Cotton Mill Suites

6:00 Strolls

4:00 Daily Positive Affirmations

National Lego Day

6:00 Jeopardy





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Relax & Reminisce: NYE 10:30 Calendar Pass 1:15 Fun & Games 2:30 Sit & Fit 2:30 Candy Dice Game 2:30 Cocktail Cart 4:00 Daily Positive Affirmations 6:00 Year in Review	9:30 Chair Yoga 10:30 Trivia 10:30 Bat The Balloon 10:30 Clay Creations 1:15 Let's Laugh 2:30 Cards 2:30 Bean Bag Toss 4:00 Daily Positive Affirmations 6:00 Board Games	9:30 Ring Toss 10:30 That's a Wrap! 10:30 Getting to Know You 10:30 Creative Crafts: Friendship Bracelets 1:15 Minute to Win it 2:00 BINGO 4:00 Daily Positive Affirmations 6:00 Scrabble	10:00 That's a Wrap! 10:00 New Years Dreamboard 2:00 Ping Pong 6:00 Finish the Phrase
10:00 Catholic TV Mass & Spiritual Corner 10:00 Clay Keychains 2:00 Let's Learn: Birds! 2:00 Baking: Shortbread Cookies 6:00 Men's Club National Shortbread Day National Bird Day	9:30 Chair Yoga 10:30 Physio Group Exercise 10:30 Manicure Mondays 1:15 Move and Groove 2:00 BINGO 2:30 1 to 1 Visits 4:00 Daily Positive Affirmations 6:00 That's a Wrap!	9:30 Virtual Car Show 10:30 Snowflake Popsicles 10:30 That's a Wrap! 1:15 Daily Chronicles 2:30 Horse Races 2:30 Washer Toss 2:30 Polka Dot Painting 4:00 Daily Positive Affirmations 6:00 Crosswords & Word Searches	8:00 Breakfast Club 10:30 Prayer Group 10:30 Physio Group Exercise 10:30 Book Club 1:15 Memory Match 2:00 January Birthday Party w. Jumpin Jimmy Performs 2:30 1 to 1 Visits 4:00 Daily Positive Affirmations 6:00 Card Games: Go Fish & War	9:30 Colour My World 10:30 Dice Games 10:30 Pet visits w. Karma! 1:15 Walk and Talk 2:30 Cards 2:30 Book club: The magic of Siegfried and Roy 2:30 Aqua Painting 4:00 Daily Positive Affirmations 6:00 Mini Putt	9:30 Chair Yoga 10:30 Residents' Council 10:30 1 to 1 Visits 1:15 Puzzles 2:00 BINGO 2:30 Word Games 4:00 Daily Positive Affirmations 6:00 Color with Music	10:00 Duck Race! 10:00 Winter Wonder in a Jar 2:00 Movie & Cookies 6:00 Let's Experiment: Fake Snow
10:00 Catholic TV Mass & Spiritual Corner 2:00 Hot Tea Social 6:00 Noodle Ball National Hot Tea Day	9:30 Chair Yoga 10:30 Physio Group Exercise 10:30 Manicure Mondays 1:15 Word Scrambles 2:00 BINGO 2:30 1 to 1 visits 4:00 Daily Positive Affirmations 6:00 Riddle Me This	10:30 Coffee, Cookies & Chit Chat 10:30 Basket Ball Toss 1:15 Daily Chronicles 2:30 Cards 2:30 What's in the Box? 4:00 Daily Positive Affirmations 6:00 Funniest Pet Videos	9:30 1 to 1 Visits 10:30 Prayer Group 10:30 Physio Group Exerci 10:30 Let's Go Fishing! 1:15 Ball Toss 2:00 Pet visits w. Nova 2:30 Knitting Group 2:30 Strolls 2:30 Bible Study 4:00 Daily Positive Affirmations 6:00 Monthly Activity Booklets	9:30 Word Games 10:30 How It's Made: Fig Newtons 10:30 Cards 1:15 Colour My World 2:00 Spencer Performs 2:30 1 to 1 visits 4:00 Daily Positive Affirmations 6:00 Ladies Club	9:30 Chair Yoga 10:30 Program Planning 1:15 Fun & Games 2:00 BINGO 2:30 1 to 1 Visits 4:00 Daily Positive Affirmations 6:00 Popey the Sailor (Movie Night)	10:00 Montessori 2:00 Matinee Movie - Winnie the Pooh 6:00 Laugh & Learn : Fun Facts National Winnie the Pooh Day
10:00 Catholic TV Mass & Spiritual Corner 2:00 Popcorn Cart! 6:00 1 to 1 Visits National Popcorn Day	9:30 Chair Yoga 10:30 Physio Group Exercise 10:30 Manicure Mondays 1:15 This or That? 2:30 Wine and Cheese Social 2:30 Cheese Tasting 4:00 Daily Positive Affirmations 6:00 Nature Night National Cheese Lovers Day	9:30 Jenga 10:30 Hug A Friend 10:30 Bowling 1:15 Daily Chronicles 2:00 BINGO 2:30 Sensory Craft 4:00 Daily Positive Affirmations 6:00 Shuffleboard	9:30 Hair Do's w. Lilly 10:30 Prayer Group 10:30 Physio Group Exercise 10:30 Word Games 1:15 Home Tasks 2:00 Len Goldfarb (Entertainment) 2:30 Baking 4:00 Daily Positive Affirmations 6:00 Karaoke	9:30 Knock Em' Down 10:30 Let's Bake: Pies! 10:30 Round Table Reading 1:15 Midday Talks 2:00 Virginia Performs 2:30 Build-a-Pie 4:00 Daily Positive Affirmations 6:00 Relax & Reminisce: Pie Recipes	9:30 Chair Yoga 10:30 Book Club 10:30 Strolls 1:15 Sing-A-Long 2:00 BINGO 2:30 1 to 1 Visits 4:00 Daily Positive Affirmations 6:00 Finish the Phrase	10:00 Drummercise 10:00 Noodle Soccer 2:00 Art Attack 2:00 Irish Coffee Bar 6:00 Hand Massages
10:00 Catholic TV Mass & Spiritual Corner 2:00 Spa Afternoon 6:00 Name that Tune	9:30 Chair Yoga 10:30 Physio Group Exercise 10:30 Manicure Mondays 10:30 Baking Peanut Butter Cookie 1:15 Let's Laugh 2:00 BINGO 2:30 1 to 1 visits 4:00 Daily Positive Affirmations	10:30 Jewelry Making 10:30 Drummercise 10:30 Scrabble 1:15 Daily Chronicles 2:30 Happy Hour 2:30 Lego Creations & Reminiscing 4:00 Daily Positive Affirmations 6:00 Jeopardy	9:30 Winter Photo Booth 10:30 Physio Group Exercise 10:30 Fountaingate Worship 10:30 Mix and Match 1:15 Light Stretching 2:30 Puzzle Art 2:30 Chip and Dip Social 2:30 Zodiacs	9:30 Throw Back Thursday 10:30 Let's Do Lunch 10:30 Prize Penny Toss 1:15 Music and Meditation 2:30 Cards 2:30 Tim's Cart 2:30 Trip Around the World! 4:00 Daily Positive Affirmations	9:30 Chair Yoga 10:30 Hot Coco Cart 10:30 Montessori 1:15 Go Fish! 2:00 BINGO 2:30 Hot Chocolate Cart 4:00 Daily Positive Affirmations 6:00 Roard Games	Programs are subject to change without notice

