

ACTIVITY CALENDAR - JANUARY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Note: Schedule of activities/programs may change without notice. Thank you</p>	<p>1 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 11:00 a.m. Fitness – 3 11:10 a.m. Morning Program 2 12:00 p.m. Fitness – 4 2:30 p.m. Hangman Game New Year’s Day theme 4:00 p.m. Happy Half</p>	<p>2 Picnic Lunch 3 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 11:00 a.m. Picnic Lunch 11:10 a.m. Morning Program 2 2:00 p.m. Sing along 3 2:00 p.m. Domino 4 2:00 p.m. Afternoon program 2 3:00p.m. Sing along 4 4:00 p.m. Happy Half</p>	<p>3 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 11:00 a.m. Yoga – 3 11:10 a.m. Morning Program 2 11:40 p.m. Yoga 4 2:30 p.m. Birthday Party Luna Rossa 4:00 p.m. Happy Half 5:00 p.m. A Good Read 6:45 p.m. Word Timer</p>	<p>4 9:00 a.m. Walk a Block 10:30 a.m. Morning Program 2 11:00 a.m. Fitness – 3 12:00 a.m. Fitness 4 12:50 p.m. Walks/1:1 2:00 p.m. Music Therapy 2 2:00 p.m. Indoor Golf 2:40 p.m. Music Therapy 4:00 p.m. Happy Half 5:00 p.m. 1:1 Visits 6:45 p.m. Documentary</p>	<p>5 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Fitness 3 11:10 a.m. Music Program 2 12:00 p.m. Fitness 4 12:50 p.m. 1:1/walks 2 2:30 p.m. Classical Music Patrick Ray 4:00 p.m. Happy Half 5:00 p.m. Manicures & Massages 6:45 p.m. Movie Night</p>	<p>6 9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:45 a.m. Morning Program 2 11:00 a.m. Fitness – 3 12:00 pm. Fitness – 4 2:30 p.m. Vancouver College Jazz Combo 4:00 p.m. Happy Half 5:00 p.m. Reminiscing 6:45 p.m. Arts & Crafts</p>
<p>7 9:00 a.m. Walk a Block 10:30 a.m. Morning program 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 2:00 p.m. Fitness 2 2:00 p.m. Bingo 4 4:00 p.m. Happy Half 5:00 p.m. Domino 6:45 p.m. Domino</p>	<p>8 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 11:00 a.m. Fitness – 3 11:10 a.m. Morning Program 2 12:00 p.m. Fitness – 4 2:00 p.m. Art Class with Leonard 2:30 p.m. Crosswords 4:00 p.m. Happy Half</p>	<p>9 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 11:00 a.m. Fitness Class 3 11:10 a.m. Morning Program 2 2:00 p.m. Sing along 3 2:00 p.m. Afternoon Program 2 2:00 p.m. Domino 4 3:00 p.m. Sing along 4 4:00 p.m. Happy Half</p>	<p>10 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 11:00 a.m. Fitness – 3 11:10 a.m. Morning Program 2 2:30 p.m. Scottish Robbie Burns Theme – Bob Collins 4:00 p.m. Happy Half 5:00 p.m. Colouring 6:45 p.m. Pictionary</p>	<p>11 9:00 a.m. Walk a Block 10:30 a.m. Morning Program 2 11:00 a.m. Fitness – 3 12:50 p.m. Walks/1:1 2:30 p.m. Music - Yuliya 4:00 p.m. Happy Half 5:00 p.m. A Good Read 6:45 p.m. Bingo</p>	<p>12 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 11:00 a.m. Fitness 3 11:10 a.m. Morning Program 2 12:00 p.m. Fitness 4 12:50 p.m. 1:1/walks 2:00 p.m. Tim Bits & Hot Chocolate Social 4:00 p.m. Happy Half 5:00 p.m. Manicures & Massages 6:45 p.m. Movie Night</p>	<p>13 9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:45 a.m. Morning Program 2 11:00 a.m. Fitness – 3 12:00 pm. Fitness – 4 2:00 p.m. Crossword 2:00 p.m. Afternoon Program 2 4:00 p.m. Happy Half 5:00 p.m. 1:1 6:45 p.m. Domino</p>

