

























































Sunday	Monday	Tuesday	Wednesday	Thursday	Friday <span style="background-color: yellow;">Tuck Store-11:30-1:30pm</span>	Saturday
		<p><b>1. NEW YEAR'S DAY</b></p> <p><b>9:30am</b> Activity in Oak Lounge</p>	<p><b>2.</b></p> <p><b>9:30</b> Start Right ©</p> <p><b>9:30</b> Armchair Exercises</p> <p><b>10:15</b> Catholic Communion...Chapel </p> <p><b>10:30</b> Spirit Lifters * </p> <p><b>2:00</b> Music Afternoon w/Richard Stepp </p> <p><b>6:15</b> Crosswords</p>	<p><b>3.</b></p> <p><b>9:30</b> Start Right ©</p> <p><b>9:30</b> Armchair Exercises</p> <p><b>10:30</b> Shuffleboard </p> <p><b>1:30</b> Java Club </p> <p><b>3:00</b> Late Bloomers Garden Club </p> <p><b>3:30</b> Tee Up For Golf</p> <p><b>6:15</b> Bingo </p>	<p><b>4.</b></p> <p><b>9:30</b> Start Right ©</p> <p><b>9:30</b> Armchair Exercises </p> <p><b>10:30</b> Bible Study </p> <p><b>11:30</b> AL Tuck Store</p> <p><b>1:30</b> Press Your Luck</p> <p><b>3:30</b> Tee Up For Golf</p> <p><b>6:15</b> Sing-a-Long w/Angela </p>	<p><b>5.</b></p> <p><b>9:30</b> Start Right ©</p> <p><b>9:30</b> Armchair Exercises</p> <p><b>10:30</b> Bocce Ball</p> <p><b>2:00</b> Musical Afternoon w/ Lorraine Smith </p>
<p><b>6.</b></p> <p><b>9:30</b> Chapel </p> <p><b>10:45</b> Sing-a-Long (no piano Kids)</p> <p><b>1:15</b> Trivia</p> <p><b>2:15</b> Mystery Time (AL&amp;C)</p>	<p><b>7.</b></p> <p><b>9:30</b> Armchair Exercises</p> <p><b>9:30</b> Start Right ©</p> <p><b>10:30</b> Word Games</p> <p><b>1:30</b> Hymn Sing </p> <p><b>2:30</b> Table Talk (AL&amp;C)</p> <p><b>2:30</b> Bingo </p> <p><b>5:30-6:30</b>–Music Therapy (Oak Lounge)</p>	<p><b>8.</b></p> <p><b>9:30</b> Start Right ©</p> <p><b>9:30</b> Armchair Exercises</p> <p><b>10:30</b> Shuffleboard</p> <p><b>1:30</b> Bus – Scenic Drive (*) </p> <p><b>1:30</b> Start Right 2 ©</p> <p><b>1:30</b> Mystery Time</p> <p><b>2:30</b> Pencil Talk</p> <p><b>6:15</b> Jeopardy</p>	<p><b>9.</b></p> <p><b>9:30</b> Start Right ©</p> <p><b>9:30</b> Armchair Exercises </p> <p><b>10:15</b> Catholic Communion...Chapel </p> <p><b>10:30</b> Painting Class w/ Jess </p> <p><b>2:00</b> Music Afternoon w/Kierah Raymond (Fiddle) </p> <p><b>6:15</b> Everyday Life Photos</p>	<p><b>10.</b></p> <p><b>9:30</b> Start Right ©</p> <p><b>9:30</b> Armchair Exercises</p> <p><b>10:30</b> Shuffleboard</p> <p><b>1:30</b> Word Games</p> <p><b>3:00</b> Late Bloomers Garden Club </p> <p><b>3:30</b> Tee Up For Golf</p> <p><b>6:15</b> Bingo </p>	<p><b>11.</b></p> <p><b>9:30</b> Start Right ©</p> <p><b>9:30</b> Armchair Exercises </p> <p><b>10:30</b> Bible Study </p> <p><b>11:30</b> Tuck Store</p> <p><b>11:30</b> Friday Friendship (KG)</p> <p><b>1:30</b> Start Right 2 ©</p> <p><b>1:30</b> Puzzle Time </p> <p><b>3:30</b> Bowling </p> <p><b>6:15</b> Sing-a-Long w/Kuljeet</p>	<p><b>12.</b></p> <p><b>9:30</b> Start Right ©</p> <p><b>9:30</b> Armchair Exercises</p> <p><b>10:30</b> Reminisce Scotland </p> <p><b>1:30</b> Movie: On Golden Pond 1 hr 40min</p>