4:00 Daily Positive Affirmations

6:00 Celebrate the Chinese New Year!

National Puzzle Day

2:30 Zodiacs

6:00 Time to Sew/Knit

4:00 Daily Positive Affirmations

National Hot Cocoa Day

Highland Suites

6:00 Strolls

4:00 Daily Positive Affirmations





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:30 Calendar Pass 1:15 Fun & Games 2:30 Sit & Fit 2:30 Candy Dice Game 2:30 Cocktail Cart 4:00 Daily Positive Affirmations 6:00 Year in Review	9:30 Chair Yoga 10:30 Trivia 10:30 Bat The Balloon 10:30 Clay Creations 1:15 Let's Laugh 2:30 Cards 2:30 Bean Bag Toss 4:00 Daily Positive Affirmations 6:00 Board Games	9:30 Music & Memories 10:30 That's a Wrap! 10:30 Getting to Know You 10:30 Creative Crafts: Friendship Bracelets 1:15 Minute to Win it 2:00 BINGO 4:00 Daily Positive Affirmations 6:00 Scrabble	10:00 That's a Wrap! 10:00 New Years Dreamboard 2:00 Ping Pong 6:00 Finish the Phrase
10:00 Catholic TV Mass & Spiritual Corner 10:00 Clay Keychains 2:00 Let's Learn: Birds! 2:00 Baking: Shortbread Cookies 6:00 Men's Club National Shortbread Day National Bird Day	9:30 Chair Yoga 10:30 Physio Group Exercise 10:30 Manicure Mondays 1:15 Move and Groove 2:00 BINGO 2:30 1 to 1 Visits 4:00 Daily Positive Affirmations 6:00 That's a Wrap!	9:30 Colour My World 10:30 Snowflake Popsicles 10:30 That's a Wrap! 1:15 Daily Chronicles 2:30 Horse Races 2:30 Washer Toss 2:30 Polka Dot Painting 4:00 Daily Positive Affirmations 6:00 Crosswords & Word Searches	8:00 Breakfast Club 10:30 Prayer Group 10:30 Physio Group Exer 10:30 Book Club 1:15 Memory Match 2:00 January Birthday Party w. Jumpin Jimmy Performs 2:30 1 to 1 Visits 4:00 Daily Positive Affirmations 6:00 Card Games: Go Fish & War	9:30 Sunshine Visits 10:30 Dice Games 10:30 Pet visits w. Karma! 1:15 Walk and Talk 2:30 Cards 2:30 Book club: The magic of Siegfried and Roy 2:30 Aqua Painting 4:00 Daily Positive Affirmations 6:00 Mini Putt	9:30 Chair Yoga 10:30 Residents' Council 10:30 1 to 1 Visits 1:15 Puzzles 2:00 BINGO 2:30 Word Games 4:00 Daily Positive Affirmations 6:00 Color with Music	10:00 Duck Race! 10:00 Winter Wonder in a Jar 2:00 Movie & Cookies 6:00 Let's Experiment: Fake Snow
10:00 Catholic TV Mass & Spiritual Corner 2:00 Hot Tea Social 6:00 Noodle Ball National Hot Tea Day	9:30 Chair Yoga 10:30 Physio Group Exercise 10:30 Manicure Mondays 1:15 Word Scrambles 2:00 BINGO 2:30 1 to 1 visits 4:00 Daily Positive Affirmations 6:00 Riddle Me This	9:30 Montessori 10:30 Coffee, Cookies & Chit Chat 10:30 Basket Ball Toss 1:15 Daily Chronicles 2:30 Cards 2:30 What's in the Box? 4:00 Daily Positive Affirmations 6:00 Funniest Pet Videos	9:30 Sing-A-Long 10:30 Prayer Group 10:30 Physio Group Exerci 10:30 Let's Go Fishing! 