

# January Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Retirement</b>	<b>Senior Living</b>	<b>Tuck Shop Hours:</b>	<b>1 New Year's Day</b>	<b>2</b>	<b>3</b>	<b>4</b>
<b>Locations</b> AR - Activity Room D1 - Retirement Dining Rm L1 - Retirement Lounge TH - Theatre	<b>Locations</b> BR - Billiards Room L2 - SL Lounge, 2 <sup>nd</sup> Floor D2 - SL Dining Room, 2 <sup>nd</sup> Floor PR - Party Room	<b>Sunday, Wednesday and Friday 1-3p.m</b> <b>Call ext. 8200 for up-to-date Shop open hours or speak to a Tuck Volunteer during open hours.</b>	9:45 Modified Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) <b>2:00 TV Series: The Sticky (TH)</b> 2:15 Pokeno! (AR)	9:45 Modified Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) <b>3:00 TV Series: Carol Burnett Show (TH)</b> <b>3:15 Ladies Club Frozen Bird Feeder Craft (AR)</b>	9:45 Modified Strength Exercise (AR) 10:45 <b>Bean Bags (AR)</b> <b>2:00 Documentary: The Greatest Bond (TH)</b> 2:15 Modified Stretch Exercise (AR) 3:15 Darts! (AR)	10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Dollar Bingo \$1 to Play (AR) 3:00 Dollar Bingo \$1 to Play (AR)
5	6	7	8	9	10	11
<b>Church Transportation</b> 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Wheel of Fortune (AR) <b>3:00 Documentary: Harry and Snowman (TH)</b>	<b>Trip to Loblaws</b> <b>Lucy Gray Alterations 1-4pm (L1)</b> 9:45 Modified Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) <b>2:00 TV Series: All Creatures Great and Small (TH)</b> 2:15 Modified Stretch Exercise (AR) 3:15 Pictionary! (AR)	<b>Medical Transportation 9-4p.m</b> 9:45 Strength Exercise (AR) <b>10:00 A Time of Prayer with St Mary's Volunteers (TH)</b> 10:30 Book Club Meeting w/ Deb (PDR) <b>10:45 Activity Planning Meeting (AR)</b> <b>1:00 Activity Planning Meeting (L2)</b> 2:00 Euchre (AR) <b>Euchre (PR)</b> 2:15 Chair Yoga (TH) <b>3:30 Cocktail Social (L1)</b> 7:15 Jeopardy! (AR)	<b>Bank Transportation</b> 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) <b>1:45 Bingo! 50¢/card (PR)</b> <b>2:00-4:00 Theatre Closed for Private Event</b> 2:15 Pokeno! (AR) <b>3:15 Virtual Standing Drumfit (L2)</b>	<b>Trip to Shoppers Drug Mart</b> 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) <b>3:00 TV Series: Carol Burnett Show (TH)</b>	9:45 Strength Exercise (AR) 10:45 Ladder Ball (AR) <b>2:00 Documentary: Hidden Belize (TH)</b> 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR)	10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Big Screen Bingo (AR) 3:15 Scrabble and Board Games (AR) <b>3:30 Drop-in Sing Along (PR)</b>
12	13	14	15	16	17 Adelaide Turns 14!	18
<b>Church Transportation</b> 10:30 Spiritual Reflection (TH) 2:00 Hymn Sing and Inspirational Talk with Pastor Jurgen Rausch (TH) <b>2:15 Name That Tune (AR)</b> 3:30 Spiritual Reflection (TH) Dinner Time Music in the Dining Room	<b>Trip to Giant Tiger</b> 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) <b>1:45 Bingo! 50¢/card (PR)</b> <b>2:00 TV Series: All Creatures Great and Small (TH)</b> 2:15 Stretch Exercise (AR)	<b>Medical Transportation 9-4p.m</b> 9:45 Strength Exercise (AR) 10:45 Crochet and Knit with Jess (AR) 2:00 Euchre (AR) <b>Euchre (L2)</b> 2:15 Chair Yoga (TH) <b>3:30 Cocktail Social (L1)</b> 7:15 Finish the Lyrics (AR)	<b>5th Ave Jewelry 11am-2pm (L1)</b> 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) <b>1:45 Bingo! 