

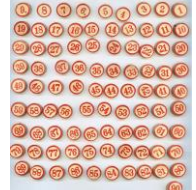




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  New Year's Day	2 10:00 Whole Home Fitness 1:15 Whole Home Shuffleboard	3 10:00 Crafting with Nelda 10:00 Coloring Club 1:30 Bingo 6:00 Reminiscing Resolutions	4 10:30 Shuffleboard 1:30 Table Games 4:00 1:1 Visits with Ruby	5 9:30 Resident/Family Care Conferences 10:00 Men's Group "Let's Go Fishing" 1:30 Music Club 1960's Swing PM Hand Massages and Manicures	6 10:30 Whole Home Fitness Followed by Trivia 1:30-3:30 Cam Denomme Musical Entertainment wing to wing	7 Take Down Decor 10:00 Whiteboard Games 1:30 Bingo 
8 Take Down Decor 10:30 Hymns with Suzie In Malahide 1:00 Lawrence Welk Channel 18 1:30 Flower Arranging	9 Take Down Decor 10:30 Drum Fit 1:15 Resident Council in Malahide Lounge 1:30 1:1 Visits 3:00 Travelling Ice Cream	10 10:00 Crafting with Nelda 10:00 Coloring Club Mennomex Fish & Chips Orders Due 1:15 John Milles Entertains 6:00 Big Money Bingo	11 10:00 Hymn Sing with Henry Helder 2:00 Catholic Communion with Sister Mary 4:00 1:1 Visits with Ruby PM Recreation Meeting	12 9:30 Resident/Family Care Conferences 10:00 Manicures 10:00 Men's Group "Tim Hortons" 1:30 Hobby Hub	13 1:30 Bingo 	14 10:30 Piano Music with Tricia in the Malahide Lounge 2:00 Whole Home Shuffleboard
15 10:30 Devotions and Hymn Sing 1:00 Lawrence Welk Channel 18 2:00 Cognitive Crunches	16 10:30 Drum Fit 1:30 Finish the Phrase and Trivia 3:00 Travelling Ice Cream <small>Martin Luther King Jr. Day</small>	17 10:00 Crafting with Nelda 10:00 Coloring Club 12:00 Mennomex Fish & Chips Order In (\$12) 6:00 Pub Night with Accordion Music by Brian May	18 10:30 Shuffleboard 1:30 Interactive Music with Anita May 4:00 1:1 Visits with Ruby	19 9:30 Resident/Family Care Conferences 10:00 Manicures 10:00 Men's Group "Trivia" 1:30 Hobby Hub	20 10:30 Hymn Sing in Malahide Lounge 1:30 Bingo	21 10:00 Trivia in Malahide Lounge 
22 9:45 Devotions in Malahide 10:30 1:1 Visits 1:00 Lawrence Welk Channel 18 1:30 Shuffleboard <small>Chinese New Year (Year of the Rabbit)</small>	23 10:30 Drum Fit 1:15 Piano Music with Evan Thompson 3:00 Travelling Ice Cream <small>Activity Professionals Week</small>	24 10:00 Crafting with Nelda 10:00 Coloring Club 1:30 Bingo 6:00 Games Night in Malahide	25 10:30 Shuffleboard in Malahide 1:30 Table Games 3:00 1:1 Visits	26 9:30 Resident/Family care Conferences 10:00 Men's Group 10:00 Manicures 1:30 Hobby Hub <small>Australia Day (observed)</small>	27 10:30 Hymn Sing in Malahide Lounge 1:30 Bingo	28 10:00 Whole Home Fitness 1:00 Art Therapy Group 1 2:00 Art Therapy Group 2
29 10:00 Devotions and Hymn Sing 1:30 Bean Bag Toss	30 10:30 Drum Fit 1:30 Finish the Phrase and Trivia 3:00 Travelling Ice Cream	31 <div style="border: 1px solid black; padding: 5px; text-align: center;"> 6:00 Musical Entertainment with Jeremy Smith </div>	 <h1 style="font-family: cursive;">January 2023</h1> <h2>UPPER NORTH RECREATION</h2>			