


## January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 	<b>2</b> <p style="text-align: center;"><b>NO RECREATION</b></p>	<b>3</b> Get Crackin'H2 Individual Exercise 1:30 Movie Afternoon 	<b>4</b> Get Crackin'H3 Individual Exercise 10:30 Sit n'Be Fit 1:30 Wine Makin' 	<b>5</b> Get Crackin'H4 Individual Exercise 10:00 Catholic Mass ( Communion) 1:30 <i> Birthday Party H3</i>	<b>6</b> Individual Exercise 10:30 Sit n'Be Fit 1:30 BINGO 	<b>7</b> 
<b>8</b>	<b>9</b> Get Crackin'H1 Individual Exercise 10:30 Sit n'Be Fit 1:30 Holiday Clean up 	<b>10</b> Get Crackin'H2 Group Exercise H2 1:30 Holiday clean up 	<b>11</b> Get Crackin'H3 Individual Exercise 10:30 Sit n'Be Fit 1:30 " THE OLD TIMERS"	<b>12</b> Get Crackin'H4 Group exercise H4 10:30 Crosswords H3 1:30 Holiday Clean up 	<b>13</b> Individual Exercise 10:30 Sit n'Be Fit 1:30 BINGO 	<b>14</b>
<b>15</b>	<b>16</b> Get Crackin'H1 Individual Exercise 10:30 Sit n'Be Fit 1:30 Ladies Day 	<b>17</b> Get Crackin'H2 Group Exercises H2 1:30 <i> ALLIANCE CHURCH</i>	<b>18</b> Get Crackin'H3 Individual Exercise 10:00 Group Exercise H4 1:30 Wine Makin' 	<b>19</b> Get Crackin'H4 Individual Exercise 10:30 Crosswords 1:30 Gentlemen Party 	<b>20</b> Individual Exercise 10:30 Sit n'Be Fit 1:30 BINGO 	<b>21</b>
<b>22</b>	<b>23</b> Get Crackin'H1 Individual Exercise 10:30 Sit n'Be Fit 1:30 CARDS & GAMES 	<b>24</b> Get Crackin'H2 Group Exercise H2 10:30 Sit n'Be Fit 1:30 "Harwood Got Talent" 	<b>25</b> Get Crackin'H3 Individual Exercise 10:00 Bakin' 1:30 Valentine Table Center Piece	<b>26</b> Get Crackin'H4 Group exercise H4 10:30 Crosswords H3 1:30 <i> Birthday Party H2</i>	<b>27</b> Individual Exercise 10:30 Sit n'Be Fit 1:30 BINGO 	<b>28</b>
<b>29</b>	<b>30</b> Get Crackin'H1 Individual Exercise 10:30 Sit n'Be Fit 11:00 WELLNESS H1 12:30 WELLNESS H2 1:30 CARDS & GAMES	<b>31</b> Get Crackin'H2 Individual Exercise 11:00 WELLNESS H3 12:30 WELLNESS H4 1:30 <b>Canteen</b>	Blanche Dussault Jan. 5 <sup>th</sup> , 1931 John Savostianik Jan. 17 <sup>th</sup> , 1929 Olga Nikiforuk Jan. 27 <sup>th</sup> , 1927			