


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Program Locations Key: M – Malahide Lounge DR – Furthest end of the Dining Room RR – Room to Room LN – Lower North <small>New Year's Day</small>	2 Hairdressing Hours Tues. 8:30-4:30 Thurs. 8:30-12:30 Fri. 8:30-4:30	3 1:30 Bingo - DR 3:00 Ice Cream Cart - RR 6:00 Reminiscing New Year's Resolutions - M	4 9:45 Badminton & Morning Stretches - DR 1:30 Spelling Bee - M	5 10:00 Strolls and Individual Visits - LN 1:30-2:30 Hobby Hub – M Afternoon Council Preparations	6 10:30 Whole Home Fitness and Trivia "Exercising Brain and Body" - M 1:30-3:30 Live Entertainment with Cam Denomme – travelling home area to home area	7 Christmas Décor Take Down Begins Helping Hands Welcomed 10:00 Whiteboard Games - M 1:30 Bingo - DR
8 10:30 Live Entertainment with Susie Q: Hymns and More - M 1:00 Lawrence Welk Show on Ch.18 1:30 Flower Arranging - M	9 9:30 Manicures - RR 10:30 DrumFIT – M 1:15 Residents' Council - M	10 Mennomex Fish & Chips Orders Due - \$12 1:15 Live Entertainment with John Milles - M 3:00 Ice Cream Cart - RR 6:00 Big Money Bingo - M	11 10:00 Hymn Sing with Henry Helder - M 2:00 Catholic Communion with Sister Mary - M	12 9:45 Badminton - DR 10:00 Care Conference 10:30 Coffee and Conversation 1:30-2:30 Hobby Hub - M	13 9:30 Winter Watercolour Painting - M 1:30 Bingo - DR	14 10:30 Piano Music with Tricia - M 2:00 Shuffleboard - M
15 10:30 Devotional and Hymn Sing - M 2:00 Cognitive Crunches - M	16 10:30 DrumFIT - M 1:30 Shuffleboard - DR <small>Martin Luther King Jr. Day</small>	17 12:00 Mennomex Fish & Chips Order In 1:30 Bingo - DR 3:00 Ice Cream Cart - RR 6:00 Pub Night with Accordion Music by Brian Mav - M	18 9:45 LN & LS Badminton & Morning Stretches - DR 1:30 Interactive Music with Anita May - M	19 10:00 Care Conference 10:30 Coffee and Conversation - M 1:30-2:30 Hobby Hub - M	20 9:30 Leisure Cart – LN 11:00 Individual Visits - RR 1:30 Bingo – DR	21 10:00 Trivia – M Books and Puzzles Available for Leisure in the Library
22 9:45 Devotions - M 1:30 Shuffleboard - M <small>Chinese New Year (Year of the Rabbit)</small>	23 9:30 Manicures - RR 10:30 DrumFIT- M 1:15 Live Entertainment with Evan Thompson - M <small>Activity Professionals Week</small>	24 10:00 Colouring Group - M 1:30 Bingo - DR 3:00 Ice Cream Cart - RR 6:00 Games Night - M	25 9:45 Badminton – DR	26 10:00 *Brand New Program* Java Music - M 1:30-2:30 Hobby Hub - M <small>Australia Day (observed)</small>	27 9:30 Leisure Cart – LN 11:00 Individual Visits - RR 1:30 Bingo - DR	28 10:00 Whole Home Fitness - DR 1:00 Art Therapy Group 1 - M 2:00 Art Therapy Group 2 - M
29 10:00 Devotion and Hymn Sing - DR 1:30 Bean Bag Toss - DR	30 9:30 Manicures & Hand Massage (LN) 10:30 DrumFIT - M 1:30 Shuffleboard - DR	31 10:00 Colouring Group - M 1:30 Bingo - DR 3:00 Ice Cream Cart & February Calendars - RR 6:15 Live Entertainment with Jeremy Smith - M	 <h1 style="font-family: cursive;">January 2023</h1> <h2>Terrace Lodge Lower South/Pine Recreation</h2>			