## JANUARY ACTIVITIES

2:30 Listen to Music in Lounge  15th-18th CLEAN OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  15th-18th Clean OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  14 2:30 Listen to Music in Lounge  15th-18th Clean OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  14 2:30 Listen to Music in Lounge  15th-18th Clean OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  15th-18th Clean OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  16 Hair Shop Open 9:30 Stretching 2:30 Music with Double Pleasure  21 22 23 Hair Shop Open 9:30 Stretching 2:30 Morining 2:30 Listen to Music in Lounge  22 23 Hair Shop Open 9:30 Stretching 2:30 Choir Practice 2:30 Just For Laughs  23 24 25 25 26 27 2:30 Wine And Cheese Social 6:30 Crazy 8's  10:00 Morning 2:30 Dominoes 27 2:30 Ustercise 2:30 Ustercise 2:30 Ustercise 2:30 Ustercise 2:30 Ustercise 2:30 Ustercise 2:30 Vine And Cheese Social 6:30 Crazy 8's  230 Crazy 8's  25 26 27 2:30 Wine And Cheese Social 6:30 Crazy 8's  21 22 23 Ustercise 2:30 Ustercise 2:30 Ustercise 2:30 Obminoes 2:30 Choir Practice 2:30 Obminoes 2:30 Obminoes 2:30 Choir Practice 2:30 Ustercise 2:30 Ustercise 2:30 Ustercise 2:30 Obminoes 2:30 Obmin								
2:30 New Year's Day Levy 2:30 Choir Practice Coffee 2:30 Listen to Music in Lounge  10:30 Lady's Circle 2:30 Choir Practice Coffee 2:30 Dominoes  10:00 Morning Paragraphic Coffee 2:30 Music - Jim Yorke  114 2:30 Chair Yoga 10:30 Lady's Circle 2:30 Music with Double Pleasure  15th-18th CLEAN OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  15th-28th CLEAN OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  15th-28th CLEAN OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  15th-28th CLEAN OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  15th-28th CLEAN OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  15th-28th CLEAN OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  15th-28th CLEAN OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  15th-28th CLEAN OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  15th-28th CLEAN OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  15th-28th CLEAN OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  15th-28th CLEAN OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  15th-28th CLEAN OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  15th-28th CLEAN OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  15th-28th CLEAN OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  15th-28th CLEAN OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  15th-28th CLEAN OUT YOUR CLOSETS (place items at end of 1st floor main hallway)  12th Chorchad A floor main hallway  2:30 Exercise 2:30 Exercise 2:30 Exercise 2:30 Exercise 2:30 Choir Practice 2:30 Choir Practice 2:30 Lound Music with Double Pleasure  2:30 Lound Music with Double Pleasure  2:30 Lound Music with Double Pleasure  2:30 Loun	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Day Levy 