1:15 Ball Toss 2:00 Pet visits w. Nova 2:30 Knitting Group 2:30 Strolls 2:30 Bible Study 4:00 Daily Positive Affirmations 6:00 Monthly Activity Booklets	10:30 How It's Made: Fig Newtons 10:30 Cards 1:15 Colour My World 2:00 Spencer Performs 2:30 1 to 1 visits 4:00 Daily Positive Affirmations 6:00 Ladies Club	9:30 Chair Yoga 10:30 Program Planning 1:15 Fun & Games 2:00 BINGO 2:30 1 to 1 Visits 4:00 Daily Positive Affirmations 6:00 Popey the Sailor (Movie Night)	10:00 Montessori 2:00 Matinee Movie - Winnie the Pooh 6:00 Laugh & Learn : Fun Facts National Winnie the Pooh Day
10:00 Catholic TV Mass & Spiritual Corner 2:00 Popcorn Cart! 6:00 1 to 1 Visits National Popcorn Day	9:30 Chair Yoga 10:30 Physio Group Exercise 10:30 Manicure Mondays 1:15 This or That? 2:30 Wine and Cheese Social 2:30 Cheese Tasting 4:00 Daily Positive Affirmations 6:00 Nature Night National Cheese Lovers Day	9:30 Bat The Balloon 10:30 Hug A Friend 10:30 Bowling 1:15 Daily Chronicles 2:00 BINGO 2:30 Sensory Craft 4:00 Daily Positive Affirmations 6:00 Shuffleboard	9:30 Tuck and Fold 10:30 Prayer Group 10:30 Physio Group Exercise 10:30 Word Games 1:15 Home Tasks 2:00 Len Goldfarb (Entertainment) 2:30 Baking 4:00 Daily Positive Affirmations 6:00 Karaoke	9:30 Time Crunch Trivia 10:30 Let's Bake: Pies! 10:30 Round Table Reading 1:15 Midday Talks 2:00 Virginia Performs 2:30 Build-a-Pie 4:00 Daily Positive Affirmations 6:00 Relax & Reminisce: Pie Recipes	9:30 Chair Yoga 10:30 Book Club 10:30 Strolls 1:15 Sing-A-Long 2:00 BINGO 2:30 1 to 1 Visits 4:00 Daily Positive Affirmations 6:00 Finish the Phrase	10:00 Drummercise 10:00 Noodle Soccer 2:00 Art Attack 2:00 Irish Coffee Bar 6:00 Hand Massages
10:00 Catholic TV Mass & Spiritual Corner 2:00 Spa Afternoon 6:00 Name that Tune	9:30 Chair Yoga 10:30 Physio Group Exercise 10:30 Manicure Mondays 10:30 Baking Peanut Butter Cookie 1:15 Let's Laugh 2:00 BINGO 2:30 1 to 1 visits 4:00 Daily Positive Affirmations	9:30 Silly Snaps 10:30 Jewelry Making 10:30 Drummercise 10:30 Scrabble 1:15 Daily Chronicles 2:30 Happy Hour 2:30 Lego Creations & Reminiscing 4:00 Daily Positive Affirmations	9:30 Name that Tune 10:30 Physio Group Exercise 10:30 Fountaingate Worship 10:30 Mix and Match 1:15 Light Stretching 2:30 Puzzle Art 2:30 Chip and Dip Social 2:30 Zodiacs	10:30 Let's Do Lunch 10:30 Prize Penny Toss 1:15 Music and Meditation 2:30 Cards 2:30 Tim's Cart 2:30 Trip Around the World! 4:00 Daily Positive Affirmations 6:00 Time to Sew/Knit	9:30 Chair Yoga 10:30 Montessori 1:15 Go Fish! 2:00 BINGO 2:30 Hot Chocolate Cart 4:00 Daily Positive Affirmations 6:00 Board Games	Programs are subject to change without notice

