



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	JANUARY	U A R	Y	20	25	
			1 10:30 Seated Fitness (SBL) 11:00 New Years Photo Booth (SC) 2:00 Tuck Shop (TS) 2:00 Musical Entertainment w/ The Goldies and New Year's Social (WL & SC) 3:00 Knitting Group (WL) 6:00 Word Search Wednesday (RD) 6:30 Visits w/ Gracie (WL) HAPPY NEW YEAR!	2 8:30 Coffee Chat w/ GM (SC) 10:30 Seated Fitness (SBL) 11:00 Jeopardy (WL) 1:30 Snowman Bowling (SBL) 2:30 Karaoke (GT) 3:00 Euchre & Board Games (GR) 3:45 Travelogue: Abuja, Nigeria (GT) 7:15 Netflix Series Night: Young Sheldon (GT)	3 8:30 Coffee Chat w/ GM (SC) 10:30 Seated Fitness (SBL) 11:00 Fitness w/ Christine (FS) 1:30 Table Activities (SBL) 2:00 Bingo (GR) 3:00 Happy Hour (BFP) 7:15 Classic Movie Night (GT)	4 9:00 Saturday Chronicles (RD) 10:00 Interactive White Board (SC) 11:00 Mini Putt (WL) 2:00 Musical Entertainment w/ Traci Kennedy (WL) 4:00 Trivia Sheets (RD) 6:30 Euchre & Board Games Night (GR) NATIONAL TRIVIA DAY
5 9:00 Hymn Sing (SBL) 9:30 Livestream Church (GT) 10:00 St. John Ambulance Therapy Dog Visits w/ Janet & Tilly (WL) 11:00 Guess How Many (FD) 2:00 Board Games Café (SC) 3:00 Sudoku Sunday (RD) 4:00 Scripture Readings (SBL) 6:00 Take A Verse-Leave A Verse (RD)	6 Manicure Monday* 8:30 Coffee Chat w/ GM (SC) 10:30 Seated Fitness (SBL) 11:00 Hunting Season (BFP) 1:30 Table Activities (SBL) 2:00 Elvis Bingo (GR) 3:00 Happy Hour (BFP) 6:00 Word Mining (RD) 6:30 Euchre & Games Night (GR)	7 8:30 Coffee Chat w/ GM (SC) 9:30 St. John Ambulance Therapy Dog Visits w/ Erin & Islay (R/R) 10:00 Country Drive* (ME) 10:30 Seated Fitness (SBL) 11:00 Blue Suede Shoes Game (WL) 1:45 VON Smart Fitness (FS) 2:00 Blood Pressure Clinic* (NS) 2:30 Ring Toss (WL) 3:00 Euchre & Board Games (GR) 7:15 Movie Night (GT)	8 8:30 Coffee Chat w/ GM (SC) 10:00 Hear Well Be Well (WL)* 10:30 Seated Fitness (SBL) 11:00 Winter Dining Room Centre Pieces (GR) 2:00 Tuck Shop (TS) 2:00 Elvis Social & Musical Entertainment w/ George Fulop (SC & WL) 3:00 Knitting Group (WL) 3:00 Cocktail Hour (SC) 6:00 Word Search Wednesday (RD) ELVIS' BIRTHDAY	9 8:30 Coffee Chat w/ GM (SC) 10:30 Seated Fitness (SBL) 11:00 Recreation Meeting (SC) 1:45 SMART Fitness w/ VON (FS) 2:00 Cherryhill Mall* (ME) 3:00 Euchre & Board Games (GR) 3:45 Travelogue: Pauda, Italy (GT) 7:15 Netflix Series Night: Young Sheldon (GT)	10 8:30 Coffee Chat w/ GM (SC) 10:30 Seated Fitness (SBL) 11:00 Fitness w/ Christine (FS) 1:30 Table Activities (SBL) 2:00 Bingo (GR) 3:00 Happy Hour (BFP) 7:15 Classic Movie Night (GT)	11 9:00 Saturday Chronicles (RD) 10:30 Seated Fitness (SBL) 11:00 Snow Jokes (SC) 1:30 Flicker Chickens (SBL) 2:30 Name 5 (WL) 3:00 Bible Study w/ Lynda (SBL) 6:30 Euchre & Board Games Night (GR)

MAIN FLOOR FD- FRONT DESK, WL- WELLINGTON LOUNGE, QSK- QUEEN STREET KITCHEN, BL- BYRON LIBRARY, GR- GAMES ROOM, RL- RIVERBEND LOUNGE, TS- TUCK SHOP, R/R- ROOM TO ROOM, CY- COURTYARD, RD- RECREATION DESK, ME- MAIN ENTRANCE, SC- SUNNINGDALE CAFÉ
