

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>New Year's Day</b> <b>1</b>	<b>2</b> 10:30 Exercise 11:00 News and Views 1:30 Trivia 2:30 Music Appreciation 3:30 Friendly Visits	<b>3</b> 10:00 Walking Club 10:30 Virtual Church 1:30 Arts & Crafts 2:45 Bingo (TL) 3:30 Friendly Visits	<b>4</b> 10:30 Exercise 11:00 Group Discussion 1:30 Mind Benders 3:30 Friendly Visits 7:00 Pub Night (TL)	<b>5</b> 10:30 Walking Club 1:30 Card Making 2:45 Bingo (TL) 3:30 Friendly Visits	<b>6</b> 10:30 Relaxation Group 1:30 Manicures 2:30 Social Butterfly 3:30 Afternoon Strolls	<b>7</b> 2:00 Happy Hour (TL)
<b>8</b>	<b>9</b> 10:30 Exercise 11:00 News and Views 1:30 Trivia 3:30 Friendly Visits	<b>10</b> 10:00 Walking Club 10:30 Virtual Church 1:30 Arts & Crafts 2:45 Bingo (TL) 3:30 Afternoon Strolls	<b>11</b> 10:30 Exercise 11:00 Group Discussion 1:15 Word Game 7:00 Pub Night (TL)	<b>12</b> 10:30 Walking Club 2:45 Bingo 3:30 Friendly Visits	<b>13</b> 10:30 Relaxation Group 1:30 Movie Matinee 2:30 Social Butterfly 3:30 Afternoon Strolls	<b>14</b> 2:00 Happy Hour (TL)
<b>15</b>	<b>16</b> 10:30 Exercise 11:00 News and Views 1:30 Trivia 3:30 Friendly Visits	<b>17</b> 10:00 Walking Club 10:30 Virtual Church 1:30 Arts & Crafts 2:45 Bingo (TL) 3:30 Afternoon Strolls	<b>18</b> 10:30 Exercise 11:00 Group Discussion 2:30 Card Bingo 7:00 Pub Night (TL)	<b>19</b> 10:30 Walking Club 1:30 Resident & Family Meeting (TL) 2:45 Bingo 3:30 Friendly Visits	<b>20</b> 10:30 Relaxation Group 1:30 Manicures 2:30 Afternoon Strolls 3:30 Friendly Visits	<b>21</b> 2:00 Happy Hour (TL)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lunar New Year 22</b> 10:30 Exercise 11:00 News and Views 1:30 Trivia 2:30 Sing-Along 3:30 Friendly Visits 4:30 Dinner Club	<b>23</b> 10:30 Exercise 11:00 News and Views 1:30 Trivia 2:30 Sing-Along 3:30 Friendly Visits 4:30 Dinner Club	<b>24</b> 10:00 Walking Club 10:30 Virtual Church 1:30 Arts & Crafts 2:45 Bingo (TL) 3:30 Afternoon Strolls	<b>25</b> 10:30 Exercise 11:00 Group Discussion 1:30 iPad Games 2:30 Humour Group 3:30 Friendly Visits	<b>26</b> 10:30 Walking Club 1:30 Meditative Colouring 2:45 Bingo (TL) 3:30 Friendly Visits	<b>27</b> 10:30 Relaxation Group 1:30 Movie & Popcorn 2:30 Social Butterfly 3:30 Afternoon Strolls	<b>28</b> 2:00 Happy Hour (TL)
<b>29</b> 10:30 Exercise 11:00 News and Views 1:30 Trivia 3:30 Friendly Visits	<b>30</b> 10:30 Exercise 11:00 News and Views 1:30 Trivia 3:30 Friendly Visits	<b>31</b> 10:00 Walking Club 10:30 Virtual Church 1:30 Music Appreciation 2:45 Bingo (TL) 3:30 Afternoon Strolls			<b>Legend</b> (EW) East Wing, Main Floor (SR) Sunshine Room, 5 <sup>th</sup> Floor (TL) Terrace Lounge, 5 <sup>th</sup> Floor HSEP = Home Support Exercise Program <b>Calendar is subject to change without notice.</b>	