2:30 Choir Practice 2:30 Shake it Up 2:30 Exercise 2:30 Hot Chocolate Social 6:30 Crazy 8's 2:30 Hot Chocolate Social 6:30 Crazy 8's 2:30 Hot Chocolate Social 6:30 Crazy 8's 2:30 Shake it Up 2:30 Exercise 2:30 Hot Chocolate Social 6:30 Crazy 8's 2:30 Hot Chocolate Social 6:30 Crazy 8's 2:30 Hot Chocolate Social 6:30 Crazy 8's 2:30 Shake it Up 2:30 Exercise 2:30 Hot Chocolate Social 6:30 Crazy 8's 2:30 Hot Chocolate Social 6:30 Crazy 8's 2:30		1	2 Hair Shop Open	3	4	5	6	
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Music in Lounge 2:30 Crafts with Pauline 2:30 Chair Yoga 2:30 Chair Yoga Pauline 2:30 Chair Shop Open 2:30 Crafts with Pauline 2:30 Crafts with Pauline 2:30 Chair Shop Open 2:30 Crafts with Pauline 2:30 Crafts with Pauline 2:30 Crafts with Pauline 2:30 Chair Shop Open 2:30 Crafts with Pauline 2:30 Crafts with Pauline 2:30 Crafts with Pauline 2:30 Chair Shop Open 2:30 Crafts with Pauline 2:30 Crafts with Pauline 2:30 Crafts with Pauline 2:30 Chair Shop Open 2:30 Crafts with Pauline	7	8	9 Hair Shop Open	10	11	12	13	
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15	253			2:30 Dominoes	Section 1	<b>6:30</b> Crazy 8's		
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21 2:30 Listen to Music in Lounge  10:30 Lady's Circle 2:30 Just For Laughs  29 30 Chair Yoga 20 21 21 22 23 Hair Shop Open 2:30 Choir Practice 2:30 Dominoes  24 25 25 26 2:30 Wine And Cheese Social 6:30 Crazy 8's TEST YOUR ALERT SYSTEM  26 2:30 Wine And Cheese Social 6:30 Crazy 8's 2:30 Wine And Cheese Social 6:30 Crazy 8's 2:30 Crazy 8's 2:30 People's 2:30 Dominoes 2:30 Dominoes 2:30 People's 2:30 People's 2:30 People's 2:30 People's 2:30 Chair Yoga 31 31 31 31 31 31 31 31 31 31 31 31 31	Music in Lounge	1	_	Coffee	<b>2:30</b> 45's	Social & Clothing	<b>6:30</b> Crazy 8's	
21 2:30 Listen to Music in Lounge  10:30 Lady's Circle 2:30 Just For Laughs  29 30 Chair Yoga 2:30 Choir Practice 2:30 Dominoes  20 31 31 31 31 31 31 31 31 31 31 31 31 31	8437	2:30 Famous Pairs	Double Pleasure	2:30			8 8 4	
21 2:30 Listen to Music in Lounge  10:30 Lady's Circle 2:30 Just For Laughs  29 30 Chair Yoga 10:30 Choir Practice 2:30 Dominoes  20 31 31 31 32 32 33 Hair Shop Open 9:30 Stretching 2:30 Dominoes  21 31 32 33 People's Church 22 34 35 People's 230 Chair Yoga 9:30 Chair Yoga 9:30 Chair Yoga 9:30 Chair Yoga 9:30 Choir Practice 9:30 Morning 2:30 Hair Shop Open 9:30 Stretching 10:00 Morning	27.			TAKE	· v	1	1 1 1 1 1	
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Music in Lounge 10:30 Lady's Circle 2:30 Just For Laughs 22:30 People's Church 10:30 Lady's Circle 2:30 Choir Practice Coffee 2:30 Dominoes 2:30 45's/Crib 6:30 Crazy 8's  6:30 Crazy 8's  10:30 People's 9:30 Chair Yoga 9:30 Stretching 10:30 Lady's Circle 2:30 Choir Practice Coffee 2:30 Dominoes  A few	<b>2:30</b> Listen to	<b>9:30</b> Chair Yoga	9:30 Stretching	<b>10:00</b> Morning	9:30 Exercise	<b>2:30</b> Wine And	2:30 BINGO	
