

January 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy New Year! 2:30pm Entertainment with Mickey Lewin - MPR	2 10:30am Armchair Travel - TV3W 2:30pm Music Appreciation - TV3W	3 10:30am Bingo - AR3W 3:00pm Sing Along - AR3W	4 10:30am Church Service 2:00pm Movie - MPR	5 10:30am Reminiscing - AR3W 2:30pm Brain Aerobics - AR3W 2:30pm Trivia - TV3W	6 10:30am Bingo Social - AR3W 2:30pm Jewish Service/ Sabbath Shalom - MPR	7 10:30am Church Service 3:00pm Spiritual Songs
8 10:30am Music Appreciation - TV3W	9 10:30am Yoga with Nancy - MPR 2:30pm Armchair Travel - TV3W	10 10:30am Bingo - AR3W 11:00am Domino club - AR3W 2:30pm Friendly Visits - V 3W 3:00pm Sing Along - AR3W	11 10:30am Church Service 2:00pm Movie - MPR	12 10:30am Entertainment with Jay Franco - MPR 2:30pm Reminiscing - AR3W	13 10:30am Bingo Social - AR3W 2:30pm Jewish Service/ Sabbath Shalom - MPR	14 10:30am Church Service 3:00pm Spiritual Songs
15	16 10:30am Armchair Travel - TV3W 2:30pm Music Appreciation - TV3W 2:30pm Residents' Council - BR	17 10:30am Bingo - AR3W 2:30pm 1:1 - V 3W 3:30pm Sing Along - TV3W	18 10:30am Church Service 2:00pm Movie - MPR	19 10:30am Reminiscing - AR3W 2:30pm Seated Ballroom - MPR	20 10:30am Friday Bingo - AR3W 2:30pm Jewish Service/ Sabbath Shalom - MPR	21 10:30am Church Service 3:00pm Spiritual Songs
22	23 10:30am Yoga with Nancy - MPR	24 10:30am Bingo Social - AR3W 2:00pm 1:1 - V 3W 2:30pm Sing Along - TV3W	25 10:30am Church Service 2:00pm Movie - MPR	26 10:30am Brain Aerobics - AR3W 2:30pm Entertainment with David Wildsmith - MPR	27 10:30am Bingo - AR3W 2:30pm Jewish Service/ Sabbath Shalom - MPR	28 10:30am Church Service 3:00pm Spiritual Songs
29	30 10:30am Armchair Travel - TV3W 2:30pm Brain Aerobics - AR3W	31 10:30am Bingo - AR3W 2:30pm 1:1 - V 3W 3:00pm Music Appreciation - TV3W				

AR3W - Activity Room 3W

BR - Boardroom

MPR - Multi-Purpose Room

TV3W - TV Room 3W

V 3W - Varied 3W

Programs subject to change.