

January 2025

2nd Floor Spruce

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9:30am Balloon Baseball & Basketball 10:00am Catholic Mass - MPR 10:00am Wednesday Word Game 2:00pm Toast to the New Year, Resolutions & Traditions Around the World	9:30am Nu-Stepper 11:00am Brain Busters 2:00pm Music with Colleen MacAllister-MPR 3:30pm This or That Game 6:45pm Toast & Tea Social	9:30am Friday Friendly Visits 10:00am Dementiability-Montessori 2:00pm Friday Afternoon Fun & Fitness 3:00pm Find the Ace 6:30pm Can Pigs Fly- Trivia	9:30am Picture Bingo 2:00pm Pom-Pom Painting with Morgan 2:30pm Nu-Stepper 3:30pm Sing Along by the Fireplace 6:30pm Hockey Trivia & Leafs Game
5	6	7	8	9	10	11
9:30am Morning Card Game & Snack 9:30am Sunday Morning Hymns 1:00pm Lawrence Welk 2:00pm Church Service - Hastings Park Bible - MPR 2:00pm Montessori & Music 3:00pm Globe Hopping- Around the World 6:30pm Rhythm & Rhymes	9:30am Music and Movement 10:00am Resident's Council Meeting 10:15am Finish the Proverb 1:30pm Pet Therapy 2nd 2:00pm Monday Manicures & Hand Massages 3:30pm OBIE Games 6:30pm Movie & Popcorn	9:30am Nu-Stepper 10:00am Coffee & Cronicles 10:45am Helping Hands 2:00pm Afternoon Travel with Rick Steeves 2:00pm Resident's Council Floor Meeting-2nd	9:00am Table Montessori 9:30am Balloon Baseball & Basketball 10:00am Wednesday Word Game 2:00pm Vicki Spurell-MPR 3:30pm Elvis Documentary - Netflix 6:30pm No Sixes Dice Game	9:30am Nu-Stepper 11:00am Brain Busters 2:00pm Bill on Piano-2nd 6:45pm Toast & Tea Social	9:30am Friday Friendly Visits 10:00am Holy Communion & Rosary Prayer-MPR 10:00am Dementiability-Montessori 2:00pm Music with Cliff Andrews-MPR 3:30pm Balloon Games 6:30pm Winter Bingo	10:00am Morning Proverbs 10:15am Sing the Next Line 2:00pm Sundaes on a Saturday 2:30pm Nu-Stepper 6:30pm Saturday Night Movie
12	13	14	15	16	17	18
10:00am Sunday Scriptures and Discussion 1:00pm Lawrence Welk 2:00pm Church Service - Salvation Army - MPR 2:00pm Montessori & Music 3:30pm Polar Bear Craft 6:30pm Evening Stretches by the fireplace	9:30am Chair Yoga 10:15am Finish the Proverb 2:00pm Card Games & Throw Back Songs 3:15pm Friendly Visits 6:30pm Short Stories	9:30am Nu-Stepper 10:00am Coffee & Cronicles 10:45am Helping Hands 2:00pm Birthday Tea 3:30pm Ball Toss & Tunes 6:30pm Spaceman - Word Game	9:30am Balloon Baseball & Basketball 10:00am Wednesday Word Game 2:00pm Music with Keith & Victoria-MPR 7:00pm Lions Club Bingo - MPR	9:30am Giant Tiger Outing 9:30am Nu-Stepper 11:00am Brain Busters 1:30pm Walmart Outing 2:00pm Grocery Ad Scavenger Hunt 3:30pm Balloon Games 6:45pm Toast & Tea Social	9:30am Friday Friendly Visits 10:00am Dementiability-Montessori 2:00pm Veterans Group- MPR 2:00pm Friday Afternoon Fun & Fitness 3:00pm Mandala Colouring 6:30pm Vision Board & Goals	9:30am Morning Crafts With Morgan 2:00pm Napanee & District Pipe Band-MPR 2:30pm Nu-Stepper 3:30pm Bean Bag Twister 6:30pm Name 5
19	20	21	22	23	24	25
9:30am Balloon Toss 9:30am Sunday Morning Hymns 1:00pm Lawrence Welk 2:00pm Montessori & Music 2:00pm Church Service - Eastminster Church - MPR 6:30pm Mingle & Movie 6:30pm Healing Yoga	9:30am Music and Movement 10:15am Finish the Proverb 2:00pm Sunrisers Perform-MPR 3:30pm Basketball/Ball Toss 6:30pm Spa Night Social	9:30am Nu-Stepper 10:00am Coffee & Cronicles 10:45am Helping Hands 2:00pm Opposites Word Game	9:00am Table Montessori 9:30am Balloon Baseball & Basketball 10:00am Wednesday Word Game 1:30pm Virtual Music 1:45pm-Rec Department Meeting 3:30pm Manicures and Massages 6:30pm Classic Movie & Popcorn	9:30am Nu-Stepper 11:00am Brain Busters 2:00pm United Communion -MPR Book Exchange 6:45pm Toast & Tea Social	9:30am Friday Friendly Visits 10:00am Holy Communion & Rosary Prayer-MPR 10:00am Dementiability-Montessori 2:00pm Brain Fit & Trivia 3:30pm Balloon Games 6:30pm Pub Night	10:00am Morning Proverbs 10:15am Sing the Next Line 2:00pm-Cloggers-MPR 2:30pm Nu-Stepper 6:30pm This Day in History: January
26	27	28	29	30	31	
10:00am Sunday Scriptures and Discussion 1:00pm Lawrence Welk 2:00pm Church Service Maranatha Church - MPR 2:00pm Montessori & Music 3:30pm Minute to Win it - Table Game 6:30pm Arm Chair Travel - Australia	9:30am Music and Movement 10:15am Finish the Proverb 2:00pm Horseraces 3:00pm Remincising 6:30pm Card Games	9:30am Nu-Stepper 10:00am Coffee & Cronicles 10:45am Helping Hands 2:00pm Alphabet Quizz 2:00pm Pet Therapy 2nd 3:30pm Balloon Games 6:30pm Yoga & Famous Quotes	9:30am Balloon Baseball & Basketball 10:00am Wednesday Word Game 2:00pm Music with Jay Middleton - MPR	9:30am Nu-Stepper 11:00am Brain Busters 2:00pm Music with T&R-MPR 3:30pm Target Toss 6:45pm Toast & Tea Social	9:30am Friday Friendly Visits 10:00am Dementiability-Montessori 2:00pm Linda King & The Warrens-MPR	

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