SECOND FLOOR SBL- STONYBROOK LOUNGE, NS- NURSING STATION
LOWER LEVEL BFP- BLACKFRIARS PUB, GT- GRAND THEATRE, FS- FITNESS STUDIO

* SIGN UP REQUIRED AT RECREATION DESK **COURTYARD ACTIVITIES & SOCIALS ARE WEATHER PERMITTING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">12</p> 9:00 Hymn Sing (SBL) 9:30 Livestream Church (GT) 10:00 St. John Ambulance Therapy Dog Visits w/ Janet & Tilly (R/R) 10:30 Seated Fitness (SBL) 11:00 Glamour Gals Program (GR) 1:30 Giant Connect 4 (SBL) 2:30 DIY: Hello Winter Door Décor (GR) 4:00 Scripture Readings (SBL) 6:00 Take A Verse-Leave A Verse (RD) 6:30 Resident Hymn Sing (RL)	<p style="text-align: right;">13</p> 8:30 Coffee Chat w/ GM (SC) 10:30 Seated Fitness (SBL) 11:00 January IQ (RD) 1:30 Table Activities (SBL) 2:00 Bingo (GR) 3:00 Happy Hour (BFP) 6:00 Word Mining (RD) 6:30 Euchre & Games Night (GR)	<p style="text-align: right;">14</p> 8:30 Coffee Chat w/ GM (SC) 9:30 St. John Ambulance Therapy Dog Visits w/ Erin & Islay (R/R) 10:30 Seated Fitness (SBL) 11:00 Talking Point (WL) 11:00 Lunch Outing: Wimpy's Diner* (ME) 1:45 SMART Fitness w/ VON (FS) 2:30 Glow Party (BFP) 3:00 Euchre & Board Games (GR) 7:15 Movie Night (GT)	<p style="text-align: right;">15</p> 8:30 Coffee Chat w/ GM (SC) 10:30 Seated Fitness (SBL) 11:00 Words Within (WL) 2:00 Tuck Shop (TS) 3:00 Knitting Group (WL) 3:00 Cocktail Hour (SC) 6:00 Word Search Wednesday (RD) 6:30 Visits w/ Gracie (WL)	<p style="text-align: right;">16</p> 8:30 Coffee Chat w/ GM (SC) 10:00 Walmart* (ME) 10:30 Seated Fitness (SBL) 11:00 Giant Scrabble (WL) 1:45 VON Smart Fitness (FS) 2:30 Snowball Toss (WL) 3:00 Euchre & Board Games (GR) 3:45 Travelogue: Glasgow, Scotland (GT) 7:15 Netflix Series Night: Young Sheldon (GT)	<p style="text-align: right;">17</p> 8:30 Coffee Chat w/ GM (SC) 10:30 Seated Fitness (SBL) 11:00 Fitness w/ Christine (FS) 1:30 Table Activities (SBL) 2:00 Bingo (GR) 3:00 Happy Hour (BFP) 7:15 Classic Movie Night (GT)	<p style="text-align: right;">18</p> 9:00 Saturday Chronicles (RD) 10:00 Tic Tac Putt (WL) 11:00 Win Wheel (FD) 3:00 Sutherland Hyland Dancers (WL) 6:30 Euchre & Board Games Night (GR)
<p style="text-align: right;">19</p> 9:00 Hymn Sing (SBL) 9:30 Livestream Church (GT) 10:00 St. John Ambulance Therapy Dog Visits w/ Janet & Tilly (R/R) 11:00 Who Am I? (FD) 2:00 Musical Entertainment w/ Taryn Rose (WL) 4:00 Scripture Readings (SBL) 6:00 Take A Verse-Leave A Verse (RD)	<p style="text-align: right;">20</p> Manicure Monday* 8:30 Coffee Chat w/ GM (SC) 10:00 Intergenerational Program w/ Fox Hollow Family Centre (GR) 1:30 Table Activities (SBL) 2:00 Bingo (GR) 3:00 Happy Hour (BFP) 6:00 Word Mining (RD) 6:30 Euchre & Games Night (GR)	<p style="text-align: right;">21</p> 8:30 Coffee Chat w/ GM (SC) 9:30 St. John Ambulance Therapy Dog Visits w/ Erin & Islay (R/R) 10:00 Country Drive* (ME) 10:30 Seated Fitness (SBL) 11:00 Build A House (WL) 1:45 SMART Fitness w/ VON (FS) 2:30 January Birthday Celebration (SC) 3:00 