

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>New Years Day!</b> <b>1</b></p> <p>9:30 1:1 Friendly Visits (2FA)</p> <p>10:00 <b>Fitness Class (2FA)</b></p> <p>2:00 Giant Crossword (2FA)</p> <p>3:00 Netflix Series: Heartland (T)</p> <p>6:30 Netflix Series: Heartland (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>2</b></p> <p>1:00 Colouring and Chatting (2FA)</p> <p>1:30 Seated Dance Class (2FA)</p> <p>2:00 <b>New Year's Live Performance with Rosita Stone! (MP)</b></p> <p>3:30 <b>Benefits of Recycling Viewing (LR)</b></p> <p>6:30 Movie Evening Showing: Where the Crawdads Sing (T)</p>	<p>10:00 <b>Morning Stretches (2FA)</b> <b>3</b></p> <p>10:30 <b>Fit Minds (2FA)</b></p> <p>1:00 Bingo! (2FA)</p> <p>2:00 Balloon Badminton (2FA)</p> <p>2:30 <b>Painting Class (2FA)</b></p> <p>4:00 Montessori Program (2FA)</p> <p>6:30 Documentary Night: Titanic: The Aftermath (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>4</b></p> <p>10:30 <b>Fitness Class (2FA)</b></p> <p>1:00 Colouring and Chatting (2FA)</p> <p>2:30 Bean Bag Toss (2FA)</p> <p>3:00 Sing Along (2FA)</p> <p>4:00 Word Searches! (2FA)</p> <p>6:30 Movie Evening Showing: Good Will Hunting (T)</p>	<p>9:30 <b>Morning Stretches (2FA)</b> <b>5</b></p> <p>1:00 Bingo! (2FA)</p> <p>2:00 Ring Toss (2FA)</p> <p>4:00 <b>Fit Minds (2FA)</b></p>	<p>10:00 Go 4 Life Walking Group (ML) <b>6</b></p> <p>10:00 <b>Visit with Ms. Milly Silly! (AL)</b></p> <p>10:30 <b>Drum Fit Class! (2FA)</b></p> <p>1:00 Giant Crossword (2FA)</p> <p>2:00 Balloon Badminton (2FA)</p> <p>2:30 <b>Artfull Enrichment (2FA)</b></p> <p>4:00 <b>Hand &amp; Finger Exercises (2FA)</b></p> <p>4:30 Living Loving Local Celebration Dinner! (DR)</p> <p>6:30 Apple TV+: Slow Horses *NEW* (T)</p>	<p>3:00 Movie Afternoon Showing: See How They Run (T) <b>7</b></p> <p>6:30 Movie Evening Showing: See How They Run (T)</p>
<p><b>Elvis Presley Day!</b> <b>8</b></p> <p>9:30 1:1 Friendly Visits (2FA)</p> <p>10:00 <b>Fitness Class (2FA)</b></p> <p>2:00 Giant Crossword (2FA)</p> <p>3:00 Netflix Series: Heartland (T)</p> <p>3:00 <b>Guest Speaker: Mark Brender - Advancing Global Health Equity: The Partners In Health Story (MP)</b></p> <p>6:30 Netflix Series: Heartland (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>9</b></p> <p>10:30 <b>Fitness Class (2FA)</b></p> <p>1:00 Hot Chocolate &amp; Trivia (2FA)</p> <p>1:30 Seated Dance Class (2FA)</p> <p>2:00 Ring Toss (2FA)</p> <p>2:30 Colouring &amp; Music (2FA)</p> <p>4:00 Word Scramble (2FA)</p> <p>6:30 Movie Evening Showing: Death on the Nile (T)</p>	<p>10:00 <b>Morning Stretches (2FA)</b> <b>10</b></p> <p>10:00 Mobile Hearing Clinic (HO)</p> <p>10:30 <b>Fit Minds (2FA)</b></p> <p>1:00 Bingo! (2FA)</p> <p>2:00 Balloon Badminton (2FA)</p> <p>2:30 <b>Painting Class (2FA)</b></p> <p>4:00 Montessori Program (2FA)</p> <p>6:30 Documentary Night: Return to Space (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>11</b></p> <p>10:30 <b>Fitness Class (2FA)</b></p> <p>1:00 Colouring &amp; Music (2FA)</p> <p>2:30 Bean Bag