


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	No Program  New Year's Day	1 9:00 Welcome and Local Update 9:30 Get Fit 10:30 Slow Cooker meal 11:30 Lunch Prep/ Bingo 1:00 Green Thumb 2:30 Snack and clubhouse clean 3:00 Book Club 6:30 Karaoke at Mikes	2 9:00 Welcome and Local Update 9:30 Get Fit 10:30 Baking 11:30 Lunch prep/ Short Stories 1:00 Healthy Habit 2:30 Snack and Clubhouse Clean 3:00 Journal Update 3:30 Mind Teasers No Program	3 9:00 Welcome and Local Update 9:30 Get Fit 10:30 Baking 11:30 Lunch prep/ Trivia 1:00 Community Leisure 2:30 Snack and clubhouse clean 3:00 Musical Games	4 9:00 Welcome and Local Update 9:30 Get Fit 10:30 Woodworking 11:30 Lunch prep/ Trivia 1:00 Community Leisure 2:30 Snack and clubhouse clean 3:00 Musical Games	5 9:00 Welcome and Local Update 10:00 Swimming 1:00 Library Volunteer 2:00 Meal Planning 2:30 Snack and clubhouse clean 3:00 Karaoke 6:30 Movie Night
7	8 9:00 Welcome and Local Update 9:30 Get Fit 10:30 Healthy Habits 11:30 Lunch Prep/ Noodle Ball 1:00 Kitchen Clean/Grocery shop 2:00 Mind Teasers 3:00 Clubhouse clean 3:15 Games 5:30 Minute Meals Prep	9 9:00 Welcome and Local Update 9:30 Get Fit 10:30 Slow Cooker meal 11:30 Lunch Prep/ Bingo 1:00 Creative Art 2:30 Snack and Clubhouse Clean 3:00 Book Club	10 9:00 Welcome and Local Update 9:30 Get Fit 10:30 Baking 11:00 George Freeman Volunteer 11:30 Lunch prep/ Short Stories 1:00 Healthy Habit 2:30 Snack and Clubhouse Clean 3:00 Journal Update 3:30 Mind Teasers 6:30 Karaoke at Mikes	11 9:00 Welcome and Local Update 9:30 Get Fit 10:30 Woodworking 11:30 Lunch prep/ Trivia 1:00 Community Leisure 2:30 Snack and clubhouse clean 3:00 Musical Games	12 9:00 Welcome and Local Update 10:00 Swimming 1:00 Library Volunteer 2:00 Meal Planning 3:00 Clubhouse Clean 3:00 Karaoke 5:00 Wrangler game vs Ontario free ticket + program cost.	13
14	15 9:00 Welcome and Local Update 9:30 Get Fit 10:30 Healthy Habits 11:30 Lunch Prep/ Noodle Ball 1:00 Kitchen Clean/Grocery shop 2:00 Mind Teasers 3:00 Clubhouse clean 3:15 Games 6:30 Blender Bevies Martin Luther King Jr. Day	16 9:00 Welcome and Local Update 9:30 Slow Cooker meal 11:00 Early Lunch 12:00 Bowling 2:30 Snack and Clubhouse Clean 3:00 Book Club	17 9:00 Welcome and Local Update 9:30 Get Fit 10:30 Baking 11:00 George Freeman Volunteer 11:30 Lunch prep/ Short Stories 1:00 Healthy Habit 2:30 Snack and Clubhouse Clean 3:00 Journal Update 3:30 Mind Teasers 6:30 Karaoke at Mikes	18 9:00 Welcome and Local Update 9:30 Get Fit 10:30 Woodworking 11:30 Lunch prep/ Trivia 1:00 Community Leisure 2:30 Snack and clubhouse clean 3:00 Musical Games	19 9:00 Welcome and Local Update 10:00 Swimming 1:00 Library Volunteer 2:00 Meal Planning 3:00 Clubhouse Clean 3:00 Karaoke 6:30 No Program	20
21 Hitman game. Cost 18.00/ticket + program cost I have reserved 15 seats and need 10 to confirm. Activity Professionals Week	22 9:00 Welcome and Local Update 9:30 Get Fit 10:30 Healthy Habits 11:30 Lunch Prep/ Noodle Ball 1:00 Kitchen Clean/Grocery shop 2:00 Mind Teasers 3:00 Clubhouse clean 3:15 Games 5:30 Supper at BPs	23 9:00 Welcome and Local Update 9:30 Get Fit 10:30 Slow Cooker meal 11:30 Lunch Prep/ Bingo 1:00 Creative Art 2:30 Snack and Clubhouse Clean 3:00 Book Club	24 9:00 Welcome and Local Update 9:30 Get Fit 10:30 Baking 11:00 George Freeman Volunteer 11:30 Lunch prep/ Short Stories 1:00 Healthy Habit 2:30 Snack and Clubhouse Clean 3:00 Journal Update 3:30 Mind Teasers 6:30 Karaoke at Mikes Tu B'Shevat Begins	25 9:00 Welcome and Local Update 9:30 Get Fit 10:30 Woodworking 11:30 Lunch prep/ Trivia 1:00 Community Leisure 2:30 Snack and clubhouse clean 3:00 Musical Games	26 9:00 Welcome and Local Update 10:00 Swimming 1:00 Library Volunteer 2:00 Meal Planning 3:00 Clubhouse Clean 3:00 Karaoke 6:30 Legion Karaoke with Christie Australia Day (Observed)	27
28	29 9:00 Welcome and Local Update 9:30 Get Fit 10:30 Healthy Habits 11:30 Lunch Prep/ Noodle Ball 1:00 Kitchen Clean/Grocery shop 2:00 Mind Teasers 3:00 Clubhouse clean 3:15 Games 5:30 Minute Meal prep	30 9:00 Welcome and Local Update 9:30 Get Fit 10:30 Slow Cooker meal 11:30 Lunch Prep/ Bingo 1:00 Green Thumb 2:30 Snack and Clubhouse Clean 3:00 Book Club	31 9:00 Welcome and Local Update 9:30 Get Fit 10:30 Baking 11:00 George Freeman Volunteer 11:30 Lunch prep/ Short Stories 1:00 Healthy Habit 2:30 Snack and Clubhouse Clean 3:00 Journal Update 3:30 Mind Teasers 6:30 Karaoke at Mikes	<h1>January 2024</h1>		