

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  New Year's Day	2 10:00 Chair Yoga 3NL 2:00 Music Request Hour 3SDR 6:30 Travelling Short Stories	3 10:30 Church Service Marilyn Schmitt St. Peter's Lutheran 1SDR 2:00 Bingo 3SDR	4 10:00 Travelling Visits: Memory Frames 2:00 Group Physiotherapy Class 3SDR	5 10:00 1:1 Visits 2:00 Group Physiotherapy Class 3NDR	6 10:00 1:1 Visits 2:00 Euchre and Table Games 3SDR 6:30 Craft Night 3SDR	7 2:00 Friendly Visits
8 10:00 Virtual Church Service 3SDR 2:00 Creative Colouring 3NDR	9 10:00 1:1 Visits 2:00 Jewelry Making ICP	10 10:30 Church Service Andrew Marttinen 7 th Day Adventist 2SDR 2:00 Bingo 3SDR	11 10:30 Friendly visits 2:00 Group Physiotherapy Class 3SDR 6:30 Movie Night 3SDR	12 10:00 Friendly Visits 2:00 Group Physiotherapy Class 3NDR 2:00 Travelling Sensory Cart 6:30 Table and card games 3SDR	13 10:00 Individual game 2:00 Snowflake Art 3NDR 6:30 Travelling Visits: Hand Massages	14 6:30 Hockey Night in Canada 3SDR
15 2:00 Social Time 3SDR	16 10:00 Chair Yoga 3NL 2:00 Hockey Discussion Group 3SDR Martin Luther King Jr. Day	17 10:30 Church Service Philip Smith Rockcliffe Pentecostal 3SDR 2:00 Bingo 3SDR	18 10:00 1:1 Visits 12:00 **Order in Lunch ICP (Sign up required) 2:00 Group Physiotherapy Class 3SDR	19 10:00 Sock Snowman Craft 3SDR 2:00 Group Physiotherapy Class 3NDR 6:30 Music Sing-a-long 3SDR	20 Jersey Day 10:00 Balloon Badminton 3SDR 2:00 Music with Maryanne Holst 3SDR 6:30 Trivia Night 3SDR	21 10:00 Friendly Visits 2:00 Hockey Day in Canada on TV in Lounges
22 2:00 Chinese New Year Discussion and Puzzles Year of the Rabbit 3SDR Chinese New Year (Year of the Rabbit)	23 10:00 1:1 Visits 2:00 Jewelry Making 3NDR 6:30 ICP Movie Night Activity Professionals Week	24 10:30 Church Service Kathy Underwood First United 1SDR 2:00 Bingo 3SDR 6:30 Men's Group 3SDR	25 10:00 Silhouette Art 3NDR 2:00 Group Physiotherapy Class 3SDR 2:00 Travelling Visits: Sensory Cart	26 10:00 Friendly Visits 2:00 Group Physiotherapy Class 3NDR 2:00 Travelling Visits: Montessori Activities Australia Day (observed)	27 10:00 Trivia 3SDR 2:00 Afternoon Movie 3S Lounge	28 2:00 Sing-a-long 3NDR
29 10:00 News and Views Discussion 3SDR	30 10:00 Chair Yoga 3NL 2:00 Resident Council & Food Committee, 3SDR	31 10:30 Church Service Sid Coupurus First Christ Reform 2SDR 2:00 Bingo 3SDR	<h1>January 2023</h1> <p>3rd Floor</p>			

PROGRAMS SUBJECT TO CHANGE. SEE COMMUNICATION BOARD FOR DAILY NOTICES.