





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Legend</p> <p>(EK) East Wing Kitchen</p> <p>HSEP = Home Support Exercise Program</p> <p><i>* Please sign-up for Outings at the Front Desk; payment due upon sign-up.</i></p>		<p>Calendar is subject to change without notice.</p>					<p>1</p> <p>New Year's Day</p> 
<p>2</p>	<p>3</p> <p>10:00 HSEP 10:30 Bingo 1:30 Movie Monday 3:00 Exploring Music</p>	<p>4</p> <p>10:00 Exercise 10:30 Exploring Music 1:30 Spiritual Group 3:00 Trivia</p>	<p>5</p> <p>10:00 HSEP 10:30 Armchair Travel 1:30 Manicures 3:00 Hangman</p>	<p>6</p> <p>10:00 Yoga 10:30 Sing-Along 1:30 Sensory Stimulation 3:00 Walking Club</p>	<p>7</p> <p>10:00 HSEP 10:30 Bean Bag Toss 1:30 Baking (EK) 2:30 Tea Time (EK) 3:00 Friendly Visits</p>	<p>8</p>	
<p>9</p> 	<p>10</p> <p>10:00 HSEP 10:30 Bowling 1:30 Movie Monday 3:00 Exploring Music</p>	<p>11</p> <p>10:00 Exercise 10:30 Exploring Music 1:30 Spiritual Group 3:00 Meditative Colouring</p>	<p>12</p> <p>10:00 HSEP 10:30 Arts and Crafts 1:30 Men's Group 3:00 Puzzles</p>	<p>13</p> <p>10:00 Yoga 10:30 Meditative Colouring 1:30 Sensory Stimulation 3:00 Walking Club</p>	<p>14</p> <p>10:00 HSEP 10:30 Bingo 1:30 Baking (EK) 2:30 Tea Time (EK) 3:00 Friendly Visits</p>	<p>15</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	17 10:00 HSEP 10:30 Bingo 1:30 Movie Monday 3:00 Exploring Music	18 10:00 Exercise 10:30 Exploring Music 1:30 Spiritual Group 3:00 Card Games	19 10:00 HSEP 10:30 Armchair Travel 1:30 Manicures 3:00 Hangman	20 10:00 Yoga 10:30 Horse Races 1:30 Sensory Stimulation 3:00 Walking Club	21 10:00 HSEP 10:30 Noodle Hockey 1:30 Baking (EK) 2:30 Tea Time (EK) 3:00 Friendly Visits	22
23 	24 10:00 HSEP 10:30 Balloon Volleyball 1:30 Movie Monday 3:00 Exploring Music	25 10:00 Exercise 10:30 Exploring Music 1:30 Spiritual Group 3:00 Horse Races	26 10:00 HSEP 10:30 Arts and Crafts 1:30 –Shuffleboard 3:00 YouTube Treasures	27 10:00 Yoga 10:30 –Trivia 1:30 Sensory Stimulation 3:00 Walking Club	28 10:00 HSEP 10:30 Bingo 1:30 Baking (EK) 2:30 Tea Time (EK) 3:00 Friendly Visits	29
30	31 10:00 HSEP 10:30 You Be the Judge 1:30 Movie Monday 3:00 Exploring Music					