

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



7:00 Ready for the Day **1**
 10:00 Bean Bag Toss
 11:00 Morning Social
 11:30 Soothing Tunes
 1:30 Walk and Talk
 2:00 Table Games
 3:00 Refreshments
 4:00 Crafts
 6:30 Nightcap Social
 New Year's Day

7:00 Ready for the Day **2**
 10:00 Morning Social
 11:00 Exercises
 11:30 Trivia
 1:30 Soothing Tunes
 2:30 Bingo
 3:00 Refreshments
 4:00 Mix and Match
 7:00 Comedy TV

7:00 Ready for the Day **3**
 10:00 Ball Dart Game
 10:30 Mental Aerobics
 11:00 Songs from our Past
 1:30 Baking
 2:00 Puzzles
 2:30 Coloring In
 3:00 Refreshments
 4:00 Sing-along with Susie Q
 7:00 Easy Listening Tunes

7:00 Ready for the Day **4**
 10:00 Move to the Music
 11:00 Morning Social
 11:30 Music and Memories
 2:00 Table Games
 3:00 Refreshments
 4:00 Walk and Talk
 6:30 Easy Listening Tunes

7:00 Ready for the Day **5**
 10:30 Hymn Sing
 1:30 Coloring In
 2:00 Soothing Tunes
 2:30 Word Find
 3:00 Sunday Tea and Chat
 4:00 Table Games
 7:00 Classic TV

7:00 Ready for the Day **6**
 10:00 Dance in Your Seat
 11:00 Morning Social
 11:30 Puzzles
 2:00 Aquarium Music
 2:30 Sorting and Folding
 3:00 Refreshments
 4:00 Virtual Reality Travel
 6:30 Games Night

7:00 Ready for the Day **7**
 10:00 Walk and Talk
 11:00 Morning Social
 11:30 Light Melodies
 1:30 Spa Treatments
 2:00 Puzzles and Games
 2:30 Sing-along
 3:00 Refreshments
 4:00 Table Prep
 7:00 Entertainment

7:00 Ready for the Day **8**
 10:00 Ball Dart Game
 11:00 Morning Social
 11:30 Soothing Tunes
 1:30 Walk and Talk
 2:00 Table Games
 3:00 Chocolate Lovers Social
 4:00 Painting
 6:30 Nightcap Social

7:00 Ready for the Day **9**
 10:00 Morning Social
 11:00 Exercises
 11:30 Trivia
 1:30 Soothing Tunes
 2:30 IN2L Games
 3:00 Refreshments
 4:00 Mix and Match
 7:00 Comedy TV

7:00 Ready for the Day **10**
 10:00 Bean Bag Toss
 10:30 Mental Aerobics
 11:00 Songs from our Past
 1:30 Baking
 2:00 Puzzles
 2:30 Coloring In
 3:00 Refreshments
 4:00 Sing-along with Susie Q
 7:00 Easy Listening Tunes

7:00 Ready for the Day **11**
 10:00 Move to the Music
 11:00 Morning Social
 11:30 Music and Memories
 2:00 Table Games
 3:00 Refreshments
 4:00 Walk and Talk
 6:30 Easy Listening Tunes

7:00 Ready for the Day **12**
 10:30 Hymn Sing
 1:30 Coloring In
 2:00 Soothing Tunes
 2:30 Word Find
 3:00 Sunday Tea and Chat
 4:00 Table Games
 7:00 Classic TV

7:00 Ready for the Day **13**
 10:00 Dance in Your Seat
 11:00 Morning Social
 11:30 Puzzles
 2:00 Aquarium Music
 2:30 Sorting and Folding
 3:00 Hawaiian Social
 4:00 Virtual Reality Travel
 6:30 Games Night

7:00 Ready for the Day **14**
 10:00 Walk and Talk
 11:00 Morning Social
 11:30 Light Melodies
 1:30 Spa Treatments
 2:00 Puzzles and Games
 2:30 Sing-along
 3:00 Refreshments
 4:00 Table Prep
 7:00 Movie and Popcorn

7:00 Ready for the Day **15**
 10:00 Bean Bag Toss
 11:00 Morning Social
 11:30 Soothing Tunes
 1:30 Walk and Talk
 2:00 Table Games
 3:00 Chocolate Lovers Social
 4:00 Crafts
 6:30 Nightcap Social

7:00 Ready for the Day **16**
 10:00 Morning Social
 11:00 Exercises
 11:30 Trivia
 1:30 Soothing Tunes
 2:30 Bingo
 3:00 Refreshments
 4:00 Mix and Match
 7:00 Comedy TV

