






























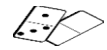

























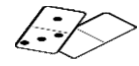











JANUARY ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 2:30 New Year's Day Levy 	2 <i>Hair Shop Open</i> 9:30 Stretching 2:30 Choir Practice 	3 10:00 Morning Coffee 2:30 Shake it Up  	4 9:30 Exercise 2:30 45's 	5 2:30 Chip'n Dip Social 6:30 Crazy 8's 	6 2:30  6:30 Crazy 8's 	
7 2:30 Listen to Music in Lounge 	8 9:30 Chair Yoga 10:30 Lady's Circle 2:30 Crafts with Pauline 	9 <i>Hair Shop Open</i> 9:30 Stretching 2:30 Choir Practice 	10 10:00 Morning Coffee 2:30 Dominoes  	11 9:30 Exercise 2:30 45's/Crib 6:30 Music - Jim Yorke 	12 2:30 Hot Chocolate Social 6:30 Crazy 8's  	13 2:30  6:30 Happy Hour 	
15th-18th CLEAN OUT YOUR CLOSETS (place items at end of 1st floor main hallway)							
14 2:30 Listen to Music in Lounge 	15 9:30 Chair Yoga 10:30 Lady's Circle 2:30 Famous Pairs 	16 <i>Hair Shop Open</i> 9:30 Stretching 2:30 Music with Double Pleasure 	17 10:00 Morning Coffee 2:30  	18 9:30 Exercise 2:30 45's 	<div style="border: 2px solid black; padding: 2px; display: inline-block;">19</div> 2:30 Charcuterie Social & Clothing Swap 6:30 Crazy 8's TEST YOUR ALERT SYSTEM 	20 2:30  6:30 Crazy 8's 	
21 2:30 Listen to Music in Lounge 	22 9:30 Chair Yoga 10:30 Lady's Circle 2:30 Just For Laughs 	23 <i>Hair Shop Open</i> 9:30 Stretching 2:30 Choir Practice 	24 10:00 Morning Coffee 2:30 Dominoes  	25 9:30 Exercise 2:30 45's/Crib 	26 2:30 Wine And Cheese Social 6:30 Crazy 8's 	27 2:30  6:30 Crazy 8's 	
28 2:30 People's Church 	29 9:30 Chair Yoga 10:30 Lady's Circle 2:30 Mind Teasers	30 <i>Hair Shop Open</i> 9:30 Stretching 2:30 Choir Practice 	31 10:00 Morning Coffee 2:30 Mini Putt  	A few things yet to be organized: Music by 'Shandy' and a visit from Big Birds Nest Daycare			

