

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Year's Day 1 5:30 Movie	2 9:30 Household Chores 10:00 YouTube Sing-Along 11:00 Exercise & Ball Toss 1:10 Household Chores 1:30 Bingo (SL) 3:30 Comedy Jokes 5:30 Movie	3 9:30 Household Chores 10:00 Catholic Service (4) 11:00 Exercise & Ball Toss 12:30 Household Chores 1:10 Nail Care 2:00 Tea Social with Music 3:30 Mental Aerobics 6:30 Balloon Volleyball	4 9:30 Household Chores 10:00 YouTube Sing-Along 11:00 Exercise & Ball Toss 12:30 Household Chores 1:30 Karaoke 2:30 Arts & Crafts 4:00 Candlelight Dinner (PD) 5:40 Self Care Experience	5 9:30 Household Chores 10:00 YouTube Sing-Along 11:00 Exercise & Ball Toss 12:30 Household Chores 1:10 Baking 2:45 Tea Social with Music 5:30 Sports Channel	6 9:30 Household Chores 10:00 YouTube Sing-Along 11:00 Exercise & Ball Toss 1:15 Outing: Country Drive & Ice Cream (Beaumont)* 5:30 Movie	7 11:00 Exercise & Ball Toss 1:15 Walking Program 3:30 YouTube Sing-Along 5:30 Movie
8 9:30 Household Chores 10:00 Exercise & Ball Toss 1:15 Walking Program 3:15 Hymn Singing (SL) 5:30 Movie	9 9:30 Household Chores 10:00 YouTube Sing-Along 11:00 Exercise & Ball Toss 1:10 Household Chores 1:30 Bingo (SL) 3:30 Comedy Jokes 5:30 Movie	10 9:30 Household Chores 10:00 YouTube Sing-Along 11:00 Exercise & Ball Toss 12:30 Household Chores 1:10 Nail Care 2:00 Special Event with Mama Straut (2) 3:30 Mental Aerobics 6:30 Balloon Volleyball	11 9:30 Household Chores 10:00 YouTube Sing-Along 11:00 Exercise & Ball Toss 12:30 Household Chores 1:30 Karaoke 2:30 Arts & Crafts 4:00 Candlelight Dinner (PD) 5:40 Self Care Experience	12 9:30 Household Chores 10:00 YouTube Sing-Along 11:00 Exercise & Ball Toss 12:30 Household Chores 1:10 Baking 2:45 Tea Social with Music 5:30 Sports Channel	13 9:30 Household Chores 10:00 YouTube Sing-Along 11:00 Exercise & Ball Toss 1:15 Outing: Country Drive & Ice Cream (Sherwood Park)* 5:30 Movie	14 11:00 Exercise & Ball Toss 1:15 Walking Program 3:30 YouTube Sing-Along 5:30 Movie
15 9:30 Household Chores 10:00 Exercise & Ball Toss 11:00 Church Service (4) 1:15 Walking Program 3:15 Hymn Singing (SL) 5:30 Movie	16 9:30 Household Chores 10:00 YouTube Sing-Along 11:00 Exercise & Ball Toss 1:10 Household Chores 1:30 Bingo (SL) 3:30 Comedy Jokes 5:30 Movie	17 9:30 Household Chores 10:00 Catholic Service (4) 11:00 Exercise & Ball Toss 12:30 Household Chores 1:10 Nail Care 2:00 Tea Social with Music 3:30 Mental Aerobics 6:30 Balloon Volleyball	18 9:30 Household Chores 10:00 YouTube Sing-Along 11:00 Exercise & Ball Toss 12:30 Household Chores 1:30 Karaoke 2:30 Arts & Crafts 4:00 Candlelight Dinner (PD) 5:40 Self Care Experience	19 9:30 Household Chores 10:00 YouTube Sing-Along 11:00 Exercise & Ball Toss 12:30 Household Chores 1:10 Baking 2:45 Tea Social with Music 5:30 Sports Channel	20 9:30 Household Chores 10:00 YouTube Sing-Along 11:00 Exercise & Ball Toss 1:15 Outing: Country Drive & Ice Cream (Edmonton)* 5:30 Movie	21 11:00 Exercise & Ball Toss 1:15 Walking Program 3:30 YouTube Sing-Along 5:30 Movie

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunar New Year 22 9:30 Household Chores 10:00 Exercise & Ball Toss 11:00 Church Service (4) 1:15 Walking Program 3:15 Hymn Singing (SL) 5:30 Movie	23 9:30 Household Chores 10:00 YouTube Sing-Along 11:00 Exercise & Ball Toss 1:10 Household Chores 1:30 Bingo (SL) 3:30 Comedy Jokes 5:30 Movie	24 9:30 Household Chores 10:00 YouTube Sing-Along 11:00 Exercise & Ball Toss 12:30 Household Chores 1:10 Nail Care 2:00 Tea Social with Music 3:30 Mental Aerobics 6:30 Balloon Volleyball	25 9:30 Household Chores 10:00 YouTube Sing-Along 11:00 Exercise & Ball Toss 12:30 Household Chores 1:30 Karaoke 2:30 Arts & Crafts 4:00 Candlelight Dinner (PD) 5:40 Self Care Experience	26 9:30 Household Chores 10:00 YouTube Sing-Along 11:00 Exercise & Ball Toss 12:30 Household Chores 1:10 Baking 2:45 Tea Social with Music 5:30 Sports Channel	27 9:30 Household Chores 10:00 YouTube Sing-Along 11:00 Exercise & Ball Toss 1:15 Outing: Reynolds Museum in Wetaskiwin* 5:30 Movie	28 11:00 Exercise & Ball Toss 1:15 Walking Program 3:30 YouTube Sing-Along 5:30 Movie
29 9:30 Household Chores 10:00 Exercise & Ball Toss 11:00 Church Service (4) 1:15 Walking Program 3:15 Hymn Singing (SL) 5:30 Movie	30 9:30 Household Chores 10:00 YouTube Sing-Along 11:00 Exercise & Ball Toss 1:10 Household Chores 1:30 Bingo (SL) 3:30 Comedy Jokes 5:30 Movie	31 9:30 Household Chores 10:00 YouTube Sing-Along 11:00 Exercise & Ball Toss 12:30 Household Chores 1:10 Nail Care 2:00 Special Event with Rebound (2) 3:30 Mental Aerobics 6:30 Balloon Volleyball			Legend Private Dining Room (PD) Sainsbury Lane Household (SL) Main Floor Amenity Room (M) 2nd Floor Amenity Room (2) 4th Floor Chapel (4) Calendar is subject to change without notice.	