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<p>14</p> <p>9:00 a.m. Walk a Block 10:30 a.m. Morning program 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 2:00 p.m. Fitness 2 2:00 p.m. Bingo 3 4:00 p.m. Happy Half 5:00 p.m. Domino 6:45 p.m. Word Timer</p>	<p>15</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 11:00 a.m. Fitness – 3 11:10 a.m. Morning Program 2 12:00 p.m. Fitness – 4 2:00 p.m. Indoor Golf 4:00 p.m. Happy Half</p>	<p>16 Picnic Lunch 2</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Picnic Lunch 2:00 p.m. Afternoon Program 2 2:00 p.m. Sing Along 3 2:00 p.m. Domino 4 3:00 p.m. Sing Along 4 4:00 p.m. Happy Half</p>	<p>17</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Fitness 3 11:10 a.m. Morning Program 2 12:00 p.m. Fitness 4 12:50 p.m. Walks/1:1 2 2:30 p.m. Anna de Pansacola (Elvis, Beatles, Sinatra Music) 4:00 p.m. Happy Half 5:00 p.m. 1:1 Visit 6:45 p.m. Bingo</p>	<p>18</p> <p>9:00 a.m. Walk a Block 10:30a.m. Morning Program 2 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 12:50 p.m. Walks/1:1 2 2:00 p.m. Music Therapy 2 2:00 p.m. Tea & Toast 2:40 p.m. Music Therapy 2 4:00 p.m. Happy Half 5:00 p.m. Reminiscing 6:45 p.m. A Good Read</p>	<p>19</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Fitness – 3 11:10 a.m. Morning Program 2 12:00 p.m. Fitness – 4 12:50 p.m. Walks/1:1 2 2:00 p.m. Karaoke 4:00 p.m. Happy Half 5:00 p.m. Manicure & Hand Massage 6:45 p.m. Movie night</p>	<p>20</p> <p>9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:45 a.m. Morning Program 2 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 1:15 p.m. Walks/1:1 2 2:00 p.m. Word Timer 4:00 p.m. Happy Half 5:00 p.m. A Good Read 6:45 p.m. Arts & Crafts</p>
<p>21</p> <p>9:00 a.m. Walk a Block 10:30 a.m. Morning program 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 2:30 p.m. Music with Christopher & Victoria 4:00 p.m. Happy Half 5:00 p.m. Manicures & Hand Massage 6:45 p.m. Word Timer Theme: Australia</p>	<p>22</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 11:00 a.m. Fitness – 3 11:10 a.m. Morning Program 2 12:00 p.m. Fitness – 4 2:30 p.m. Australia Day Lorraine Smith 4:00 p.m. Happy Half</p>	<p>23 Picnic Lunch 4</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 11:00 a.m. Picnic Lunch 11:10 a.m. Morning Program 2 2:00 p.m. Afternoon Program 2 2:00 p.m. Sing Along 3 2:00 p.m. Domino 4 3:00 p.m. Sing along 4 4:00 p.m. Happy Half</p>	<p>24</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Fitness 3 11:10 a.m. Morning Program 2 12:00 p.m. Fitness 4 12:50 p.m. Walks/1:1 2 2:30 p.m. SGPL 55 Year Anniversary Party Robert Sproviero 4:00 p.m. Happy Half 5:00 p.m. A Good Read 6:45 p.m. Bingo</p>	<p>25</p> <p>9:00 a.m. Walk a Block 10:30a.m. Morning Program 2 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 12:50 p.m. Walks/1:1 2 2:00 p.m. Music Therapy 2 2:30 p.m. Documentary Theme: Robbie Burns 2:40 p.m. Music Therapy 4:00 p.m. Happy Half 5:00 p.m. 1:1 6:45 p.m. Hangman Theme: Robbie Burns</p>	<p>26</p> <p>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Holocaust Remembrance Day Speaker: Mr. Dan Sonnenschein 12:50 p.m. Walks/1:1 2:30 p.m. Celebration of Life - Rebecca Blair 4:00 p.m. Happy Half 5:00 p.m. A Good Read 6:45 p.m. Movie Night “Crocodile Dundee” (1986)</p>	<p>27</p> <p>9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:45 a.m. Morning Program 2 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 1:15 p.m. Walks/1:1 2 2:00 p.m. Pictionary 4:00 p.m. Happy Half 5:00 p.m. Manicure & Hand Massage 6:45 p.m. Word Timer Theme: Holocaust Remembrance Day</p>

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<p>28 9:00 a.m. Walk a Block 10:30 a.m. Morning program 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 2:00 p.m. Fitness 2 2:00 p.m. Bingo 4 4:00 p.m. Happy Half 5:00 p.m. Manicure & Massage 6:45 p.m. Manicure & Massage</p>	<p>29 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 11:00 a.m. Fitness – 3 11:10 a.m. Morning Program 2 12:00 p.m. Fitness – 4 2:30 p.m. Bruce Coughlan Robbie Burns Theme 4:00 p.m. Happy Half</p>	<p>30 Picnic Lunch 3 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 2 11:00 a.m. Picnic Lunch 11:10 a.m. Morning Program 2 2:00 p.m. Afternoon Program 2 2:00 p.m. Sing Along 3 2:00 p.m. Dominoes 4 3:00 p.m. Sing along 4 4:00 p.m. Happy Half</p>	<p>31 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:10 a.m. Morning Program 2 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 12:50 p.m. Walks/1:1 2 2:30 p.m. Welcome New Residents – Hand Over Heart 3:30 p.m. Walk/1:1 3 4:00 p.m. Happy Half 5:00 p.m. Reminiscing 6:45 p.m. Domino</p>			