

# January 2025

\*Bus outings have limited space and a waitlist - Please sign up with Recreation\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 9:15am Walking Program - SOL 10:00am Drumfit - SOL 10:30am Men's Club - Wallace 1:30pm Baking - SOL	<b>2</b> 9:30am Coffee Time - SOL 10:30am Church Service - SOL <b>1:30pm Karaoke - SOL</b> 3:00pm Meditation - SOL	<b>3</b> <b>9:15am Polar Bear Plunge!! - SOL</b> 10:00am Daycare Visit - Time with Tots 1:30pm Lexicon 1 - SOL 1:30pm Lexicon 2 - Blenkhorne Dining Room	<b>4</b> 9:00am Friendly Visits - SOL 10:00am Tai Chi - SOL 1:30pm Active Games - Wall
<b>5</b> 	<b>6</b> 10:00am Chair One Fitness - SOL 11:00am Men's Exercise - Wallace 1:30pm Word Games - SOL	<b>7</b> 10:00am Stretch and Strength - SOL 1:30pm Bingo - SOL 6:00pm Live Music with RULE62 - SOL	<b>8</b> 9:15am Walking Program - SOL 10:00am Crafts 10:30am Men's Club - Wallace Bible Study - SOL <b>1:30pm Snowball Games - SOL</b>	<b>9</b> 9:30am Coffee Time - SOL 10:30am Church Service - SOL 1:30pm Tai Chi - SOL 2:30pm Meditation with Theresa - SOL	<b>10</b> 10:00am Crafts - SOL 1:30pm Lexicon - SOL 1:30pm Lexicon 2 - Blenkhorne Dining Room	<b>11</b> 9:00am Friendly Visits - SOL 10:00am Chair Yoga - SOL 1:30pm Bowling - SOL 
<b>12</b> 	<b>13</b> 10:00am Chair One Fitness - SOL 11:00am Men's Exercise - Wallace 1:30pm Tai Chi - SOL	<b>14</b> 10:00am Stretch and Strength - SOL 1:30pm Bingo - SOL 6:00pm Sparks kid visit - SOL	<b>15</b> 9:15am Walking Program - SOL 10:00am Drumfit - SOL 10:30am Men's Club - Wallace Bible Study - SOL 1:30pm Baking - SOL	<b>16</b> 9:30am Coffee Time - SOL <b>9:45am Resident Council Meeting - SOL</b> 10:30am Church Service - SOL 1:30pm Gospel Troop 3:00pm Meditation with Theresa - SOL	<b>17</b> 10:00am Daycare Visit - Time with Tots 1:30pm Lexicon - SOL 1:30pm Lexicon 2 - Blenkhorne Dining Room	<b>18</b> 9:00am Friendly Visits - SOL 10:00am Tai Chi - SOL 1:30pm Active Games - Wall 
<b>19</b> 	<b>20</b> 10:00am Chair One Fitness - SOL 11:00am Men's Exercise - Wallace 1:30pm Word Games - SOL 3:00pm Kings Edgehill Student visit	<b>21</b> 10:00am Stretch and Strength - SOL 1:30pm Bingo - SOL 6:00pm Live Music - with the Friends - SOL	<b>22</b> 9:15am Walking Program - SOL 10:00am Crafts 10:30am Men's Club - Wallace Bible Study - SOL <b>1:30pm Winter Campfire - SOL</b> 2:30pm Cribbage - Wallace	<b>23</b> 9:30am Coffee Time - SOL 10:30am Church Service - SOL 1:30pm Rocks and Rings - SOL 3:00pm Meditation with Theresa - SOL	<b>24</b> 10:00am Crafts - SOL 1:30pm Lexicon - SOL 1:30pm Lexicon 2 - Blenkhorne Dining Room 	<b>25</b> 9:00am Friendly Visits - SOL 10:00am Chair Yoga - SOL 1:30pm Bowling - SOL
<b>26</b> 	<b>27</b> 10:00am Chair One Fitness - SOL 11:00am Men's Exercise - Wallace 1:30pm Tai Chi - SOL 3:00pm Kings Edgehill Student visit	<b>28</b> 10:00am Stretch and Strength - SOL 1:30pm Bingo - SOL 6:00pm Music with Merle and Lucy - SOL	<b>29</b> 9:15am Walking Program - SOL 10:00am Drumfit - SOL 10:30am Men's Club - Wallace Bible Study - SOL 1:30pm Baking - SOL	<b>30</b> 9:30am Coffee Time - SOL 10:30am Church Service - SOL 1:30pm Karaoke - SOL 3:00pm Meditation with Theresa - SOL	<b>31</b> 10:00am Daycare Visit - Time with Tots 11:00am Anglican Communion Service - SOL 1:30pm Lexicon 1 - SOL 1:30pm Lexicon 2 - Blenkhorne Dining Room	