

January

2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Ready, Steady, Set your goals and go!</p>	<p>2019</p>	<p>1 HAPPY NEW YEAR 10:15 Latin Chair Dancing (AR) 10:30 Spiritual Time with Fidele(P) 11:00 Word Search (2L) 2:00 Bridge (L) 2:00 Bingo (AR) 3:30 Happy Hour (P)</p>	<p>2 11:00 Indoor Bocce Ball (AR) 1:00 Movie Matinee (2L) 2:30 Fall Prevention Exercise(ER) 3:30 Happy Hour (P)</p>	<p>3 9:30 Dr. Teehan History (P) 10:30 Removal of Christmas Décor 1:00 Zumba Exercise (ER) 3:30 Happy Hour (P)</p>	<p>4 10:00 Group Crossword (2L) 1:00 Bingo (2L) 1:30 Art Class (L) 2:30 Fall Prevention Exercise(ER) 3:30 Happy Hour (P)</p>	<p>5 2:00 Horseshoes (AR) 3:00 Air Hockey (P) 3:30 Happy Hour (P)</p>
		<p>6 10:30 Holy Sacrament (CH) 1:00 Movie Matinee (2L) 2:00 Bingo (AR) 3:30 Air Hockey (AR) 3:30 Happy Hour (P)</p>	<p>7 10:00 Choir (AR) 11:30 Jigsaw Puzzles (L) 1:00 Bingo (2L) 2:00 Fall Prevention Exercise(ER) 2:00 Euchure (L) 2:30 Bowling (AR) 3:30 Happy Hour (P)</p>	<p>8 10:15 Latin Chair Dancing (AR) 10:30 Spiritual Time with Fidele(P) 11:00 Word Search (2L) 11:00 Quilting (AR) 1:00 World Travels, Scotland (T) 2:00 Bridge (L) 3:30 Happy Hour (P)</p>	<p>9 11:00 Indoor Bocce Ball (AR) 1:00 Painting (2L) 2:30 Fall Prevention Exercise(ER) 3:30 Happy Hour (P)</p>	<p>10 11:00 Trivia (AR) 1:00 Zumba Exercise (ER) 3:30 Happy Hour (P)</p>
<p>13 10:30 Holy Sacrament (CH) 1:00 Movie Matinee (2L) 2:00 Bingo (AR) 3:30 Air Hockey (P) 3:30 Happy Hour (P)</p>	<p>14 10:00 Choir (AR) 11:30 Jigsaw Puzzles (L) 1:00 Bingo (2L) 2:00 Fall Prevention Exercise(ER) 2:00 Euchure (L) 2:30 Bowling (AR) 3:30 Happy Hour (P)</p>	<p>15 10:15 Latin Chair Dancing(AR) 10:30 Spiritual Time with Fidele(P) 11:00 Word Search (2L) 1:00 Scottish craft (AR) 2:00 Bridge (1L) 2:00 Bingo (AR) 3:30 Happy Hour (P)</p>	<p>16 11:00 Indoor Bocce Ball (AR) 1:00 Movie Matinee (2L) 1:00 Winter Crafts (AR) 2:00 FOOD FOR THOUGHT(AR) 2:30 Fall Prevention Exercise(ER) 3:30 Happy Hour (P)</p>	<p>17 9:30 Dr. Teehan History (P) 10:00 Tea & Word Search (P) 10:30 Babies Who Volunteer (L) 11:00 Puzzles (L) 1:00 Painting (L) 1:00 Zumba Exercise (ER) 3:30 Happy Hour (P)</p>	<p>18 10:00 Group Crossword (2L) 1:00 Bingo (2L) 2:30 Fall Prevention Exercise(ER) 3:30 Happy Hour (P)</p>	<p>19 2:00 Sand Bags (AR) 3:00 Darts (P) 3:30 Happy Hour (P)</p>
<p>20 10:30 Holy Sacrament -CH 1:00 Movie Matinee (2L) 2:00 Bingo (AR) 3:30 Air Hockey (AR) 3:30 Happy Hour (P)</p>	<p>21 10:00 Choir (AR) 11:30 Jigsaw Puzzles (L) 1:00 Bingo (2L) 2:00 Fall Prevention Exercise(ER) 2:30 Bowling (AR) 3:30 Happy Hour (P)</p>	<p>22 10:15 Latin Chair Dancing (AR) 10:30 Spiritual Time with Fidele(P) 11:00 Quilting (AR) 1:00 Fit Minds (AR) 2:00 AMBASSADOR MTG (AR) 2:00 Bridge (L) 3:30 Happy Hour (P)</p>	<p>23 11:00 Indoor Bocce Ball (AR) 1:00 Painting (2L) 2:30 Fall Prevention Exercise(ER) 3:30 Happy Hour (P)</p>	<p>24 10:30 Babies Who Volunteer (L) 11:00 Trivia (AR) 1:00 Zumba Exercise (ER) 3:30 Happy Hour (P) 7:30 Darts with Denis (P)</p>	<p>25 10:00 Group Crossword (2L) 10:30 Poetry work shop (AR) 1:00 Bingo (2L) 1:30 1 on 1 Ambassador visits 1:30 Art Class(L) 2:30 Fall Prevention Exercise(ER) 3:30 Happy Hour (P) 4:30 Robbie Burns Dinner</p>	<p>26 2:00 Horseshoes (AR) 3:00 Air Hockey (P) 3:30 Happy Hour (P)</p>
<p>27 10:30 Holy Sacrament (CH) 1:00 Movie Matinee (2L) 2:00 Bingo (AR) 3:30 Air Hockey (AR) 3:30 Happy Hour (P)</p>	<p>28 10:00 Choir (AR) 11:30 Jigsaw Puzzles (L) 1:00 Bingo (2L) 2:00 Fall Prevention Exercise(ER) 2:30 Bowling (AR) 3:30 Happy hour (P)</p>	<p>29 10:15 Latin Chair Dance - AR 10:30 Spiritual Time with Fidele(P) 11:00 Word Search (2L) 2:00 Bingo (AR) 2:00 Bridge (1L) 3:30 Happy Hour (P)</p>	<p>30 11:00 Indoor Bocce Ball (AR) 1:00 Movie Matinee (2L) 2:30 Fall Prevention Exercise(ER) 2:00 RESIDENTS MTG (AR) 2:30 Birthday Party with The Legacy (AR)</p>	<p>31 9:30 Dr. Teehan History (P) 10:30 Babies Who Volunteer (L) 11:00 Puzzles (L) 1:00 Painting (L) 1:00 Zumba Exercise (ER) 3:30 Happy Hour (P) 7:30 Darts with Denis (P)</p>	<p>151 Meadowlands Dr. W. Ottawa (613)317-2388</p>	

Some quick notes of importance to share with everyone:

- ***Day Change**-Spiritual Time with Fidele, has now been moved to Tues's in the Pub.
- ***Double Happy Hour**-There will no longer be a "Happy Hour", on days that we have an entertainer.
- ***Quilting**-I would like to introduce Quilting with Lillian, every second Tues in the Activity Room
- ***Bingo**-I would like to introduce an additional Bingo in the Activity Room, every second Tues.
- ***Please be advised that there will be a movie played every night in the Theater at 7:30pm.

Come One Come All!

January 25th is the day that we celebrate Robbie Burns. Don yer tartans, eat some taters, raise a glass and recite some poetry. There will be a poetry workshop at 10:30am and a special dinner menu accompanied by a bagpiper. (Bagpipes from 4:15pm-5:15pm)