April Activities




































Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Time to test your InTouch Alert System</p> 		<p>Hey everyone! All are welcome to supper on the 11th for chicken quesadillas. Please let staff know if you will be going.</p>			 Beware, April Fools →	<p>1 April Fools 2:30 BINGO 6:30 Crib / 45's</p> 
<p>2 Palm Sunday 2:30 Movie</p> 	<p>3 MEAL SWAP 9:45 Stretching 10:30 Lady's Circle 2:30</p> 	<p>4 9:45 Yoga  2:30 Choir Practice <i>Hair Shop Open</i></p>	<p>5 10:00 Morning Coffee 2:30 Crazy 8's 6:30 Music, Larry and Richie</p> 	<p>6 Passover Tartan Day 9:45 Exercise 2:30 Decorate Easter Cookies</p> 	<p>7 Good Friday 2:30 Easter Bonnet Social 6:30 Cards</p>	<p>8 BINGO 2:30 Easter Bingo 6:30 Cards</p> 
<p>9 2:30 Movie</p> 	<p>10 9:45 Stretching 10:30 Lady's Circle 2:30 Egg Scavenger Hunt</p> 	<p>11 9:45 Yoga  2:30 Choir Practice <i>Hair Shop Open</i> 5pm ALL WELCOME FOR SUPPER</p>	<p>12 10:00 Morning Coffee 2:30</p> 	<p>13 2:30 Game</p> 	<p>14 2:30 National Pecan Day "Tarts" Social 6:30 Lady's Night</p>	<p>15 BINGO 2:30 BINGO 6:30 Crib / 45's</p> 
<p>16 2:30 Movie</p> 	<p>17 10:30 Lady's Circle 2:00 Craft with Pauline</p>	<p>18 9:45 Yoga  2:30 Music Double Pleasure <i>Hair Shop Open</i></p>	<p>19 10:00 Morning Coffee 2:30 Dominoes</p> 	<p>20 9:45 Exercise 2:30 Crazy 8's</p> 	<p>21 2:30 Sundae Social 6:30 Men's Night</p> 	<p>22 BINGO 2:30 BINGO 6:30 Cards</p> 
<p>23 2:30 Movie</p> 	<p>24 9:45 Stretching 10:30 Lady's Circle 2:30 Mind Teasers Riddles</p>	<p>25 9:45 Yoga  2:30 Choir Practice <i>Hair Shop Open</i></p>	<p>26 10:00 Morning Coffee 2:30 Stroll Down Memory Lane</p>	<p>27 9:45 Exercise 2:30 45's</p> 	<p>28  2:30 Wine and Cheese 6:30 Crazy 8's</p> 	<p>29 BINGO 2:30 BINGO 6:30 Crib / 45's</p>
<p>30 2:30 People's Church</p> 						

































July Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 2:30 Parade / Sundae Bar 
2 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 	6 9:30 Exercise 2:30 45's 	7  2:30 Smores Social 6:30 Crazy 8's 	8 2:30  6:30 Happy Hour 
9 2:30 Listen to Music in the Lounge 	10 9:30 Stretching 10:30 Lady's Circle 2:30 Fact or Fiction 	11 Hair Shop Open 9:45 Yoga 2:30 Painting Craft with Pauline 	12 10:00 Morning Coffee 2:30 Walk & Simon Says 	13 9:30 Exercise 2:30 Crazy 8's 6:30 Music- with Jim Yorke 	14 ** TEST ** 2:30 Mac and Cheese Social 6:30 Crazy 8's Time to test your Emergency Alert Pendent	15 2:30  6:30 Crazy 8's 
16 2:30 Listen to Music in the Lounge 	17 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 	20 9:30 Exercise 11:00 Picnic in Stewicke Park 	21  2:30 Ice Cream Float Social 6:30 Crazy 8's 	22 2:30  6:00 Outdoor Movie ... wear pjs (weather permitting)
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 	28  2:30 Wine and Cheese 6:30 Crazy 8's 	29 2:30  6:30 Crazy 8's 

October Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>National Senior's Day</i> 2:30 Listen to Music in the Lounge	2 9:45 Yoga 10:30 Lady's Circle 2:30 Pictionary	3 9:30 Stretching 2:30 Choir 	4 10:00 Morning Tea & Coffee 2:30 Walk 	5 9:30 Exercise 2:30 45's / Crib 	6 <i>World Smile Day</i> 2:30 Fluffernutter Social 6:30 Crazy 8's	7 2:30  6:30 Crazy 8's 
8 2:30 Listen to Music in the Lounge 	9 <i>Thanksgiving</i> 9:30 Yoga 10:30 Lady's Circle 2:30 Thanksgiving Trivia 	10 <i>Hair Shop Open?</i> 9:30 Stretching 2:30 Choir 	11 10:00 Morning Tea & Coffee 2:30 	12 9:30 Exercise 2:30 Crazy 8's 6:30 Music- with Jim Yorke 	13  10:00 Fiddlers 2:30 Cup Cake Social 6:30 Crazy 8's	14 2:30  6:30 Happy Hour 
15 2:30 Listen to Music in the Lounge 	16 9:45 Yoga 10:30 Lady's Circle 2:30 Mini Putt 	17 <i>Hair Shop Open?</i> 9:30 Stretching 2:30 Music - with Double Pleasure 	18  10:00 Morning Tea & Coffee 2:30 Walk 	19 9:30 Exercise 2:30 45's/Crib 	20 ** TEST ** 2:30 Pumpkin Social 6:30 Crazy 8's Time to test your Emergency Alert Pendent	21 2:30  6:30 Crazy 8's 
22 2:30 Listen to Music in the Lounge 	23 9:45 Yoga 10:30 Lady's Circle 2:30 Painting Craft with Pauline 	24 <i>Hair Shop Open?</i> 9:30 Stretching 2:30 Choir 	25  10:00 Morning Tea & Coffee 2:30 Walk & Hot Chocolate 	26 2:30 Crazy 8's 	27  2:30 Wine and Cheese 6:30 Crazy 8's 	28 2:30  6:30 Crazy 8's 
29 2:30 People's Church 	30 9:45 Yoga 10:30 Lady's Circle 2:30 Truro and Area: Past and Present Trivia	31 <i>Hair Shop Open?</i> 9:30 Stretching 2:30 Halloween Costume Social 	LET'S PLAY CARDS - weekly, Sunday to Thursday at 6:30pm			

