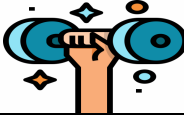


Programs & locations are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 10:00am Chair Exercises - CHAR 11:00am Motivational TED Talk - CHL 3:30pm Music Therapy Group with Chelsea - CHDR	3 10:30am Faith & Film - Chapel 2:30pm Specialty Coffee Time - EPDR 6:00pm Meditation - CHL
4 11:30am One to One - CHRR 3:00pm Church Service - RGDR 6:00pm Manicures - CHRR	5 11:30am Balloon Toss - CHAR 2:00pm Over 80 Gentlemens Coffee Club-Chapel 3:15pm Name that Hymn w/ Chaplain Jen - CHDR 6:00pm Sing-a-long - CHL	6 10:00am Active Game - CHAR 2:30pm Baking Shortbread - CHAR	7 2:30pm Bingo - VPDR 6:00pm 1:1 Chaplain Visits w/ Chaplain Jen	8 10:00am Pump it up - CHL 	9 11:30am Chair Exercises - CHAR 2:30pm Karaoke Social-FCDR 6:00pm Mocktail Social - CHAR	10 2:30pm Community Movie - VPAR
11 3:00pm Church Service - RGDR 	12 10:00am Music - CHL 11:30am Target Toss - CHAR 2:00pm Over 80 Gentlemens Coffee Club-Chapel 3:15pm Gratitude & Grounding with Chaplain Jen - CHDR	13 11:30am Trivia: Animals - CHAR 2:30pm Arts & Crafts - CHAR 6:00pm Poetry Writing - CHAR	14 10:15am Travelling RC Communion - TC 11:30am One to One - CHRR 2:30pm Bingo - VPDR	15 10:00am Pump it up - CHL 	16 3:30pm Music Therapy Group with Chelsea - CHDR 	17 10:30am Faith & Film - Chapel 2:30pm Specialty Coffee Time - EPDR 6:00pm TV Show - CHL
18 11:30am One to One - CHRR 3:00pm Church Service - RGDR 6:00pm Younger Generation: Floor Hockey - CHAR	19 11:00am Memorial Service - RGDR 2:00pm Over 80 Gentlemens Coffee Club-Chapel 6:00pm Sing-a-long - CHL	20 10:00am News & Discussion - CHL 10:00am Resident Council - FCEL 11:30am Trivia: Humour - CHAR 2:30pm Arts & Crafts - CHAR	21 2:30pm Bingo - VPDR	22 10:00am Pump it up - CHL 	23 11:30am Chair Exercises - CHAR 2:30pm January Birthday Party with Jeff Poolton - VPDR 6:00pm Apple Pie Social - CHAR	24 10:30am Faith & Film - Chapel 2:30pm Community Movie - VPAR
25 3:00pm Church Service - RGDR 	26 10:00am Music - CHL 11:30am Axe Throwing - CHAR 2:00pm Over 80 Gentlemens Coffee Club-Chapel 3:15pm Music: Name that Tune - CHL	27 11:30am Trivia: Random Facts - CHAR 2:30pm Baking Chocolate Cake - CHAR 6:00pm Travelogue: Costa Rica - CHL	28 10:30am Catholic Mass - CHAP 11:30am One to One - CHRR 2:30pm Bingo - VPDR	29 10:00am Pump it up - CHL 	30 8:30am Breakfast Club - GH 3:30pm Music Therapy Group with Chelsea - CHDR 	31 10:30am Faith & Film - Chapel 2:30pm Specialty Coffee Time - EPDR 6:00pm TV Show - CHL

CHAP - Chapel
EPDR - Edna Place Dining Room
VPDR - Victoria Park Dining Room

CHAR - Chicopee Hill Activity Room
FCEL - Frederick Community East Lounge

CHDR - Chicopee Hill Dining Room
GH - Grand Hall

CHL - Chicopee Hill Lounge
RGDR - Rockway Gardens Dining Room

CHRR - Resident Room for 1-1 scoring
TC - Travelling Carts