2:30 Just For Laughs  2:30 Dominoes  6:30 Crazy 8's  2:30 People's  9:30 Chair Yoga 9:30 Chair Yoga 10:30 Lady's Circle 2:30 Dominoes  6:30 Crazy 8's  10:00 Morning  A few	Music in Lounge		2:30 Choir Practice	Coffee	<b>2:30</b> 45's/Crib			
28 29 9:30 Chair Yoga 9:30 Stretching 10:30 Lady's Circle 2:30 Choir Practice Coffee	2437	•		2:30 Dominoes	[^]]]	<b>6:30</b> Crazy 8's	8. 8. 47	
2:30 People's 9:30 Chair Yoga 9:30 Stretching 10:00 Morning Church 10:30 Lady's Circle 2:30 Choir Practice Coffee	\$2.	Laughs	CO CO CO CO			8 8 8 8	ž ž	
Church 10:30 Lady's Circle 2:30 Choir Practice Coffee	28	29	30 Hair Shop Open	31				
Church I10:30 Lady's Circle I2:30 Choir Practice ICoffee	<b>2:30</b> People's	9:30 Chair Yoga	9:30 Stretching	<b>10:00</b> Morning			A .f	
Things yot to no organized Milisis hy "knowdy" and a visit	Church _	· ·	2:30 Choir Practice		things yet to be a	rganizod: Music by		
2:30 Mind Teasers  2:30 Mind Teasers  2:30 Mini Putt  things yet to be organized: Music by 'Shandy' and a visit from Big Birds Nest Daycare		2:30 Mind Teasers	000000			-	-	

April Activities
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Sunday	Monday	Tuesday	dnesday	Thursday	Friday	Saturday
Time to test you	ur InTouch Alert tem	All are welcom	Hey everyone! e to supper on the asse let staff know if	11th for chicken	Beware, April Fools	1 April Fools 2:30 (\$1 \h \General 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
2 Palm Sunday	3 MEAL SWAP	4	5	6 Passover	7 Good Friday	8 BINGO
<b>2:30</b> Movie	9:45 Stretching 10:30 Lady's Circle 2:30	9:45 Yoga <b>9:45</b> 2:30 Choir Practice <i>Hair Shop Open</i>	10:00 Morning Coffee 2:30 Crazy 8's 6:30 Music, Larry and Richie	<b>Tartan Day 9:45</b> Exercise <b>2:30</b> Decorate Easter Cookies	2:30 Easter Bonnet Social 6:30 Cards	2:30 Easter Bingo 6:30 Cards
9 2:30 Movie	10 9:45 Stretching 10:30 Lady's Circle 2:30 Egg Scavenger Hunt	9:45 Yoga 95 2:30 Choir Practice Hair Shop Open 5pm ALL WELCOME FOR SUPPER	12 10:00 Morning Coffee 2:30 The Frice	13 2:30 Game	2:30 National Pecan Day "Tarts" Social 6:30 Lady's Night	15 2:30 (3) (3) (6) 6:30 Crib / 45's
16 2:30 Movie	17 10:30 Lady's Circle 2:00 Craft with Pauline	18 9:45 Yoga 95 2:30 Music Double Pleasure Hair Shop Open	19 10:00 Morning Coffee 2:30 Dominoes	9:45 Exercise 2:30 Crazy 8's	21 2:30 Sundae Social 6:30 Men's Night	22 2:30 3 1 0 0 6:30 Cards
2:30 Movie 30 2:30 People's Church	9:45 Stretching 10:30 Lady's Circle 2:30 Mind Teasers Riddles	9:45 Yoga 2:30 Choir Practice Hair Shop Open	26 10:00 Morning Coffee 2:30 Stroll Down Memory Lane	<b>27 9:45</b> Exercise <b>2:30</b> 45's	2:30 Wine and Cheese 6:30 Crazy 8's	29 2:30 (3) N C O 6:30 Crib / 45's

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July	Activities

Sunday	Monday	Tues 👣 🤨	<b>V</b> ednesday	Thursday	Friday	Saturday
						1 2:30 Parade / Sundae Bar
2:30 Listen to Music in the Lounge	3 9:30 Stretching 10:30 Lady's Circle 2:30 Are You Canadian?	4 Hair Shop Open 9:45 Yoga 2:30 Alice in Wonderland Bingo	5 10:00 Morning Coffee 2:30 Walk to DQ for Ice-cream	9:30 Exercise 2:30 45's	7 2:30 Smores Social 6:30 Crazy 8's	8 2:30 (\$) (\$) (\$) (\$) (\$) (\$) (\$) (\$) (\$) (\$)