2:30 Zodiacs

4:00 Daily Positive Affirmations

6:00 Celebrate the Chinese New Year!

National Puzzle Day

6:00 Jeopardy 📥

National Lego Day

4:00 Daily Positive Affirmations

6:00 Time to Sew/Knit

National Hot Cocoa Day

Treehaven Suites

6:00 Strolls

4:00 Daily Positive Affirmations





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 On Your Toes! 10:30 Calendar Pass 1:15 Fun & Games 2:30 Sit & Fit 2:30 Candy Dice Game 2:30 Cocktail Cart 4:00 Daily Positive Affirmations 6:00 Year in Review	9:30 Chair Yoga 10:30 Trivia 10:30 Bat The Balloon 10:30 Clay Creations 1:15 Let's Laugh 2:30 Cards 2:30 Bean Bag Toss 4:00 Daily Positive Affirmations 6:00 Board Games	10:30 That's a Wrap! 10:30 Getting to Know You 10:30 Creative Crafts: Friendship Bracelets 1:15 Minute to Win it 2:00 BINGO 4:00 Daily Positive Affirmations 6:00 Scrabble	10:00 That's a Wrap! 10:00 New Years Dreamboard 2:00 Ping Pong 6:00 Finish the Phrase
10:00 Catholic TV Mass & Spiritual Corner 10:00 Clay Keychains 2:00 Let's Learn: Birds! 2:00 Baking: Shortbread Cookies 6:00 Men's Club National Shortbread Day National Bird Day	9:30 Chair Yoga 10:30 Physio Group Exercise 10:30 Manicure Mondays 1:15 Move and Groove 2:00 BINGO 2:30 1 to 1 Visits 4:00 Daily Positive Affirmations 6:00 That's a Wrap!	10:30 Snowflake Popsicles 10:30 That's a Wrap! 1:15 Daily Chronicles 2:30 Horse Races 2:30 Washer Toss 2:30 Polka Dot Painting 4:00 Daily Positive Affirmations 6:00 Crosswords & Word Searches	8:00 Breakfast Club 9:30 On Your Toes! 10:30 Prayer Group 10:30 Physio Group Exercise 10:30 Book Club 1:15 Memory Match 2:00 January Birthday Party w. Jumpin Jimmy Performs 2:30 1 to 1 Visits 4:00 Daily Positive Affirmations 6:00 Card Games: Go Fish & War	9:30 Daily Chronicles 10:30 Dice Games 10:30 Pet visits w. Karma! 1:15 Walk and Talk 2:30 Cards 2:30 Book club: The magic of Siegfried and Roy 2:30 Aqua Painting 4:00 Daily Positive Affirmations 6:00 Mini Putt	9:30 Chair Yoga 10:30 Residents' Council 10:30 1 to 1 Visits 1:15 Puzzles 2:00 BINGO 2:30 Word Games 4:00 Daily Positive Affirmations 6:00 Color with Music	10:00 Duck Race! 10:00 Winter Wonder in a Jar 2:00 Movie & Cookies 6:00 Let's Experiment: Fake Snow
10:00 Catholic TV Mass & Spiritual Corner 2:00 Hot Tea Social 6:00 Noodle Ball National Hot Tea Day	9:30 Chair Yoga 10:30 Physio Group Exercise 10:30 Manicure Mondays 1:15 Word Scrambles 2:00 BINGO 2:30 1 to 1 visits 4:00 Daily Positive Affirmations 6:00 Riddle Me This	10:30 Coffee, Cookies & Chit Chat 10:30 Basket Ball Toss 1:15 Daily Chronicles 2:30 Cards 2:30 What's in the Box? 4:00 Daily Positive Affirmations 6:00 Funniest Pet Videos	9:30 On Your Toes! 10:30 Prayer Group 10:30 Physio Group Exerci 10:30 Let's Go Fishing! 