<p><b>13.</b></p> <p><b>9:30</b> Chapel </p> <p><b>10:45</b> Sing-a-Long (Piano Kids back ??)</p> <p><b>1:15</b> Reminisce &amp;Talk (AL&amp;C)</p> <p><b>2:15</b> That's Sew Crafty (AL&amp;C)</p>	<p><b>14.</b></p> <p><b>9:30</b> Armchair Exercises</p> <p><b>9:30</b> Start Right ©</p> <p><b>10:30</b> Word Games</p> <p><b>1:30</b> Hymn Sing </p> <p><b>2:30</b> Bingo </p> <p><b>2:30</b> Table Talk (AL&amp;C)</p> <p><b>5:30-6:30</b>–Music Therapy (Oak Lounge)</p>	<p><b>15. 8:15a.m.**</b></p> <p>Breakfast Club </p> <p><b>9:30</b> Armchair Exercises</p> <p><b>10:00</b> Start Right ©</p> <p><b>11:30</b> Bus Outing – Legion Lunch(*)Winter Hats </p> <p><b>1:30</b> Anglican Church Service </p> <p><b>1:30</b> Start Right 2 ©</p> <p><b>3:30</b> Mystery Time</p> <p><b>6:15</b> Laughter Yoga</p>	<p><b>16.</b></p> <p><b>9:30</b> Start Right ©</p> <p><b>9:30</b> Armchair Exercises </p> <p><b>10:15</b> Catholic Communion </p> <p><b>10:30</b> Painting Class w/ Jess </p> <p><b>2:00</b> Musical Afternoon w/ Peter Montgomery </p> <p><b>6:15</b> Table Games</p>	<p><b>17.</b></p> <p><b>9:30</b> Start Right ©</p> <p><b>9:30</b> Armchair Exercises</p> <p><b>10:30</b> Trivia-Scotland</p> <p><b>1:30</b> Karaoke </p> <p><b>3:00</b> Late Bloomers Garden Club </p> <p><b>3:30</b> Tee Up For Golf</p> <p><b>6:15</b> Bingo </p>	<p><b>18. Care Conference</b></p> <p><b>9:30</b> Start Right ©</p> <p><b>9:30</b> Armchair Exercises </p> <p><b>10:30</b> Bible Study </p> <p><b>11:30</b> AL Tuck Store</p> <p><b>1:30</b> Start Right 2 ©</p> <p><b>3:30</b> Bowling </p> <p><b>6:15</b> Sing-a-Long w/Angela </p>	<p><b>19.</b></p> <p><b>9:30</b> Start Right ©</p> <p><b>9:30</b> Armchair Exercises</p> <p><b>10:30</b> Shuffleboard</p> <p><b>10:30</b> Trivia</p> <p><b>2:00</b> Java Club </p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday <span style="background-color: yellow;">Tuck Store-11:30-1:30pm</span>	Saturday
