



| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   |  |
|---|--|---|---|---|--|--|--|
| <p><u>Locations Legend</u></p> <p>Great Room (GR)<br/>Activity Room (AR)<br/>Theatre (TH)<br/>Country Kitchen (CK)<br/>Games Room (GAMR)<br/>Front Desk (FD)<br/>Courtyard Café (CAFE)</p>  |    |   |   | <p>10:30 New Year Word Search &amp; Crosswords* (GR) <b>1</b></p> <p>2:00 New Year's Scavenger Hunt* (GR)</p> <p>7:00 MOVIE: "The Great Debaters" (TH)</p> <p><b>New Year's Day</b></p>   | <p>10:00 Cardio Exercise (AR) <b>2</b></p> <p>10:45 Word Games (AR)</p> <p>2:30 Happy Hour ft Fred Chester (GR)</p> <p>3:30 Shuffleboard* (GAMR)</p> <p>7:00 SERIES: Emily in Paris (TH)</p>   | <p>10:00 Chair Yoga with Kathy (AR) <b>3</b></p> <p>10:45 Who or What Am I? Trivia (GR)</p> <p>2:00 Seated Balloon Volleyball NEW! (AR)</p> <p>3:00 Knitting Group* (GR)</p> <p>3:00 Music Bingo (GR)</p> <p>7:00 SERIES: "This Is Us" (TH)</p>                      | <p>10:00 Balls &amp; Bands (AR) <b>4</b></p> <p>10:45 Fit Minds (AR)</p> <p>2:00 Dice Bingo (GR)</p> <p>3:00 Target Practice (GR)</p> <p>7:00 MOVIE: "Meet The Parents" (TH)</p> |
| <p>9:30 United Church Service Video (TH) <b>5</b></p> <p>10:00 Crosswords &amp; Activity Sheets* (GR)</p> <p>1:00 MATINEE SERIES: A Man on the Inside (TH)</p> <p>3:00 History Presentation with Eric: Canadian History Series (TH)</p> <p>5:00 Golden Globe Awards (TH)</p> <p>7:00 SERIES: "Mad Men" (TH)</p> | <p>10:00 Gentle Fit &amp; Stretch Exercise (AR) <b>6</b></p> <p>10:45 Fun Conversational French Lessons (CK)</p> <p>10:45 Trivia (GR)</p> <p>1:30 Horseracing (GR)</p> <p>1:30 Art Exploration with Cynthia NEW! (AR)</p> <p>2:30 Bingo (GR)</p> <p>3:00 Knitting Group* (GR)</p> <p>7:00 DOCUMENTARY SERIES: "Live to 100 - Secrets of the Blue Zone - Ep 1 &amp; 2" (TH)</p> | <p>10:00 Chair Pilates Exercise with Jenn (AR) <b>7</b></p> <p>10:45 You be the Judge (GR)</p> <p>2:00 Wine &amp; Cheese Social ft Jesse Thomas Brown (GR)</p> <p>3:15 A Picture is Worth a 1000 Words (GR)</p> <p>6:30 Card Game Night* (GR)</p> | <p>9:00 Rides to Medical Appointments &amp; Swimming at Crystal Pool <b>8</b></p> <p>10:00 Falls Prevention Exercise with Dr. McNeill (AR)</p> <p>10:45 Jeopardy Trivia (GR)</p> <p>1:00 BUS: Shopping at Tillicum Mall (AR)</p> <p>2:00 Bingo (GR)</p> <p>3:00 Dementia Discussions with Laurie &amp; Judy (CK)</p> <p>7:00 MOVIE: "On the Basis of Sex - The Story of Ruth Bader Ginsburg" (TH)</p> | <p>8:00 Hearing Aid Cleaning Pick Up (FD) <b>9</b></p> <p>10:00 Cardio Exercise (AR)</p> <p>10:45 Shut the Box! Game (GR)</p> <p>2:30 Happy Hour ft Brian Porter (GR)</p> <p>3:30 Pool Game* (GAMR)</p> <p>7:00 SERIES: Emily in Paris (TH)</p>   | <p>10:00 Chair Yoga with Kathy (AR) <b>10</b></p> <p>10:45 Game of Things (GR)</p> <p>1:00 Crib Tournament* (GR)</p> <p>1:30 Ted Talk (TH)</p> <p>3:00 Knitting Group* (GR)</p> <p>3:00 Music Bingo (GR)</p> <p>7:00 SERIES: "This Is Us" (TH)</p> | <p>10:00 Drumfit Exercise (AR) <b>11</b></p> <p>10:45 Fit Minds (AR)</p> <p>1:00 BUS: Westshore/Bear Mountain Scenic Drive (AR)</p> <p>2:00 Arts &amp; Crafts - Coloured Sand Art (AR)</p> <p>3:15 Bowling Game (AR)</p> <p>7:00 MOVIE: "A Perfect Pairing" (TH)</p> |  |
| <p>9:30 United Church Service Video (TH) <b>12</b></p> <p>10:00 Crosswords &amp; Activity Sheets* (GR)</p> <p>2:00 MATINEE SERIES: A Man on the Inside (TH)</p> <p>3:00 Board Games* (GR)</p> <p>7:00 SERIES: "Mad Men" (TH)</p>  | <p>10:00 Chair Tai Chi with Brenda (AR) <b>13</b></p> <p>10:45 Fun Conversational French Lessons (CK)</p> <p>10:45 Trivia (GR)</p> <p>1:30 Horseracing (GR)</p> <p>2:30 Bingo (GR)</p> <p>3:00 Knitting Group* (GR)</p> <p>7:00 DOCUMENTARY SERIES: "Live to 100 - Secrets of the Blue Zone Ep 3 &amp; 4" (TH)</p>   | <p>10:00 Chair Pilates Exercise with Jenn (AR) <b>14</b></p> <p>10:45 Matching Cards Memory Game (GR)</p> <p>2:00 Target Theatre: "Staying Alive" (GR)</p> <p>3:15 Show &amp; Share (GR)</p> <p>6:30 Card Game Night* (GR)</p>                    | <p>9:00 Rides to Medical Appointments <b>15</b></p> <p>10:00 Falls Prevention Exercise with Dr. McNeill (AR)</p> <p>10:45 Jeopardy Trivia (GR)</p> <p>1:00 BUS: Shopping at Hillside Mall/Walmart (AR)</p> <p>2:00 Bingo (GR)</p> <p>3:15 Dr. Clem Talk: Healthy Habits for the New Year (TH)</p> <p>7:00 MOVIE: "The Invention of Lying" (TH)</p>  | <p>10:00 Cardio Exercise (AR) <b>16</b></p> <p>10:45 Word Games (AR)</p> <p>1:30 Food Meeting with Kevin (CAFE)</p> <p>2:30 Happy HAT Hour - wear your favourite hat! ft Joyz &amp; The Boyz (GR)</p> <p>3:30 Shuffleboard* (GAMR)</p> <p>7:00 SERIES: Emily in Paris (TH)</p> <p><b>National Hat Day</b></p> | <p>10:00 Chair Yoga with Kathy (AR) <b>17</b></p> <p>10:45 Who or What Am I? Trivia (GR)</p> <p>2:00 Seated Balloon Volleyball NEW! (AR)</p> <p>3:00 Knitting Group* (GR)</p> <p>3:00 Music Bingo (GR)</p> <p>7:00 SERIES: "This Is Us" (TH)</p>   | <p>10:00 Balls &amp; Bands (AR) <b>18</b></p> <p>10:45 Fit Minds (AR)</p> <p>2:00 Dice Bingo (GR)</p> <p>3:00 Target Practice (GR)</p> <p>7:00 MOVIE: "Mad Money" (TH)</p>   |  |

| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday  |
|--|--|---|---|--|---|---|
| <p>9:30 United Church Service Video (TH) <b>19</b></p> <p>10:00 Crosswords &amp; Activity Sheets* (GR)</p> <p>2:00 MATINEE: "Biographies with Peter Graves" - Elvis and Elizabeth Taylor (TH)</p> <p>3:00 Board Games* (GR)</p> <p>7:00 SERIES: "Mad Men" (TH)</p> | <p>10:00 Gentle Fit &amp; Stretch Exercise (AR) <b>20</b></p> <p>10:45 Fun Conversational French Lessons (CK)</p> <p>10:45 Trivia (GR)</p> <p>1:30 Horseracing (GR)</p> <p>1:30 Art Exploration with Cynthia NEW! (AR)</p> <p>2:30 Bingo (GR)</p> <p>3:00 Knitting Group* (GR)</p> <p>7:00 DOCUMENTARY SERIES: "Inside the Sydney Opera House Ep 1 &amp; 2" (TH)</p> | <p>10:00 Chair Pilates Exercise with Jenn (AR) <b>21</b></p> <p>10:45 You be the Judge (GR)</p> <p>1:45 Town Hall Meeting (GR)</p> <p>2:30 January Birthday Social ft. Jean Bedard (GR)</p> <p>2:45 P.A.T.S. Dog Visit (GR)</p> <p>6:30 Card Game Night* (GR)</p> | <p>9:00 Rides to Medical Appointments &amp; Swimming at Crystal Pool <b>22</b></p> <p>10:00 Falls Prevention Exercise with Dr. McNeill (AR)</p> <p>10:45 Jeopardy Trivia (GR)</p> <p>11:00 BUS: Lunch at Christie's Carriage House Pub (AR)</p> <p>2:00 Bingo (GR)</p> <p>3:00 Dementia Discussions with Laurie &amp; Judy (CK)</p> <p>7:00 MOVIE: "The Long Game" (TH)</p> | <p>10:00 Cardio Exercise (AR) <b>23</b></p> <p>10:45 Game of Things (GR)</p> <p>2:30 Happy Hour ft Seabreeze (GR)</p> <p>3:30 Pool Game* (GAMR)</p> <p>7:00 SERIES: Emily in Paris (TH)</p>                    | <p>10:00 Chair Yoga with Kathy (AR) <b>24</b></p> <p>10:00 Shut the Box! Game (GR)</p> <p>1:00 Crib Tournament* (GR)</p> <p>2:00 Robbie Burns Social (GR)</p> <p>3:00 Knitting Group* (GR)</p> <p>3:15 Music Bingo (GR)</p> <p>7:00 SERIES: "This Is Us" (TH)</p> | <p>10:00 Balls &amp; Bands (AR) <b>25</b></p> <p>10:45 Fit Minds (AR)</p> <p>1:00 BUS: Scenic Drive Fairfield &amp; Oak Bay (AR)</p> <p>2:00 Arts &amp; Crafts - Flower Arranging (AR)</p> <p>3:15 Ping Pong (AR)</p> <p>7:00 MOVIE: "Hidden Figures" (TH)</p>  <p><b>Robbie Burns Day</b></p> |
| <p>9:30 United Church Service Video (TH) <b>26</b></p> <p>10:00 Crosswords &amp; Activity Sheets* (GR)</p> <p>2:00 MATINEE: "From Time to Time" (TH)</p> <p>3:00 Board Games* (GR)</p> <p>7:00 SERIES: "Mad Men" (TH)</p>  | <p>10:00 Chair Tai Chi with Brenda (AR) <b>27</b></p> <p>10:45 Fun Conversational French Lessons (CK)</p> <p>2:30 Bingo - resident led* (GR)</p> <p>3:00 Knitting Group* (GR)</p> <p>7:00 DOCUMENTARY SERIES: "Inside the Sydney Opera House Ep 3" (TH)</p>  | <p>10:00 Chair Pilates Exercise with Jenn (AR) <b>28</b></p> <p>10:45 Colouring &amp; Conversation* (GR)</p> <p>2:00 DOCUMENTARY MATINEE: "The Mysteries of the Terracotta Warriors" (TH)</p> <p>3:00 Board Games* (GR)</p> <p>6:30 Card Game Night* (GR)</p>     | <p>9:00 Rides to Medical Appointments <b>29</b></p> <p>10:00 Falls Prevention Exercise with Dr. McNeill (AR)</p> <p>10:45 Chinese New Years Trivia (GR)</p> <p>1:00 BUS: Shopping at Hillside Mall/Walmart (AR)</p> <p>1:30 Horseracing (GR)</p> <p>2:30 Bingo (GR)</p> <p>7:00 MOVIE: "The Cider House Rules" (TH)</p> <p><b>Chinese New Year</b></p>                      | <p>10:00 Cardio Exercise (AR) <b>30</b></p> <p>10:45 Exploring the Chinese Zodiac (GR)</p> <p>2:30 Happy Hour ft Sean McCool (GR)</p> <p>3:30 Shuffleboard* (GAMR)</p> <p>7:00 SERIES: Emily in Paris (TH)</p> | <p>10:00 Chair Yoga with Kathy (AR) <b>31</b></p> <p>10:45 Who or What Am I? Trivia (GR)</p> <p>1:30 Making Chinese Dumplings with Resident Leatrice (CK)</p> <p>3:00 Knitting Group* (GR)</p> <p>3:00 Music Bingo (GR)</p> <p>7:00 SERIES: "This Is Us" (TH)</p> |   |

Locations Legend

Great Room (GR)  
Activity Room (AR)  
Theatre (TH)  
Country Kitchen (CK)  
Games Room (GAMR)  
Front Desk (FD)  
Courtyard Café (CAFE)

\*Denotes resident led activity

**MEAL TIMES:**

**Breakfast 7:30am - 9:00am**

**Lunch 11:15am - 12:30pm**

**Dinner 4:15pm - 5:30pm**

**Courtyard Café**

**7:30am - 3:00pm**

**5:00pm - 6:30pm**



**TUCK SHOP**

**Monday, Wednesday & Friday**

**2:00-3:00pm**

**ARLENE'S SALON**

**Wednesday & Thursday**

**10:00am-5:00pm**

**BINGO 25 cents a card**

**HORSERACING 10 cents per game**

**HAPPY HOUR \$2 drink donation**