9 2:30 Listen to Music in the Lounge	9:30 Stretching 10:30 Lady's Circle 2:30 Fact or Fiction	9:45 Yoga 2:30 Painting Craft with Pauline	12 10:00 Morning Coffee 2:30 Walk & Simon Says	9:30 Exercise 2:30 Crazy 8's 6:30 Music- with Jim Yorke	2:30 Mac and Cheese Social 6:30 Crazy 8's Time to test your Emergency Alert Pendent	15 2:30 3 1 N G 0 6:30 Crazy 8's
2:30 Listen to Music in the Lounge	9:30 Stretching 10:30 Lady's Circle 2:30 Have Have- Not, Tell the Story	18 Hair Shop Open 9:45 Yoga 2:30 Music - with Double Pleasure	19 10:00 Morning Coffee 2:30 Walk & Bubble Trouble	9:30 Exercise 11:00 Picnic in Stewicke Park	2:30 Ice Cream Float Social 6:30 Crazy 8's	2:30 3 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
23/30 July 30th 2:30 People's Church	24/31 9:30 Stretching 10:30 Lady's Circle 2:30 24th Would You Rather 2:30 31st Are You Smarter	25 Hair Shop Open 9:45 Yoga 2:30	26 10:00 Morning Coffee 2:30 Walk & Headbanz	27 2:30 Outdoor Games	2:30 Wine and Cheese 6:30 Crazy 8's	29 2:30 (3) (6:30 Crazy 8's



## October Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 National Senior's	2	3	4	5	6 World Smile Day	7
Day	<b>9:45</b> Yoga	9:30 Stretching	<b>10:00</b> Morning	9:30 Exercise	2:30 Fluffernutter	2:30 <b>31N</b> G
<b>2:30</b> Listen to		2:30 Choir	Tea & Coffee	<b>2:30</b> 45's / Crib	Social	<b>6:30</b> Crazy 8's
Music in the	2:30 Pictionary		<b>2:30</b> Walk	[A_i]]	<b>6:30</b> Crazy 8's	8
Lounge		Go Line				1 × × **
8	9 Thanksgiving	10 Hair Shop Open?	11	12	13	14
<b>2:30</b> Listen to	<b>9:30</b> Yoga	<b>9:30</b> Stretching	10:00 Morning	9:30 Exercise	10:00 Fiddlers	2:30 3 INGO
Music in the	10:30 Lady's Circle	<b>2:30</b> Choir	Tea & Coffee	<b>2:30</b> Crazy 8's	<b>2:30</b> Cup Cake	6:30 Happy Hour
Lounge	2:30 Thanksgiving		2:30	6:30 Music- with	Social	N'20
8437	Trivia	6	TAKE	Jim Yorke	<b>6:30</b> Crazy 8's	
<b>9</b>	Core thanks	_	n in			
15	16	17 Hair Shop Open?	18	19 I	20 ** TEST **	21
<b>2:30</b> Listen to	<b>9:45</b> Yoga	9:30 Stretching	<b>10:00</b> Morning	9:30 Exercise	2:30 Pumpkin	2:30 BINGO
Music in the	10:30 Lady's Circle	<b>2:30</b> Music - with	Tea & Coffee	<b>2:30</b> 45's/Crib	Social	<b>6:30</b> Crazy 8's
Lounge	2:30 Mini Putt	Double Pleasure	<b>2:30</b> Walk			8 8.
120			<u> </u>	A ID	6:30 Crazy 8's Time to test your	**************************************
<b>\$7.</b>				<b>▼</b>	Emergency Alert	
			20		Pendent	
22	23	24 Hair Shop Open?	25	26	27	28
2:30 Listen to		9:30 Stretching	10:00 Morning Tea	_	2:30 Wine and	2:30 <b>3 LN G</b>
Music in the	<b>9:45</b> Yoga <b>10:30</b> Lady's Circle	<b>2:30</b> Choir	& Coffee		Cheese	<b>6:30</b> Crazy 8's
Lounge	2:30 Painting Craft	<b>D</b>	2:30 Walk & Hot	8 8 4	<b>6:30</b> Crazy 8's	<b>6:30</b> Crazy 8 S
A PL	with Pauline		Chocolate		8 8	8 8 4
\$43	With Fauline	199		8	8	1 7 · · · · · · · · · · · · · · · · · ·
• •						
29	30	31 Hair Shop Open?				