<p><b>20.</b></p> <p><b>9:30</b> Chapel </p> <p><b>10:45 Sing-a-Long</b> (Piano Kids)</p> <p><b>1:15</b> Trivia (AL&amp;C)</p> <p><b>2:15</b> Mystery Time (AL&amp;C)</p>	<p><b>21.</b></p> <p><b>9:30</b> Armchair Exercises</p> <p><b>9:30</b> Start Right ©</p> <p><b>10:30</b> Word Games</p> <p><b>1:30 Hymn Sing</b> </p> <p><b>2:30</b> Bingo </p> <p><b>2:30</b> Table Talk (AL&amp;C)</p> <p><b>5:30-6:30-Music Therapy</b> (Oak Lounge)</p>	<p><b>22.</b></p> <p><b>9:30</b> Start Right ©</p> <p><b>9:30</b> Armchair Exercises</p> <p><b>10:30</b> Shuffleboard</p> <p><b>1:30 JANUARY CLEANUP</b> Activity Room</p> <p><b>5:15</b> Diner's Club (Pizza) </p>	<p><b>23.</b></p> <p><b>9:30</b> Start Right ©</p> <p><b>9:30</b> Armchair Exercises</p> <p><b>10:15</b> Catholic Communion-(Chapel) </p> <p><b>10:30</b> <u>Painting Class w/ Jess</u></p> <p><b>2:00 Musical Afternoon</b> w/ Joy Chapman </p> <p><b>6:15</b> Jeopardy</p>	<p><b>24.</b></p> <p><b>9:30</b> Start Right ©</p> <p><b>9:30</b> Armchair Exercises</p> <p><b>11:30</b> Bus Outing Lunch @ White Spot </p> <p><b>3:00</b> Late Bloomers Garden Club </p> <p><b>3:30</b> Tee Up For Golf</p> <p><b>6:15</b> Bingo </p>	<p><b>25. Robbie Burns Day</b> <b>Care Conference</b></p> <p><b>9:30</b> Start Right ©</p> <p><b>9:30</b> Armchair Exercises</p> <p><b>10:30</b> Bible Study </p> <p><b>11:30</b> ALTuck Store</p> <p><b>2:00 Musical Afternoon</b> w/ Bob Collins </p> <p><b>6:15 Sing-a-Long</b> w/Angela </p>	<p><b>26.</b></p> <p><b>9:30</b> Start Right ©</p> <p><b>9:30</b> Armchair Exercises</p> <p><b>10:30</b> Finish My Lyrics</p> <p><b>1:30</b> Bus Outing - Scenic Drive </p>
<p><b>27.</b></p> <p><b>9:30</b> Chapel </p> <p><b>10:45 Sing-a-Long</b> (Piano Kids)</p> <p><b>1:15</b> Reminisce &amp; Talk ©</p> <p><b>2:15</b> That's Sew Crafty (AL&amp;C)</p>	<p><b>28.</b></p> <p><b>9:30</b> Armchair Exercises</p> <p><b>9:30</b> Start Right ©</p> <p><b>10:30</b> Word Games</p> <p><b>1:30 Hymn Sing</b> </p> <p><b>2:30</b> Bingo </p> <p><b>2:30</b> Tea w/Rosemarie (AL&amp;C)</p> <p><b>5:30-6:30-Music Therapy</b> (Oak Lounge)</p>	<p><b>29. 8:15**</b>  Breakfast Club</p> <p><b>9:30</b> Armchair Exercises</p> <p><b>10:00</b> Start Right ©</p> <p><b>10:30</b> Shuffleboard</p> <p><b>1:30</b> Start Right 2 ©</p> <p><b>1:30 Spirit Lifters</b></p> <p><b>2:30</b> Trivia</p> <p><b>3:30</b> Mystery Time</p> <p><b>6:15</b> Ante Up</p>	<p><b>30.</b></p> <p><b>9:30</b> Start Right ©</p> <p><b>9:30</b> Armchair Exercises</p> <p><b>10:15</b> Catholic Communion-(Chapel) </p> <p><b>10:30</b> Pencil Talk</p> <p><b>2:00 Musical Afternoon</b> w/ Brian Gimbel (piano) </p> <p></p> <p><b>6:15</b> Canadian Trivia</p>	<p><b>31.</b></p> <p><b>9:30</b> Start Right ©</p> <p><b>9:30</b> Armchair Exercises</p> <p><b>10:00</b> Helping Hands February Newsletters</p> <p><b>1:30</b> Bus Outing - -Walmart (A) </p> <p><b>2:00</b> Mystery Time</p> <p><b>3:00</b> Late Bloomers Garden Club </p> <p><b>6:15</b> Bingo </p>		
<p><b>**Please Note: New time for Breakfast Club - Tuesday morning (8:15am)</b></p>				