1:15 Ball Toss 2:00 Pet visits w. Nova 2:30 Knitting Group 2:30 Strolls 2:30 Bible Study 4:00 Daily Positive Affirmations 6:00 Monthly Activity Booklets	9:30 Daily Chronicles 10:30 How It's Made: Fig Newtons 10:30 Cards 1:15 Colour My World 2:00 Spencer Performs 2:30 1 to 1 visits 4:00 Daily Positive Affirmations 6:00 Ladies Club	9:30 Chair Yoga 10:30 Program Planning 1:15 Fun & Games 2:00 BINGO 2:30 1 to 1 Visits 4:00 Daily Positive Affirmations 6:00 Popey the Sailor (Movie Night)	10:00 Montessori 2:00 Matinee Movie - Winnie the Pooh 6:00 Laugh & Learn : Fun Facts National Winnie the Pooh Day
10:00 Catholic TV Mass & Spiritual Corner 2:00 Popcorn Cart! 6:00 1 to 1 Visits National Popcorn Day	9:30 Chair Yoga 10:30 Physio Group Exercise 10:30 Manicure Mondays 1:15 This or That? 2:30 Wine and Cheese Social 2:30 Cheese Tasting 4:00 Daily Positive Affirmations 6:00 Nature Night National Cheese Lovers Day	10:30 Hug A Friend 10:30 Bowling 1:15 Daily Chronicles 2:00 BINGO 2:30 Sensory Craft 4:00 Daily Positive Affirmations 6:00 Shuffleboard	9:30 On Your Toes! 10:30 Prayer Group 10:30 Physio Group Exercise 10:30 Word Games 1:15 Home Tasks 2:00 Len Goldfarb (Entertainment) 2:30 Baking 4:00 Daily Positive Affirmations 6:00 Karaoke	9:30 Daily Chronicles 10:30 Let's Bake: Pies! 10:30 Round Table Reading 1:15 Midday Talks 2:00 Virginia Performs 2:30 Build-a-Pie 4:00 Daily Positive Affirmations 6:00 Relax & Reminisce: Pie Recipes	9:30 Chair Yoga 10:30 Book Club 10:30 Strolls 1:15 Sing-A-Long 2:00 BINGO 2:30 1 to 1 Visits 4:00 Daily Positive Affirmations 6:00 Finish the Phrase	10:00 Drummercise 10:00 Noodle Soccer 2:00 Art Attack 2:00 Irish Coffee Bar 6:00 Hand Massages
10:00 Catholic TV Mass & Spiritual Corner 2:00 Spa Afternoon 6:00 Name that Tune	9:30 Chair Yoga 10:30 Physio Group Exercise 10:30 Manicure Mondays 10:30 Baking Peanut Butter Cookie 1:15 Let's Laugh 2:00 BINGO 2:30 1 to 1 visits 4:00 Daily Positive Affirmations	10:30 Jewelry Making 10:30 Drummercise 10:30 Scrabble 1:15 Daily Chronicles 2:30 Happy Hour 2:30 Lego Creations & Reminiscing 4:00 Daily Positive Affirmations 6:00 Jeopardy	9:30 On Your Toes! 10:30 Physio Group Exercise 10:30 Fountaingate Worship 10:30 Mix and Match 1:15 Light Stretching 2:30 Puzzle Art 2:30 Chip and Dip Social 2:30 Zodiacs	9:30 Daily Chronicles 10:30 Let's Do Lunch 10:30 Prize Penny Toss 1:15 Music and Meditation 2:30 Cards 2:30 Tim's Cart 2:30 Trip Around the World! 4:00 Daily Positive Affirmations	9:30 Chair Yoga 10:30 Montessori 1:15 Go Fish! 2:00 BINGO 2:30 Hot Chocolate Cart 4:00 Daily Positive Affirmations 6:00 Board Games	Programs are subject to change without notice