Euchre & Board Games (GR) 7:15 Movie Night (GT)	<p style="text-align: right;">22</p> 8:30 Coffee Chat w/ GM (SC) 10:30 Seated Fitness (SBL) 11:00 Food Meeting (BFP) 2:00 Tuck Shop (TS) 2:30 Musical Entertainment w/ Craig Hancock (RL) 3:00 Knitting Group (WL) 3:00 Cocktail Hour (SC) 6:00 Word Search Wednesday (RD)	<p style="text-align: right;">23</p> 8:30 Coffee Chat w/ GM (SC) 10:30 Seated Fitness 11:00 Recreation Presentation (GT) 1:45 SMART Fitness w/ VON (FS) 2:00 Sherwood Forest Mall* (ME) 3:00 Euchre & Board Games (GR) 3:45 Travelogue: Port Charlotte, Florida (GT) 7:15 Netflix Series Night: Young Sheldon (GT)	<p style="text-align: right;">24</p> 8:30 Coffee Chat w/ GM (SC) 10:30 Seated Fitness (SBL) 11:00 Fitness w/ Christine (FS) 1:30 Table Activities (SBL) 2:00 Bingo (GR) 3:00 Happy Hour (BFP) 7:15 Classic Movie Night (GT)	<p style="text-align: right;">25</p> 9:00 Saturday Chronicles (RD) 10:30 Seated Fitness (SBL) 11:00 Shuffleboard w/ Ishika (BFP) 1:30 Darts (SBL) 2:30 Family Feud (WL) 3:00 Bible Study w/ Lynda (SBL) 6:30 Euchre & Board Games Night (GR)
<p style="text-align: right;">26</p> 8:00-1:00 Brunch 9:00 Hymn Sing (SBL) 9:30 Livestream Church (GT) 10:00 St. John Ambulance Therapy Dog Visits w/ Janet & Tilly (R/R) 10:30 Seated Fitness (SBL) 11:00 Glamour Gals Program (GR) 1:30 Curling (SBL) 2:30 DIY: Chinese New Year Red Packets (GR) 6:00 Take A Verse-Leave A Verse (RD) 6:30 Resident Hymn Sing (RL)	<p style="text-align: right;">27</p> 8:30 Coffee Chat w/ GM (SC) 10:30 Seated Fitness (SBL) 11:00 Book Club (WL) 1:30 Table Activities (SBL) 2:00 Chinese New Year Bingo (GR) 3:00 Happy Hour (BFP) 6:00 Word Mining (RD) 6:30 Euchre & Games Night (GR)	<p style="text-align: right;">28</p> 8:30 Coffee Chat w/ GM (SC) 9:30 St. John Ambulance Therapy Dog Visits w/ Erin & Islay (R/R) 10:30 Seated Fitness (SBL) 11:00 Discussion: The Year of the Snake (WL) 1:45 SMART Fitness w/ VON (FS) 2:30 Chinese New Year Social (SC) 3:00 Euchre & Board Games (GR) 7:15 Movie Night (GT)	<p style="text-align: right;">29</p> 8:30 Coffee Chat w/ GM (SC) 10:30 Seated Fitness (SBL) 11:00 DIY: Scratch-Off Fortune Cards (GR) 12:15 Grand Theatre: Heist* (ME) 2:00 Tuck Shop (TS) 3:00 Knitting Group (WL) 3:00 Cocktail Hour (SC) 4:00 Town Hall Meeting (SC) 6:00 Word Search Wednesday (RD) 6:30 Visits w/ Gracie (WL)	<p style="text-align: right;">30</p> 8:30 Coffee Chat w/ GM (SC) 10:00 Unger's Market * (ME) 10:30 Seated Fitness (SBL) 11:00 Giant Beer Pong (WL) 1:45 VON Smart Fitness (FS) 2:30 Penny Auction (GT) 3:00 Euchre & Board Games (GR) 3:45 Travelogue: Heidelberg, Germany (GT) 7:15 Netflix Series Night: Young Sheldon (GT)	<p style="text-align: right;">31</p> 8:30 Coffee Chat w/ GM (SC) 10:30 Seated Fitness (SBL) 11:00 Fitness w/ Christine (FS) 1:30 Table Activities (SBL) 2:00 Bingo (GR) 3:00 Happy Hour (BFP) 7:15 Classic Movie Night (GT)	<p style="text-align: center;">NATIONAL OPPOSITE DAY</p>

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