50¢/card (PR)</b> <b>2:00 TV Series: The Sticky (TH)</b> 2:15 Pokeno! (AR) <b>3:15 Virtual Standing Drumfit (L2)</b>	<b>Trip to the Lindsay Mall</b> 9:45 Strength Exercise (AR) <b>10:30 United Church Service (TH)</b> 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) <b>3:00 TV Series: Carol Burnett Show (TH)</b> 3:15 Charades! (AR)	9:45 Strength Exercise (AR) 10:45 Floor Shuffleboard (AR) <b>2:00 Documentary: Made You Look: A True Story About Fake Art (TH)</b> 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Anniversary Party with Craig Brtnik (L1)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Dollar Bingo-1\$ to Play (AR) 3:15 Scrabble and Board Games (AR)
19	20	21	22	23	24	25
<b>Church Transportation</b> 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) <b>2:15 Men's Club - Scotch Social (L1)</b> 3:00 Sing Along with Grace (AR)	<b>Trip to Dollarama/Food Basics</b> 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) <b>1:45 Bingo! 50¢/card (PR)</b> <b>3:00 TV Series: All Creatures Great and Small (TH)</b> <b>3:00 Alzheimer's Society Presentation: Dementia-Friendly Communication &amp; Interactions (AR)</b>	<b>Medical Transportation 9-4p.m</b> 9:45 Strength Exercise (AR) <b>10:30 St. Mary's Catholic Service (TH)</b> 10:45 Knit and Crochet with Jess (AR) 2:00 Euchre (AR) <b>Euchre (PR)</b> 2:15 Chair Yoga (TH) <b>3:30 Cocktail Social (L1)</b> 7:15 Word Games (AR)	<b>Bank Transportation</b> 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) <b>1:45 Bingo! 50¢/card (PR)</b> <b>2:00 TV Series: The Sticky (TH)</b> 2:15 Pokeno! (AR) <b>3:15 Virtual Standing Drumfit (L2)</b>	<b>Trip to Whitney Town Centre/LCBO</b> 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) <b>3:00 TV Series: Carol Burnett Show (TH)</b> <b>3:00 Happy Hour with Live Music by Rob Murray (L1)</b>	9:45 Strength Exercise (AR) 10:45 <b>Washer Toss (AR)</b> <b>2:00 Documentary: Robert Burns the People's Poet (TH)</b> 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR)	<b>Robbie Burns Day</b> 9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Big Screen Bingo (AR) 3:15 Scrabble and Board Games (AR)
26	27	28	29 Chinese New Year	30	31	Aquafit
<b>Church Transportation</b> 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Finish the Lyrics (AR) <b>3:00 Riddles and Brain Teasers (AR)</b>	<b>Trip to La Mantia's</b> 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) <b>1:45 Bingo! 50¢/card (PR)</b> <b>2:00 TV Series: All Creatures Great and Small (TH)</b> 2:15 Stretch Exercise (AR) 3:00 January Birthday Party with Kathy Wiles (L1)	<b>Medical Transportation 9-4p.m</b> 9:45 Strength Exercise (AR) <b>10:30 Anglican Church Service (TH)</b> 10:45 Knit and Crochet with Jess (AR) 2:00 Euchre (AR) <b>Euchre (PR)</b> 2:15 Chair Yoga (TH) 3:30 <b>Cocktail Social (L1)</b> <b>7:00 Art with Adrienne (AR) Call 8155 to sign up</b>	9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) <b>1:45 Bingo! 50¢/card (PR)</b> <b>2:00 TV Series: The Sticky (TH)</b> 2:15 Pokeno! (AR) <b>3:15 Virtual Standing Drumfit (L2)</b>	<b>Managers Chinese Lunch (D2) \$20/person Call 8155 to sign up</b> 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) <b>3:00 TV Series: Carol Burnett Show (TH)</b> <b>3:15 Where in the World Have You Been? China Edition (AR)</b>	9:45 Strength Exercise (AR) 10:45 Balloon Badminton (AR) <b>2:00 Documentary: China's New Silk Road (TH)</b> 2:15 Stretch Exercise (AR) 3:15 Darts! (AR) 7:00 Skip-Bo (AR)	<b>To attend Aquafit classes, residents MUST Call 8155 to sign up and be able to get in and out of the pool unassisted. If classes are full, you will be put on a temporary wait list.</b>