2:30 Zodiacs

4:00 Daily Positive Affirmations

6:00 Celebrate the Chinese New Year!

National Puzzle Day

National Lego Day

6:00 Jeopardy

6:00 Time to Sew/Knit

4:00 Daily Positive Affirmations

National Hot Cocoa Day

Seaway Suites

2:00 BINGO

6:00 Strolls

2:30 1 to 1 visits

4:00 Daily Positive Affirmations

2:30 Happy Hour

6:00 Jeopardy

2:30 Lego Creations & Reminiscing

National Lego Day

4:00 Daily Positive Affirmations





Programs are subject to change without notice

4:00 Daily Positive Affirmations

National Hot Cocoa Day

6:00 Board Games

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Mix and Match 10:30 Calendar Pass 1:15 Fun & Games 2:30 Sit & Fit 2:30 Candy Dice Game 2:30 Cocktail Cart 4:00 Daily Positive Affirmations 6:00 Year in Review	9:30 Chair Yoga 10:30 Trivia 10:30 Bat The Balloon 10:30 Clay Creations 1:15 Let's Laugh 2:30 Cards 2:30 Bean Bag Toss 4:00 Daily Positive Affirmations 6:00 Board Games	9:30 Sunshine Visits 10:30 That's a Wrap! 10:30 Getting to Know You 10:30 Creative Crafts: Friendship Bracelets 1:15 Minute to Win it 2:00 BINGO 4:00 Daily Positive Affirmations 6:00 Scrabble	10:00 That's a Wrap! 10:00 New Years Dreamboard 2:00 Ping Pong 6:00 Finish the Phrase
10:00 Catholic TV Mass & Spiritual Corner 10:00 Clay Keychains 2:00 Let's Learn: Birds! 2:00 Baking: Shortbread Cookies 6:00 Men's Club National Shortbread Day National Bird Day	9:30 Chair Yoga 10:30 Physio Group Exercise 10:30 Manicure Mondays 1:15 Move and Groove 2:00 BINGO 2:30 1 to 1 Visits 4:00 Daily Positive Affirmations 6:00 That's a Wrap!	9:30 Devotions 10:30 Snowflake Popsicles 10:30 That's a Wrap! 1:15 Daily Chronicles 2:30 Horse Races 2:30 Washer Toss 2:30 Polka Dot Painting 4:00 Daily Positive Affirmations 6:00 Crosswords & Word Searches	8:00 Breakfast Club 9:30 Short Stories 10:30 Prayer Group 10:30 Physio Group Exercise 10:30 Book Club 1:15 Memory Match 2:00 January Birthday Party w. Jumpin Jimmy Performs 2:30 1 to 1 Visits 4:00 Daily Positive Affirmations 6:00 Card Games: Go Fish & War	9:30 Home Tasks 10:30 Dice Games 10:30 Pet visits w. Karma! 1:15 Walk and Talk 2:30 Cards 2:30 Book club: The magic of Siegfried and Roy 2:30 Aqua Painting 4:00 Daily Positive Affirmations 6:00 Mini Putt	9:30 Chair Yoga 10:30 Residents' Council 10:30 1 to 1 Visits 1:15 Puzzles 2:00 BINGO 2:30 Word Games 4:00 Daily Positive Affirmations 6:00 Color with Music	10:00 Duck Race! 10:00 Winter Wonder in a Jar 2:00 Movie & Cookies 6:00 Let's Experiment: Fake Snow
10:00 Catholic TV Mass & Spiritual Corner 2:00 Hot Tea Social 6:00 Noodle Ball National Hot Tea Day	9:30 Chair Yoga 10:30 Physio Group Exercise 10:30 Manicure Mondays 1:15 Word Scrambles 2:00 BINGO 2:30 1 to 1 visits 4:00 Daily Positive Affirmations 6:00 Riddle Me This	9:30 Devotions 10:30 Coffee, Cookies & Chit Chat 10:30 Basket Ball Toss 1:15 Daily Chronicles 2:30 Cards 2:30 What's in the Box? 4:00 Daily Positive Affirmations 6:00 Funniest Pet Videos	10:30 Prayer Group 10:30 Physio Group Exercise 10:30 Let's Go Fishing! 1:15 Ball Toss 2:00 Pet visits w. Nova 2:30 Knitting Group 2:30 Strolls 2:30 Bible Study 4:00 Daily Positive Affirmations 6:00 Monthly Activity Booklets	9:30 Bat The Balloon 10:30 How It's Made: Fig Newtons 10:30 Cards 1:15 Colour My World 2:00 Spencer Performs 2:30 1 to 1 visits 4:00 Daily Positive Affirmations 6:00 Ladies Club	9:30 Chair Yoga 10:30 Program Planning 1:15 Fun & Games 2:00 BINGO 2:30 1 to 1 Visits 4:00 Daily Positive Affirmations 6:00 Popey the Sailor (Movie Night)	10:00 Montessori 2:00 Matinee Movie - Winnie the Pooh 6:00 Laugh & Learn : Fun Facts National Winnie the Pooh Day
10:00 Catholic TV Mass & Spiritual Corner 2:00 Popcorn Cart! 6:00 1 to 1 Visits National Popcorn Day	9:30 Chair Yoga 10:30 Physio Group Exercise 10:30 Manicure Mondays 1:15 This or That? 2:30 Wine and Cheese Social 2:30 Cheese Tasting 4:00 Daily Positive Affirmations 6:00 Nature Night National Cheese Lovers Day	9:30 Devotions 10:30 Hug A Friend 10:30 Bowling 1:15 Daily Chronicles 2:00 BINGO 2:30 Sensory Craft 4:00 Daily Positive Affirmations 6:00 Shuffleboard	8:00 Breakfast Club 10:30 Prayer Group 10:30 Physio Group Exercise 10:30 Word Games 1:15 Home Tasks 2:00 Len Goldfarb (Entertainment) 2:30 Baking 4:00 Daily Positive Affirmations 6:00 Karaoke	9:30 Knock Down Frosty 10:30 Let's Bake: Pies! 10:30 Round Table Reading 1:15 Midday Talks 2:00 Virginia Performs 2:30 Build-a-Pie 4:00 Daily Positive Affirmations 6:00 Relax & Reminisce: Pie Recipes National Pie Day	9:30 Chair Yoga 10:30 Book Club 10:30 Strolls 1:15 Sing-A-Long 2:00 BINGO 2:30 1 to 1 Visits 4:00 Daily Positive Affirmations 6:00 Finish the Phrase	10:00 Drummercise 10:00 Noodle Soccer 2:00 Art Attack 2:00 Irish Coffee Bar 6:00 Hand Massages
10:00 Catholic TV Mass & Spiritual Corner 2:00 Spa Afternoon 6:00 Name that Tune	9:30 Chair Yoga 10:30 Physio Group Exercise 10:30 Manicure Mondays 10:30 Baking Peanut Butter Cookie 1:15 Let's Laugh	9:30 Devotions 10:30 Jewelry Making 10:30 Drummercise 10:30 Scrabble 1:15 Daily Chronicles	9:30 Home Tasks 10:30 Physio Group Exercise 10:30 Fountaingate Worship 10:30 Mix and Match 1:15 Light Stretching	9:30 Nursey Rhymes 10:30 Let's Do Lunch 10:30 Prize Penny Toss 1:15 Music and Meditation 2:30 Cards	9:30 Chair Yoga 10:30 Montessori 1:15 Go Fish! 2:00 BINGO 2:30 Hot Chocolate Cart	Programs are subject

