

























January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 	2 Get Crackin' H2 Group Exercise 10:00 United Church 1:30 Movie Afternoon 	3 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 Canteen 1:30 Kaiser	4 Get Crackin' H4 Group Exercise 10:00 Catholic Church 10:30 Crossword 1:30 Bible Study 	5 Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO 	6 
7 	8 Get Crackin' H1 Individual Exercise 10:30 Sit N' Be Fit 1:30 Clean Up 	9 Get Crackin' H2 Group Exercise 1:30 Clean Up 	10 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 "The Old Timers"	11 Get Crackin' H4 Group Exercise 10:00 Anglican Church 1:30 Clean Up 	12 Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO 	13  GARNET JANUARY
14 	15 Get Crackin' H1 Individual Exercise 10:30 Sit N' Be Fit 1:30 Clean Up 	16 Get Crackin' H2 Group Exercise 10:30 Crossword 1:30 Ladies Afternoon 	17 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 Cribbage 1:30 Dominoes	18 Get Crackin' H4 Group Exercise 10:00 Crossword 1:30 Gentlemen's Afternoon 	19 Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO 	20 
21 	22 Get Crackin' H1 Individual Exercise 10:30 Sit N' Be Fit 1:30 Card Games	23 Get Crackin' H2 Group Exercise 10:30 Bakin' 1:30 Birthday Party H2	24 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 "Al Taylor"	25 Get Crackin' H4 Group Exercise 10:00 Crossword 1:30 Valentine's Day Table Centerpiece	26 Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO 	27 
28 	29 Get Crackin' H1 Individual Exercise 10:30 Sit N' Be Fit 11:00 WELLNESS H1 12:30 WELLNESS H2	30 Get Crackin' H2 Group Exercise 11:00 WELLNESS H3 12:30 WELLNESS H4 1:30 Hangman	31 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 Baking Class 			John Savostianik Jan 17 th , 1929 Olga Nikiforuk Jan 27 th , 1927 

January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1:30 Card Games	1:30 Cribbage				