



Programs & locations are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 2:30pm Trivia - MLL 3:30pm One to One - MLRR 	2 10:00am Calendar Handout - MLRR 11:00am News & Views - MLAR 2:30pm UNO - MLDR	3 10:00am Manicures - MLRR 10:30am Faith & Film - Chapel 2:30pm Specialty Coffee Time - MLDR
4 10:00am Board Games - MLDR 11:00am Active Game - MLAR 3:00pm Church Service - RGDR	5 11:30am A-Z Game - MLAR 2:00pm Over 80 Gentlemens Coffee Club-Chapel 3:00pm Creative Faith with Chaplain Megan-MLDR 6:00pm Musical Bingo - MLDR	6 10:00am Pump it Up - MLL 11:30am A-Z Game - MLAR 2:30pm Colouring - MLAR 6:00pm Basketball - MLAR	7 10:00am Poems & Meditation - MLAR 11:00am Active Game - MLAR 2:30pm Bingo - FCDR	8 10:00am Active Game - MLAR 11:00am A-Z Game - MLAR 11:00am Book Club w/ Chaplain Jen (FCEL) 2:30pm Winter Craft - MLAR	9 10:00am Card Games - MLDR 2:30pm Karaoke Social-FCDR 3:30pm Music Therapy Group with Chelsea - MLL 6:00pm Snow Leopard Documentary - MLL	10 10:00am Axe Throwing - MLAR 2:30pm Community Movie - MLDR
11 10:00am Ball Toss - MLAR 11:00am One to One - MLRR 3:00pm Church Service - RGDR	12 11:30am Discussion Group - MLL 2:00pm Over 80 Gentlemens Coffee Club-Chapel 2:30pm Craft - MLAR 3:00pm Book Club with Chaplain Megan-MLDR 6:00pm A-Z Game - MLAR	13 10:00am Colouring - MLAR 10:00am Pump it Up - MLL 2:30pm Music Reminiscing - MLL 6:00pm Chair Exercises - MLAR	14 10:00am Board Games - MLDR 10:15am Travelling RC Communion - TC 2:30pm Bingo - FCDR	15 10:00am Word Games - MLL 11:00am Book Club w/ Chaplain Jen (FCEL) 2:30pm Pie Party - MLAR	16 10:00am Arts & Crafts - MLAR 11:00am Puzzles - MLDR 2:30pm Rhymes - MLL	17 10:00am Music - MLL 10:30am Faith & Film - Chapel 2:30pm Specialty Coffee Time - MLDR
18 10:00am Word Games - MLL 3:00pm Church Service - RGDR	19 11:00am Memorial Service - RGDR 2:00pm Over 80 Gentlemens Coffee Club-Chapel 3:00pm Faith and Friends with Chaplain Megan-MLDR 6:00pm Word Games - MLL	20 10:00am Pump it Up - MLL 10:00am Resident Council - FCEL 2:30pm Hot Chocolate Social - MLAR 6:00pm Discussion Group: MLK Day - MLL	21 10:00am Reminiscing - MLL 2:30pm Bingo - FCDR	22 10:00am Word Searches - MLAR 2:30pm Polar Bear Documentary - MLL	23 2:30pm January Birthday Party with RC Country - FCDR 3:30pm Music Therapy Group with Chelsea - MLL 6:00pm Word Games - MLL 	24 10:30am Faith & Film - Chapel 2:30pm Community Movie - MLDR
25 3:00pm Church Service - RGDR	26 2:00pm Over 80 Gentlemens Coffee Club-Chapel 2:30pm Sing-a-long - MLAR	27 10:00am Pump it Up - MLL 11:00am Jokes - MLAR 2:00pm Active Game - MLAR 3:00pm One to One - MLRR	28 10:30am Catholic Mass - CHAP 2:30pm Bingo - FCDR	29 11:00am Book Club w/ Chaplain Jen (FCEL) 2:30pm Social - MLAR	30 8:30am Breakfast Club - GH	31 10:30am Faith & Film - Chapel 2:30pm Specialty Coffee Time - MLDR

CHAP - Chapel
MLDR - Market Lane Dining Room

FCDR - Frederick Community Dining Room
MLL - Market Lane Lounge

FCEL - Frederick Community East Lounge
MLRR - Resident Room for 1-1 scoring

GH - Grand Hall
RGDR - Rockway Gardens Dining Room

MLAR - Market Lane Activity Room
TC - Travelling Carts

