><small>Tu B'Shevat</small></p>	<p><b>January 2018</b></p> <p><b>South Wing 1<sup>st</sup> Floor – Recreation Calendar</b></p>		

Please contact Cindy or Leah in recreation with any questions or concerns.