<b>2:30</b> People's	<b>9:45</b> Yoga	9:30 Stretching				
Church 🛨		2:30 Halloween				
<u> </u>	2:30 Truro and	Costume Social	LET'S PLAY C	CARDS - weekly,	Sunday to Thurso	day at 6:30pm
0 0	Area: Past and	Hannie				
<del></del> - <del></del>	Present Trivia					
		Itallomeen				

## December Activities...

	ı			T		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Deco	rate Your Door for Chri	stmas - Everyone Votes	- Prizes for 'Best Door I	Décor'	
			Test your Emerge	ency Alert Pendent	1 2:30 Hot Apple Cider Social 6:30 Crazy 8's	2:30 (8) (8) (8) (8) (8) (8) (8) (8) (8) (8)
3	4 Food Bank	5 Food Bank	6 Food Bank	7	8	9
<b>2:30</b> Listen to	Donations (\$)	Donations (\$)	Donations (\$)	2:30 Music with	10:00 Fiddlers	2:30 <b>3 N</b> GO
Christmas Music in	<b>9:30</b> Yoga	Hair Shop Open	<b>10:00</b> Morning	'Shandy'	2:30 Ginger Bread	<b>6:30</b> Happy Hou
the Lounge	10:30 Lady's Circle	2:30 Choir Practice	Coffee	6:30 Music with Jim	Cookie Social &	66
\$437	2:30 Christmas		2:30	Yorke	Name That	1 1
- •	Mind Teasers	50 500	TANG		Christmas Carol	
					Sing-Song	
					<b>6:30</b> Crazy 8's	
10	11	12 Hair Shop Open	13	14 [	15	16
2:30 Listen to	<b>9:30</b> Yoga	9:30 Stretching	<b>10:00</b> Morning	9:45 Exercise	2:30 Birthday	2:30 <b>31NG</b> 0
Christmas Music in	10:30 Lady's Circle	2:30 Reindeer	Coffee	<b>1:30</b> Shopping Trip	Social - Bring	<b>6:30</b> Crazy 8's
the Lounge	2:30 Craft: make	Games V	2:30 Choir Practice	to Walmart	Christmas stories,	8 - 8
\$437	ornaments for the		<b>6:30</b> Music with		poems, memories	1 1 1 8
	Day Care Children		the Webbs		to share	
					<b>6:30</b> Crazy 8's	
17	18 Winter Hat Day	19 Scarf Day	20 Pyjama Day	21 Sweater Day	22 Dress Christmasy	23
2:30 Listen to	<b>9:30</b> Yoga	Hair Shop Open	10:00 Visit from Big	9:45 Exercise		2:30 <b>31N</b> GO
Christmas Music in	1 ,	9:30 Stretching	Bird's Nest 2:30 'Guess & Win'.	<b>2:30</b> 45's	Cake Social & "Best	
the Lounge	2:30 Decorate	2:30 Music with	what's in Santa's	6:00 CTCL	Door" Vote & Prizes	8 7 8 4 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
847	Cookies for the Day	Bev	Stocking	Christmas Lights	<b>6:30</b> Christmas	
	Care Children		5-6:00 Christmas	Tour	Sing-Song	
	and the same of th		Mix & Mingle &	100000000		
			Music	****		
24	25	26 Hair Shop Open	27	28	29	30
5:30 Stocking	<b>2:30</b> Tea Time	2:30 Ice-cream	10:00 Morning	2:30 Enjoy hot chocolate while	<b>2:30</b> Wine and	2:30 <b>31NGO</b>
Exchange 🝌 🐛	ئے	Sundae Bar 🌰	Coffee	reviewing Wishes made	Cheese	<b>6:30</b> Crazy 8's
	Mem Christmas!	*	2:30 Dominoes	for 2023 and make Wishes for 2024	<b>6:30</b> Crazy 8's	8 - 8 - 4 - 4 - 4 - 4 - 4 - 4 - 4 - 4 -