

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Legend Dining Room (DR) Private Dining Room (PDR) Main Floor Amenity Room (M 2nd Floor Amenity Room (2) 3rd Floor Amenity Room (3) 4th Floor Chapel or Games Ro * Please sign-up for Outings at upon sign-up *			change without notice.		EW YEAR *	New Year's Day 1 10:00 Social Gathering (M) 2:00 Card Bingo (2)
2 10:00 Social Gathering (M) 11:00 Church Service (2) 2:00 Horse Racing (2)	<b>3</b> 10:00 Social Gathering (M) 11:00 Exercise (3) 1:30 Adult Colouring (4) 2:00 Tea and Card Games (M) 6:30 Bingo (2)	4 10:00 Food Committee Meeting (DR) 10:00 Catholic Service (4) 11:00 Fall Prevention Exercise (3) 1:30 Massage Experience (M) 2:00 Tea and Card Games (M) 6:30 Indoor Curling (2)	<b>5</b> 10:00 Social Gathering (M) 11:00 Exercise (3) 1:30 Adult Colouring (4) <b>2:00 Bible Study (2)</b> 2:00 Tea and Card Games (M) 6:30 Bingo (2)	<b>6</b> 10:00 Social Gathering (M) 11:00 Fall Prevention Exercise (3) 2:00 Tea and Card Games (M) 6:30 Horse Racing (2)	<b>7</b> 10:00 Social Gathering (M) 11:00 Exercise (3) 1:30 Adult Colouring (4) 2:00 Tea and Card Games (M) 6:30 Bingo (2)	8 10:00 Social Gathering (M) 2:00 Card Bingo (2)
9 10:00 Social Gathering (M) 11:00 Church Service (2) 2:00 Horse Racing (2)	<b>10</b> 10:00 Social Gathering (M) 11:00 Exercise (3) 1:30 Adult Colouring (4) 2:00 Tea and Card Games (M) 6:30 Bingo (2)		<b>12</b> 10:00 Social Gathering (M) 11:00 Exercise (3) 1:30 Adult Colouring (4) <b>2:00 Bible Study (2)</b> 2:00 Tea and Card Games (M) 6:30 Bingo (2)	13 10:00 Social Gathering (M) 11:00 Fall Prevention Exercise (3) 2:00 Tea and Card Games (M) 6:30 Horse Racing (2)	14 9:00 Blood Pressure (M) 10:00 Social Gathering (M) 11:00 Exercise (3) 1:15 Outing: Sherwood Park 1:30 Adult Colouring (4) 2:00 Tea and Card Games (M) 6:30 Bingo (2)	<b>15</b> 10:00 Social Gathering (M) 2:00 Card Bingo (2)

## January 2022 Leduc – Supportive

## Lifestyle Options

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 10:00 Social Gathering (M) 11:00 Church Service (2) 2:00 Horse Racing (2)	17 10:00 Social Gathering (M) 11:00 Exercise (3) 1:30 Adult Colouring (4) 2:00 Tea and Card Games (M) 6:30 Bingo (2)	18 10:00 Catholic Service (4) 11:00 Fall Prevention Exercise (3) 1:30 Massage Experience (M) 2:00 Tea and Card Games (M) 6:30 Indoor Curling (2)	19 10:00 Supportive Resident and Family Meeting (M) 11:00 Exercise (3) 1:30 Adult Colouring (4) 2:00 Bible Study (2) 2:00 Tea and Card Games (M) 6:30 Bingo (2)	20 10:00 Social Gathering (M) 11:00 Fall Prevention Exercise (3) 2:00 Tea and Card Games (M) 6:30 Horse Racing (2)	21 10:00 Social Gathering (M) 11:00 Exercise (3) 1:30 Adult Colouring (4) 2:00 Tea and Card Games (M) 6:30 Bingo (2)	<b>22</b> 10:00 Social Gathering (M) 2:00 Card Bingo (2)
23 10:00 Social Gathering (M) 11:00 Church Service (2) 2:00 Horse Racing (2)	<b>24</b> 10:00 Social Gathering (M) 11:00 Exercise (3) 1:30 Adult Colouring (4) 2:00 Tea and Card Games (M) 6:30 Bingo (2)	25 10:00 Social Gathering (M) 11:00 Fall Prevention Exercise (3) 2:00 Birthday Party with Tuesday Afternoon Band (2) 6:30 Indoor Curling (2)	<b>26</b> 10:00 Social Gathering (M) 11:00 Exercise (3) 1:30 Adult Colouring (4) <b>2:00 Bible Study (2)</b> 2:00 Tea and Card Games (M) 6:30 Bingo (2)	27 10:00 Social Gathering (M) 11:00 Fall Prevention Exercise (3) 2:00 Tea and Card Games (M) 6:30 Horse Racing (2)	28 9:00 Blood Pressure (M) 10:00 Social Gathering (M) 10:30 Outing: Leduc Diner 11:00 Exercise (3) 1:30 Adult Colouring (4) 2:00 Tea and Card Games (M) 6:30 Bingo (2)	<b>29</b> 10:00 Social Gathering (M) 2:00 Card Bingo (2)
<b>30</b> 10:00 Social Gathering (M) <b>11:00 Church Service (2)</b> 2:00 Horse Racing (2)	<b>31</b> 10:00 Social Gathering (M) 11:00 Exercise (3) 1:30 Adult Colouring (4) 2:00 Tea and Card Games (M) 6:30 Bingo (2)			1	1	

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