2:30 Puzzle Art

2:30 Zodiacs

2:30 Chip and Dip Social

4:00 Daily Positive Affirmations

6:00 Celebrate the Chinese New Year!

National Puzzle Day

2:30 Tim's Cart

2:30 Trip Around the World!

6:00 Time to Sew/Knit

4:00 Daily Positive Affirmations

Trillium Suites

6:00 Strolls

4:00 Daily Positive Affirmations

6:00 Jeopardy

National Lego Day

4:00 Daily Positive Affirmations





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Home Tasks 10:30 Calendar Pass 1:15 Fun & Games 2:30 Sit & Fit 2:30 Candy Dice Game 2:30 Cocktail Cart 4:00 Daily Positive Affirmations 6:00 Year in Review	9:30 Chair Yoga 10:30 Trivia 10:30 Bat The Balloon 10:30 Clay Creations 1:15 Let's Laugh 2:30 Cards 2:30 Bean Bag Toss 4:00 Daily Positive Affirmations 6:00 Board Games	9:30 Horoscopes 10:30 That's a Wrap! 10:30 Getting to Know You 10:30 Creative Crafts: Friendship Bracelets 1:15 Minute to Win it 2:00 BINGO 4:00 Daily Positive Affirmations 6:00 Scrabble	10:00 That's a Wrap! 10:00 New Years Dreamboard 2:00 Ping Pong 6:00 Finish the Phrase
10:00 Catholic TV Mass & Spiritual Corner 10:00 Clay Keychains 2:00 Let's Learn: Birds! 2:00 Baking: Shortbread Cookies 6:00 Men's Club National Shortbread Day National Bird Day	9:30 Chair Yoga 10:30 Physio Group Exercise 10:30 Manicure Mondays 1:15 Move and Groove 2:00 BINGO 2:30 1 to 1 Visits 4:00 Daily Positive Affirmations 6:00 That's a Wrap!	9:30 Strolls 10:30 Snowflake Popsicles 10:30 That's a Wrap! 1:15 Daily Chronicles 2:30 Horse Races 2:30 Washer Toss 2:30 Polka Dot Painting 4:00 Daily Positive Affirmations 6:00 Crosswords & Word Searches	8:00 Breakfast Club 9:30 Match it! 10:30 Prayer Group 10:30 Physio Group Exercise 10:30 Book Club 1:15 Memory Match 2:00 January Birthday Party w. Jumpin Jimmy Performs 2:30 1 to 1 Visits 4:00 Daily Positive Affirmations 6:00 Card Games: Go Fish & War	10:30 Dice Games 10:30 Pet visits w. Karma! 1:15 Walk and Talk 2:30 Cards 2:30 Book club: The magic of Siegfried and Roy 2:30 Aqua Painting 4:00 Daily Positive Affirmations 6:00 Mini Putt	9:30 Chair Yoga 10:30 Residents' Council 10:30 1 to 1 Visits 1:15 Puzzles 2:00 BINGO 2:30 Word Games 4:00 Daily Positive Affirmations 6:00 Color with Music	10:00 Duck Race! 10:00 Winter Wonder in a Jar 2:00 Movie & Cookies 6:00 Let's Experiment: Fake Snow
10:00 Catholic TV Mass & Spiritual Corner 2:00 Hot Tea Social 6:00 Noodle Ball National Hot Tea Day	9:30 Chair Yoga 10:30 Physio Group Exercise 10:30 Manicure Mondays 1:15 Word Scrambles 2:00 BINGO 2:30 1 to 1 visits 4:00 Daily Positive Affirmations 6:00 Riddle Me This	9:30 Sing-A-Long 10:30 Coffee, Cookies & Chit Chat 10:30 Basket Ball Toss 1:15 Daily Chronicles 2:30 Cards 2:30 What's in the Box? 4:00 Daily Positive Affirmations 6:00 Funniest Pet Videos	10:30 Prayer Group 10:30 Physio Group Exercise 10:30 Let's Go Fishing! 