7:00 Ready for the Day **17**
 10:00 Ball Dart Game
 10:30 Mental Aerobics
 11:00 Songs from our Past
 1:30 Baking
 2:00 Puzzles
 2:30 Coloring In
 3:00 Refreshments
 4:00 Sing-along with Susie Q
 7:00 Easy Listening Tunes

7:00 Ready for the Day **18**
 10:00 Move to the Music
 11:00 Morning Social
 11:30 Music and Memories
 2:00 Table Games
 3:00 Refreshments
 4:00 Walk and Talk
 6:30 Easy Listening Tunes

7:00 Ready for the Day **19**
 10:30 Hymn Sing
 1:30 Coloring In
 2:00 Soothing Tunes
 2:30 Word Find
 3:00 Sunday Tea and Chat
 4:00 Table Games
 7:00 Classic TV
 Activity Professionals Week

7:00 Ready for the Day **20**
 10:00 Dance in Your Seat
 11:00 Morning Social
 11:30 Puzzles
 2:00 Aquarium Music
 2:30 Sorting and Folding
 3:00 Italian Social
 4:00 Virtual Reality Travel
 6:30 Games Night
 Martin Luther King Day

7:00 Ready for the Day **21**
 10:00 Walk and Talk
 11:00 Morning Social
 11:30 Light Melodies
 1:30 Spa Treatments
 2:00 Puzzles and Games
 2:30 Sing-along
 3:00 Refreshments
 4:00 Table Prep
 7:00 Entertainment

7:00 Ready for the Day **22**
 10:00 Ball Dart Game
 11:00 Morning Social
 11:30 Soothing Tunes
 1:30 Walk and Talk
 2:00 Table Games
 3:00 Refreshments
 4:00 Painting
 6:30 Nightcap Social

7:00 Ready for the Day **23**
 10:00 Morning Social
 11:00 Exercises
 11:30 Trivia
 1:30 Soothing Tunes
 2:30 IN2L Games
 3:00 Refreshments
 4:00 Mix and Match
 7:00 Comedy TV

7:00 Ready for the Day **24**
 10:00 Bean Bag Toss
 10:30 Mental Aerobics
 11:00 Songs from our Past
 1:30 Baking
 2:00 Puzzles
 2:30 Coloring In
 3:00 Chinese Social
 4:00 Sing-along with Susie Q
 7:00 Easy Listening Tunes

7:00 Ready for the Day **25**
 10:00 Move to the Music
 11:00 Morning Social
 11:30 Music and Memories
 2:00 Table Games
 3:00 Scottish Social
 4:00 Walk and Talk
 6:30 Easy Listening Tunes
 Chinese New Year

7:00 Ready for the Day **26**
 10:30 Hymn Sing
 1:30 Coloring In
 2:00 Soothing Tunes
 2:30 Word Find
 3:00 Sunday Tea and Chat
 4:00 Table Games
 7:00 Classic TV

7:00 Ready for the Day **27**
 10:00 Dance in Your Seat
 11:00 Morning Social
 11:30 Puzzles
 2:00 Aquarium Music
 2:30 Sorting and Folding
 3:00 Refreshments
 4:00 Virtual Reality Travel
 6:30 Games Night
 Australia Day (observed)

7:00 Ready for the Day **28**
 10:00 Walk and Talk
 11:00 Morning Social
 11:30 Light Melodies
 1:30 Spa Treatments
 2:00 Puzzles and Games
 2:30 Sing-along
 3:00 Refreshments
 4:00 Table Prep
 7:00 Birthday Party

7:00 Ready for the Day **29**
 10:00 Bean Bag Toss
 11:00 Morning Social
 11:30 Soothing Tunes
 1:30 Walk and Talk
 2:00 Table Games
 3:00 Refreshments
 4:00 Crafts
 6:30 Nightcap Social

7:00 Ready for the Day **30**
 10:00 Morning Social
 11:00 Exercises
 11:30 Trivia
 1:30 Soothing Tunes
 2:30 Bingo
 3:00 Refreshments
 4:00 Mix and Match
 7:00 Comedy TV

7:00 Ready for the Day **31**
 10:00 Ball Dart Game
 10:30 Mental Aerobics
 11:00 Songs from our Past
 1:30 Baking
 2:00 Puzzles
 2:30 Coloring In
 3:00 Refreshments
 4:00 Sing-along with Susie Q
 7:00 Easy Listening Tunes