Toss (2FA)</p> <p>3:00 Sing Along (2FA)</p> <p>4:00 Word Searches! (2FA)</p> <p>6:30 Movie Evening Showing: Blacklight (T)</p>	<p>9:30 <b>Morning Stretches (2FA)</b> <b>12</b></p> <p>10:00 <b>Outing: Bayview Village Mall (ML)</b></p> <p>10:00 <b>Fit Minds (2FA)</b></p> <p>12:30 New Resident Welcome Luncheon! (PDR)</p> <p>1:00 Bingo! (2FA)</p> <p>2:00 Ring Toss (2FA)</p> <p>3:00 <b>Arts &amp; Crafts (2FA)</b></p> <p>4:00 Montessori Program (2FA)</p> <p>4:00 <b>Meet the Management Team Hour! (BR)</b></p>	<p>10:00 Go 4 Life Walking Group (ML) <b>13</b></p> <p>10:30 <b>Drum Fit Class! (2FA)</b></p> <p>1:00 Giant Crossword (2FA)</p> <p>2:00 Balloon Badminton (2FA)</p> <p>2:30 <b>Artfull Enrichment (2FA)</b></p> <p>4:00 <b>Hand &amp; Finger Exercises (2FA)</b></p> <p>6:30 Apple TV+: Slow Horses *NEW* (T)</p>	<p>3:00 Movie Afternoon Showing: Marry Me (T) <b>14</b></p> <p>6:30 Movie Evening Showing: Marry Me (T)</p>
<p>9:30 1:1 Friendly Visits (2FA) <b>15</b></p> <p>10:00 <b>Fitness Class (2FA)</b></p> <p>2:00 Giant Crossword (2FA)</p> <p>3:00 Netflix Series: Heartland (T)</p> <p>6:30 Netflix Series: Heartland (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>16</b></p> <p>10:30 <b>Fitness Class (2FA)</b></p> <p>1:00 Hot Chocolate &amp; Trivia (2FA)</p> <p>1:30 Seated Dance Class (2FA)</p> <p>2:00 Ring Toss (2FA)</p> <p>2:30 Colouring &amp; Music (2FA)</p> <p>4:00 Word Scramble (2FA)</p> <p>6:30 Movie Evening Showing: E.T., The Extra-Terrestrial (T)</p>	<p>10:00 <b>Morning Stretches (2FA)</b> <b>17</b></p> <p>10:30 <b>Fit Minds (2FA)</b></p> <p>1:00 Bingo! (2FA)</p> <p>2:00 Balloon Badminton (2FA)</p> <p>2:30 <b>Painting Class (2FA)</b></p> <p>4:00 Montessori Program (2FA)</p> <p>6:30 Documentary Night: Dolly Parton - Here I Am (T)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>18</b></p> <p>10:30 <b>Fitness Class (2FA)</b></p> <p>1:00 Colouring &amp; Music (2FA)</p> <p>2:00 Monthly Birthday Party with Carla Casanova (MP)</p> <p>2:30 Bean Bag Toss (2FA)</p> <p>3:00 Sing Along (2FA)</p> <p>3:00 Concert Series: Loretta Lynn (T)</p> <p>4:00 Word Searches! (2FA)</p> <p>6:30 Movie Evening Showing: The Sound of Music (T)</p>	<p>10:00 <b>Morning Stretches (2FA)</b> <b>19</b></p> <p>10:30 <b>Fit Minds (2FA)</b></p> <p>1:00 Bingo! (2FA)</p> <p>2:00 Ring Toss (2FA)</p> <p>3:00 <b>Arts &amp; Crafts (2FA)</b></p> <p>4:00 Montessori Program (2FA)</p>	<p>10:00 Go 4 Life Walking Group (ML) <b>20</b></p> <p>10:30 <b>Drum Fit Class! (2FA)</b></p> <p>1:00 Giant Crossword (2FA)</p> <p>2:00 Balloon Badminton (2FA)</p> <p>2:00 Food Committee Meeting (MP)</p> <p>2:30 <b>Artfull Enrichment (2FA)</b></p> <p>4:00 <b>Hand &amp; Finger Exercises (2FA)</b></p> <p>6:30 Apple TV+: Slow Horses *NEW* (T)</p>	<p>3:00 Movie Afternoon Showing: Reminiscence (T) <b>21</b></p> <p>6:30 Movie Evening Showing: Reminiscence (T)</p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Chinese &amp; Korean New Year!