1:15 Ball Toss 2:00 Pet visits w. Nova 2:30 Knitting Group 2:30 Strolls 2:30 Bible Study 4:00 Daily Positive Affirmations 6:00 Monthly Activity Booklets	9:30 Sorting through it 10:30 How It's Made: Fig Newtons 10:30 Cards 1:15 Colour My World 2:00 Spencer Performs 2:30 1 to 1 visits 4:00 Daily Positive Affirmations 6:00 Ladies Club	9:30 Chair Yoga 10:30 Program Planning 1:15 Fun & Games 2:00 BINGO 2:30 1 to 1 Visits 4:00 Daily Positive Affirmations 6:00 Popey the Sailor (Movie Night)	10:00 Montessori 2:00 Matinee Movie - Winnie the Pooh 6:00 Laugh & Learn : Fun Facts National Winnie the Pooh Day
10:00 Catholic TV Mass & Spiritual Corner 2:00 Popcorn Cart! 6:00 1 to 1 Visits National Popcorn Day	9:30 Chair Yoga 10:30 Physio Group Exercise 10:30 Manicure Mondays 1:15 This or That? 2:30 Wine and Cheese Social 2:30 Cheese Tasting 4:00 Daily Positive Affirmations 6:00 Nature Night National Cheese Lovers Day	10:30 Hug A Friend 10:30 Bowling 1:15 Daily Chronicles 2:00 BINGO 2:30 Sensory Craft 4:00 Daily Positive Affirmations 6:00 Shuffleboard	8:00 Breakfast Club 10:30 Prayer Group 10:30 Physio Group Exercise 10:30 Word Games 1:15 Home Tasks 2:00 Len Goldfarb (Entertainment) 2:30 Baking 4:00 Daily Positive Affirmations 6:00 Karaoke	10:30 Let's Bake: Pies! 10:30 Round Table Reading 1:15 Midday Talks 2:00 Virginia Performs 2:30 Build-a-Pie 4:00 Daily Positive Affirmations 6:00 Relax & Reminisce: Pie Recipes National Pie Day	9:30 Chair Yoga 10:30 Book Club 10:30 Strolls 1:15 Sing-A-Long 2:00 BINGO 2:30 1 to 1 Visits 4:00 Daily Positive Affirmations 6:00 Finish the Phrase	10:00 Drummercise 10:00 Noodle Soccer 2:00 Art Attack 2:00 Irish Coffee Bar 6:00 Hand Massages
10:00 Catholic TV Mass & Spiritual Corner 2:00 Spa Afternoon 6:00 Name that Tune	9:30 Chair Yoga 10:30 Physio Group Exercise 10:30 Manicure Mondays 10:30 Baking Peanut Butter Cookie 1:15 Let's Laugh 2:00 BINGO 2:30 1 to 1 visits 4:00 Daily Positive Affirmations	9:30 News & Views 10:30 Jewelry Making 10:30 Drummercise 10:30 Scrabble 1:15 Daily Chronicles 2:30 Happy Hour 2:30 Lego Creations & Reminiscing 4:00 Daily Positive Affirmations	9:30 Sunshine Visits 10:30 Physio Group Exercise 10:30 Fountaingate Worship 10:30 Mix and Match 1:15 Light Stretching 2:30 Puzzle Art 2:30 Chip and Dip Social 2:30 Zodiacs	9:30 Bat The Balloon 10:30 Let's Do Lunch 10:30 Prize Penny Toss 1:15 Music and Meditation 2:30 Cards 2:30 Tim's Cart 2:30 Trip Around the World! 4:00 Daily Positive Affirmations	9:30 Chair Yoga 10:30 Montessori 1:15 Go Fish! 2:00 BINGO 2:30 Hot Chocolate Cart 4:00 Daily Positive Affirmations 6:00 Board Games	Programs are subject to change without notice

2:30 Zodiacs

4:00 Daily Positive Affirmations

6:00 Celebrate the Chinese New Year!

National Puzzle Day

6:00 Time to Sew/Knit

4:00 Daily Positive Affirmations

National Hot Cocoa Day