

January 2025

2nd Floor Beech

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00am Catholic Mass - MPR 2:00pm Physical Game 3:30pm Social One to One 6:30pm Reading Group	2 9:30am Fun & Fitness 10:30am Yoga 2:00pm Music with Colleen MacAllister-MPR 6:45pm Toast & Tea	3 9:30am Group Exercises - moderate 10:30am Portable Nustepper 2:00pm Aromatherapy & Hand Massage 3:30pm One to One Emotional 6:30pm Pub Night	4 9:30am Brain & Fitness 10:30am Dementiability-Job Task 2:00pm Undeck the Halls 3:00pm Find The Ace 6:30pm Can Pigs Fly Trivia
5 9:30am Spiritual Time 10:30am Hand Massage 2:00pm Church Service - Hastings Park Bible - MPR 2:30pm Wheelchair Stroll 3:30pm Short Story Reading 6:30pm Lawrence Welk Show	6 9:30am Group Exercises 10:00am Resident's Council Meeting 10:30am Portable Nustepper 1:30pm Pet Therapy 2nd 3:00pm Globe Hopping- Around the World 6:30pm Rhythm & Rhymes	7 9:30am Fun & Fitness 10:30am Hand Massage 2:00pm Resident's Council Floor Meeting-2nd 3:30pm Balloon/Ball Toss 6:30pm Spaceman- Word Game	8 9:30am Group Exercises 10:30am Portable Nustepper 2:00pm Vicki Spurell-MPR	9 9:30am Fun & Fitness 10:30am Balloon Toss 2:00pm Bill on Piano-2nd 3:30pm Alphabet Trivia 6:45pm Toast & Tea	10 10:00am Holy Communion & Rosary Prayer-MPR 2:00pm Music with Cliff Andrews-MPR 3:15pm Ladies Group: Salon Day 6:30pm Movie Night	11 9:30am News & Views 10:30am Washer Toss 2:00pm Chair Hockey 3:30pm Polar Bear Craft 6:30pm Winter Bingo
12 9:30am Spiritual Time 10:30am Group Exercises 2:00pm Church Service - Salvation Army - MPR 2:30pm Wheelchair Stroll 3:30pm Short Story Jokes 6:30pm Lawrence Welk Show	13 9:30am Group Exercises 10:30am Portable Nustepper 2:00pm Mini Golf 3:30pm Sing A Long 6:30pm Card/Dice Games	14 9:30am Fun & Fitness 10:30am Social One to One 2:00pm Manicures	15 9:30am Group Exercises 10:30am Portable Nustepper 2:00pm Music with Keith & Victoria-MPR 3:30pm This or That Game 7:00pm Lions Club Bingo - MPR	16 9:30am Giant Tiger Outing 9:30am Fun & Fitness 10:30am Hand Massage 1:30pm Walmart Outing 2:00pm Flower Arrangement 6:45pm Toast & Tea	17 9:30am Group Exercises 10:30am Portable Nustepper 2:00pm Veterans Group- MPR 3:30pm Reading Group 6:30pm Classic Movie & Popcorn	18 9:30am Brain & Fitness 10:30am Hand Massage 2:00pm Napanee & District Pipe Band-MPR 3:00pm Mandala Colouring 6:30pm Vision Board & Goals
19 9:30am Spiritual Time 2:00pm Church Service - Eastminster Church - MPR 2:30pm Wheelchair Stroll 6:30pm Lawrence Welk Show	20 9:30am Group Exercises 10:30am Portable Nustepper 2:00pm Sunrisers Perform-MPR 3:00pm Mingle & Movie 6:30pm Healing Yoga	21 9:30am Fun & Fitness 10:30am Social One to One 2:00pm Birthday Social 3:30pm Balloon Games 6:30pm Spa Night Social	22 9:30am Group Exercises 10:30am Portable Nustepper 1:45pm-Rec Department Meeting	23 9:30am Fun & Fitness 2:00pm United Communion -MPR 2:00pm Mini Golf 3:30pm Reminiscing Book Exchange 6:45pm Toast & Tea	24 10:00am Holy Communion & Rosary Prayer-MPR 2:00pm Aromatherapy &Hand Massage	25 9:30am Manicures 10:30am Balloon Toss 2:00pm-Cloggers-MPR 3:30pm Word Games 6:30pm Hockey Night- Leafs vs. Sens
26 9:30am Spiritual Time 10:30am Group Exercise 2:00pm Church Service Maranatha Church - MPR 2:30pm Wheelchair Stroll 6:30pm Lawrence Welk Show	27 9:30am Group Exercises 10:30am Portable Nustepper 2:00pm Tim Hortons Social 3:30pm Manicures & Hand Massages 6:30pm Documentary & Discussions	28 9:30am Fun & Fitness 10:30am Dementiability-Job Task 2:00pm Pet Therapy 2nd	29 9:30am Group Exercises 10:30am Portable Nustepper 2:00pm Music with Jay Middleton - MPR 3:30pm Minute to Win it-Table Games 6:30pm Spa Night Social	30 9:30am Fun & Fitness 10:30am Dementiability-Job Task 2:00pm Music with T&R-MPR 6:45pm Toast & Tea	31 9:30am Group Exercises - moderate 10:30am Portable Nustepper 2:00pm Linda King & The Warrens-MPR 3:30pm Winter Bingo 6:30pm Evening Stretches by the Fireplace	

The activity calendar is subject to change after the time of printing. When the floor(s) and/or villa(s) are in isolation according to Infection Prevention & Control protocols; daily programs will be offered as small group (up to 5 participants) and individualized activity. Please call extension 2244 for further information