</b> <b>22</b> 9:30 1:1 Friendly Visits (2FA) <b>10:00 Fitness Class (2FA)</b> 2:00 Giant Crossword (2FA) 3:00 Netflix Series: Heartland (T) 6:30 Netflix Series: Heartland (T)	<b>10:00 Go 4 Life Walking Group (ML)</b> <b>23</b> <b>10:30 Fitness Class (2FA)</b> 1:00 Hot Chocolate & Trivia (2FA) 1:30 Seated Dance Class (2FA) 2:00 Ring Toss (2FA) 2:30 Colouring & Music (2FA) 4:00 Word Scramble (2FA) 6:30 Movie Evening Showing: Amsterdam (T)	<b>10:00 Morning Stretches (2FA)</b> <b>24</b> <b>10:30 Fit Minds (2FA)</b> 1:00 Bingo! (2FA) 2:00 Balloon Badminton (2FA) <b>2:30 Painting Class (2FA)</b> 4:00 Montessori Program (2FA) 6:30 Documentary Night: Found (T)	<b>Robbie Burns Day! (LR)</b> <b>25</b> <b>10:00 Go 4 Life Walking Group (ML)</b> <b>10:30 Fitness Class (2FA)</b> 1:00 Colouring & Music (2FA) 2:30 Bean Bag Toss (2FA) 3:00 Interesting Facts about Robbie Burns Day (2FA) 3:00 Concert Series: Conway Twitty (T) 4:00 Word Searches! (2FA) 6:30 Movie Evening Showing: Slumdog Millionaire (T)	<b>10:00 Morning Stretches (2FA)</b> <b>26</b> <b>10:30 Fit Minds (2FA)</b> 1:00 Bingo! (2FA) <b>1:45 Outing: Textile Museum of Canada (OUT)</b> 2:00 Ring Toss (2FA) 4:00 Montessori Program (2FA)	<b>10:00 Go 4 Life Walking Group (ML)</b> <b>27</b> <b>10:00 Breakfast Pajama Party! (MP)</b> <b>10:30 Drum Fit Class! (2FA)</b> 1:00 Giant Crossword (2FA) 2:00 Balloon Badminton (2FA) 2:00 Resident Townhall Meeting (MP) <b>2:30 Artfull Enrichment (2FA)</b> <b>4:00 Hand &amp; Finger Exercises (2FA)</b> 4:30 Dinner Buffet! (DR) 6:30 Apple TV+: Slow Horses *NEW* (T)	<b>3:00 Movie Afternoon Showing: The Shawshank Redemption (T)</b> <b>28</b> <b>6:30 Movie Evening Showing: The Shawshank Redemption (T)</b>
9:30 1:1 Friendly Visits (2FA) <b>29</b> <b>10:00 Fitness Class (2FA)</b> 2:00 Giant Crossword (2FA) 3:00 Netflix Series: Heartland (T) 6:30 Netflix Series: Heartland (T)	<b>10:00 Go 4 Life Walking Group (ML)</b> <b>30</b> <b>10:30 Fitness Class (2FA)</b> 1:00 Hot Chocolate & Trivia (2FA) 1:30 Seated Dance Class (2FA) 2:00 Ring Toss (2FA) 2:30 Baking with Nancy & Hannah! (MP) 4:00 Word Scramble (2FA) 6:30 Movie Evening Showing: Lion (T)	<b>10:00 Morning Stretches (2FA)</b> <b>31</b> <b>10:30 Fit Minds (2FA)</b> 1:00 Bingo! (2FA) 2:00 Balloon Badminton (2FA) <b>2:30 Painting Class (2FA)</b> 4:00 Montessori Program (2FA) 6:30 Documentary Night: For Love (T)	<h3><u>Dimensions Of Wellness</u></h3> <h4><u>Legend</u></h4> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p><b>Intellectual</b></p> <p><b>Physical</b></p> <p><b>Social</b></p> <p><b>Emotional</b></p> </div> <div style="text-align: center;"> <p><b>Sensory</b></p> <p><b>Purposeful</b></p> <p><b>Spiritual</b></p> </div> </div>		<h3><u>Locations Legend</u></h3> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>2nd FLOOR</p> <p>ACTIVITY ROOM (2FA)</p> <p>THEATER (T)</p> <p>MAIN LOBBY (ML)</p> <p>MULTIPURPOSE ROOM (MP)</p> <p>LIVING ROOM (LR)</p> </div> <div style="width: 45%;"> <p>DINING ROOM (DR)</p> <p>Any Location (AL)</p> <p>Health Office (HO)</p> <p>PRIVATE DINING ROOM (PDR)</p> <p>BISTRO (BR)</p> <p>Outing (OUT)</p> </div> </div>	

