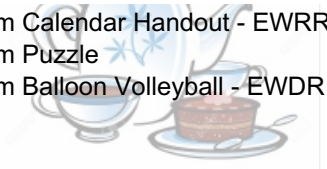
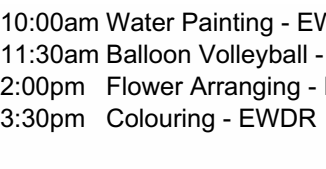
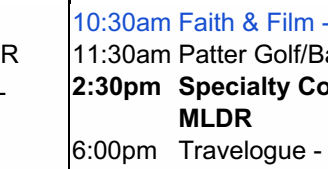
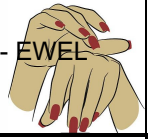
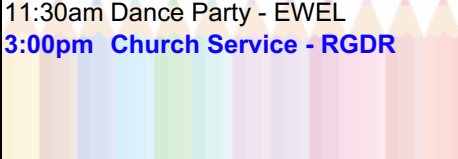
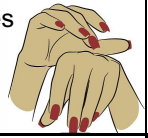
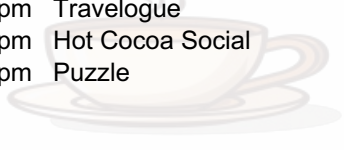
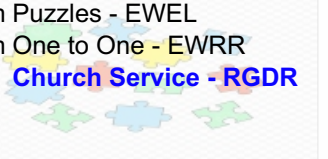


Programs & locations are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
4 11:30am Puzzle 2:00pm Balloon Volleyball 3:00pm Church Service - RGDR 6:00pm Hand Massage	5 10:00am Movement Matters - EWEL 11:00am Monday Manicures 2:00pm Colouring 3:00pm Flower Arranging - EWEL 	6 11:30am Would you Rather - EWWL 2:00pm Music Therapy Group with Chelsea - EWEL 3:30pm Musical Walk - EWEL 6:00pm One to One - EWRR	7 10:00am Balloon Volleyball - EWDR 10:30am Virtual Visits 11:30am Puzzles - EWEL 2:30pm Bingo - FCDR 6:00pm 1:1 Chaplain Visits w/ Chelsea 	8 10:00am Movement Matters - EWEL 11:30am Short Stories 1:30pm For the Spirit with Chaplain Jen - EWDR 2:30pm Crafts - EWDR 6:00pm One to One	9 10:00am Winter Collage 11:30am Reminiscing: Baby Animals 2:30pm Karaoke Social-FCDR 	10 10:00am Water Painting - EWDR 11:30am Musical Walk - EWEL 2:30pm Community Movie - MLDR 
11 10:00am Colouring - EWDR 11:30am Dance Party - EWEL 3:00pm Church Service - RGDR 	12 10:00am Movement Matters - EWEL 11:00am Monday Manicures 2:00pm Balloon Volleyball - EWDR 3:00pm Would You Rather - EWWL	13 10:00am Craft: Stick Snowflakes 11:30am Puzzle 2:00pm Making Chicken Noodle Soup - FCDR 	14 10:00am Mini Golf 10:15am Travelling RC Communion - TC 10:30am Virtual Visits 11:30am Colouring - EWDR 2:30pm Bingo - FCDR 	15 10:00am Music Reminiscing - EWEL 11:30am Balloon Volleyball - EWDR 1:30pm For the Spirit with Chaplain Jen - EWDR 2:30pm Ring Toss - EWEL	16 11:30am Puzzles - EWEL 2:00pm Flower Arranging - EWEL 4:00pm Fun Facts - EWWL 6:00pm One to One - EWRR	17 10:30am Faith & Film - Chapel 11:30am Ring Toss 2:30pm Specialty Coffee Time - MLDR 6:00pm One to One 
18 11:30am Word Game 2:00pm Short Stories 3:00pm Church Service - RGDR 6:00pm Movie Matinee	19 10:00am Movement Matters - EWEL 11:00am Memorial Service - RGDR 2:00pm Monday Manicures 3:30pm Basketball 	20 10:00am Resident Council - FCEL 11:30am Balloon Volleyball - EWDR 2:00pm Music Therapy Group with Chelsea - EWEL 3:30pm Flower Arranging - EWEL 6:00pm One to One - EWRR	21 10:00am Puzzles - EWEL 10:30am Virtual Visits 11:30am Ring Toss 2:30pm Bingo - FCDR 	22 11:30am One to One 2:00pm Travelogue 3:30pm Hot Cocoa Social 6:00pm Puzzle 	23 10:00am Baking: Brownies 11:30am Sing-a-long 2:30pm January Birthday Party with RC Country - FCDR 	24 10:00am Water Painting - EWDR 10:30am Faith & Film - Chapel 11:30am Balloon Volleyball - EWDR 2:30pm Community Movie - MLDR
25 10:00am Puzzles - EWEL 11:30am One to One - EWRR 3:00pm Church Service - RGDR 	26 10:00am Movement Matters - EWEL 11:00am Monday Manicures 2:00pm Flower Arranging - EWEL 3:00pm Short Stories - EWEL	27 10:00am Baking: Snow Ball Cookies 11:30am Sing-a-long 2:30pm Cookies Social 	28 10:00am One to One - EWRR 10:30am Virtual Visits 10:30am Catholic Mass - CHAP 11:30am Colouring - EWDR 2:30pm Bingo - FCDR	29 10:00am Movement Matters - EWEL 11:30am Water Painting - EWDR 1:30pm For the Spirit with Chaplain Jen - EWDR 3:00pm Musical Walk - EWEL	30 8:30am Breakfast Club - GH 11:30am Balloon Volleyball - EWDR 2:00pm Rainbow Scratch Art - EWDR 3:30pm Would you Rather - EWWL 6:00pm One to One - EWRR 	31 10:30am Faith & Film - Chapel 11:30am Active Games 2:30pm Specialty Coffee Time - MLDR 6:00pm One to One

CHAP - Chapel
FCDR - Frederick Community Dining Room
TC - Travelling Carts

EWDR - East Way Walk Dining Room
FCEL - Frederick Community East Lounge

EWEL - East Way Walk East Lounge
GH - Grand Hall

EWRR - Resident Room for 1-1 scoring
MLDR - Market Lane Dining Room

EWWL - East Way Walk West Lounge
RGDR - Rockway Gardens Dining Room