December Activities 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Decorate Your Door for Christmas - Everyone Votes - Prizes for 'Best Door Décor'						
			 Test your Emergency Alert Pendent		1 2:30 Hot Apple Cider Social 6:30 Crazy 8's	2 2:30  6:30 Crazy 8's
3 2:30 Listen to Christmas Music in the Lounge 	4 Food Bank Donations (\$) 9:30 Yoga 10:30 Lady's Circle 2:30 Christmas Mind Teasers	5 Food Bank Donations (\$) <i>Hair Shop Open</i> 2:30 Choir Practice 	6 Food Bank Donations (\$) 10:00 Morning Coffee 2:30 	7 2:30 Music with 'Shandy'  6:30 Music with Jim Yorke 	8 10:00 Fiddlers  2:30 Ginger Bread Cookie Social & Name That Christmas Carol Sing-Song 6:30 Crazy 8's	9 2:30  6:30 Happy Hour 
10 2:30 Listen to Christmas Music in the Lounge 	11 9:30 Yoga  10:30 Lady's Circle 2:30 Craft: make ornaments for the Day Care Children	12 <i>Hair Shop Open</i> 9:30 Stretching 2:30 Reindeer Games 	13 10:00 Morning Coffee 2:30 Choir Practice  6:30 Music with the Webbs 	14 9:45 Exercise 1:30 Shopping Trip to Walmart	15  2:30 Birthday Social - Bring Christmas stories, poems, memories to share 6:30 Crazy 8's	16 2:30  6:30 Crazy 8's 
17 2:30 Listen to Christmas Music in the Lounge 	18 Winter Hat Day 9:30 Yoga 10:30 Lady's Circle 2:30 Decorate Cookies for the Day Care Children 	19 Scarf Day <i>Hair Shop Open</i> 9:30 Stretching 2:30 Music with Bev 	20 Pyjama Day 10:00 Visit from Big Bird's Nest 2:30 'Guess & Win', what's in Santa's Stocking 5-6:00 Christmas Mix & Mingle & Music 	21 Sweater Day 9:45 Exercise 2:30 45's 6:00 CTCL Christmas Lights Tour 	22 Dress Christmasy 2:30 Christmas Cake Social & "Best Door" Vote & Prizes 6:30 Christmas Sing-Song	23 2:30  6:30 Crazy 8's 
24 6:30 Stocking Exchange 	25 2:30 Tea Time 	26 <i>Hair Shop Open</i> 2:30 Ice-cream Sundae Bar 	27 10:00 Morning Coffee 2:30 Dominoes 	28 2:30 Enjoy hot chocolate while reviewing Wishes made for 2023 and make Wishes for 2024 	29 2:30 Wine and Cheese 6:30 Crazy 8's 	30 2:30  6:30 Crazy 8's 