

JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 No Activities Today	2 10:00 BO Strength Training with Amanda (GR) 2:00 MI Resident Council Meeting (H5) 3:15 SO Sing Along with AI (GR)	3 10:00 BO Chair Yoga with Kassandra 2:00 SO Entertainment by Capo (GR)	4 10:00 BO Strength Training with Amanda (GR) 10:45 SP Hymn Singing (GR) 2:00 SO Coffee Social (GR) 2:30 MI Bingo (GR)	5 10:00 BO Chair Drumming with Joan (GR) 2:00 SO Christmas Light Tour & Hot Chocolate (GR)	6 7
8 9:30 SP Catholic Communion (GR)	9 10:00 BO Core & Balance Exercises (GR) 10:45 SP Hymn Singing (GR) 2:00 SO Shirley Temple Social (GR) 2:30 MI Bingo (GR)	10 10:00 BO Strength Training with Amanda (GR) 2:00 SP Bible Study & Hymn Singing (GR)	11 10:00 BO Chair Yoga with Kassandra 1:30 SO Baking with Wanda (H1) 3:00 MI Reading Corner (H4)	12 10:00 BO Strength Training with Amanda (GR) 10:45 SP Hymn Singing (GR) 2:00 BO Chair Volleyball (GR)	13 10:00 SO Fun Friday with Little Learner's Preschool (GR) 2:00 SO Entertainment by Memory Lane (GR) 3:30 SP Catholic communion with Father Peter (GR)	14
15 3:00 SP Warman Gospel Church Service (GR)	16 10:00 BO Core & Balance Exercises (GR) 10:45 SP Hymn Singing (GR) 2:00 SO Hot Chocolate Social (GR) 2:30 MI Bingo (GR)	17 10:00 BO Strength Training with Amanda (GR) 2:00 SP Bible Study & Hymn Singing (GR)	18 10:00 BO Chair Yoga with Kassandra 2:00 SO Did You Know Facts: All About Saskatchewan (GR)	19 10:00 BO Strength Training with Amanda (GR) 10:45 SP Hymn Singing (GR) 2:00 SO Men's Club (GR) 2:00 MI Poetry Club: Charles Dickens (H5)	20 10:00 BO Chair Dancing with Joan: Zumba (GR) 2:00 SO Family Feud Game (GR)	21
22 9:30 SP Catholic Communion (GR)	23 10:00 BO Core & Balance Exercises (GR) 10:45 SP Hymn Singing (GR) 2:30 MI Bingo (GR)	24 10:00 BO Strength Training with Amanda (GR) 2:00 SP Bible Study & Hymn Singing (GR)	25 10:00 BO Chair Yoga with Kassandra 1:30 SO Baking with Wanda (H5) 2:00 SO Resident Birthday Party (GR)	26 10:00 BO Strength Training with Amanda (GR) 10:45 SP Hymn Singing (GR) 2:00 MI Great Room Games (GR)	27 10:00 SO Fun Friday with Little Learner's Preschool (GR) 2:00 SO Happy Hour (GR)	28
29	30 10:00 BO Core & Balance Exercises (GR) 10:45 SP Hymn Singing (GR) 2:00 SO Coffee Social (GR) 2:30 MI Bingo (GR)	31 10:00 BO Strength Training with Amanda (GR) 2:00 SP Bible Study & Hymn Singing (GR)	BO Body MI Mind SO Social SP Spirit			