



INSPIRED SENIOR LIVING

January 2024

Carp Commons Retirement Village



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Outbreak and Activities Update:

If there are no new cases up until Monday, we'll be back to regular scheduled programs on Monday, January 8th. Due to the outbreak; the New Years Eve Party and Christmas Choir Group Performance will be re-scheduled for February. We would like to thank everyone for their understanding through this outbreak. We know it hasn't been easy but are excited to get back to normal once everyone gets better.

<p>9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) 7</p> <p>9:30 "NEW* Weekend Virtual Exercise (T)</p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)</p> <p>10:30 Non- Denominational TV Church Service and Hymn Sing (T)</p> <p>1:30 Afternoon Movie Matinee (T)</p> <p>3:00 January Trivia! (T)</p> <p>7:00 Sunday Night Classics (T)</p>	<p>Hair Salon with Kelly (SS) 8</p> <p>The Famous Elvis Presley's Birthday! (PB)</p> <p>10:30 Strength & Endurance Exercise Class (CK)</p> <p>11:00 Canadian Canuckle & Wordle (CK)</p> <p>11:30 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP)</p> <p>2:00 B-I-N-G-O! (PB)</p> <p>3:00 Happy Hour on the Life Enrichment Team and Billiards (PB)</p> <p>3:00 Hand and Foot Card Game- Learn to Play- (Thelma is Teaching) (CK)</p> <p>4:15 Tech Help with Life Enrichment (RSVP with LE) (STS)</p> <p>6:30 Learn to Play Pool with Locks (PB)</p> <p>7:00 Documentary: Tribute to Elvis (T)</p>	<p>10:00 Carp Commons Men's Group! (B) 9</p> <p>10:30 Gentle Exercise Class (Low Impact) (CK)</p> <p>11:15 Strength & Stretch (Assisted Living) (2AR)</p> <p>1:30 Resident Run Bridge (PB)</p> <p>2:00 Informative and Interactive Art Presentation: Global Sculptors (T)</p> <p>3:00 Food for Thought Meeting with Rob, Darren and Kim (T)</p> <p>3:45 Let's Dance with a Zumba Class! (CK)</p> <p>4:00 Indoor Go 4 Life Walking Club (Sign up with Life Enrichment) (LO)</p> <p>6:30 Resident Run Play Shuffleboard (PB)</p> <p>7:00 Drama Movie Night (T)</p>	<p>10:00 The most talked about DAILY New York Times Wordle Game (T) 10</p> <p>10:30 Crummiest Cakes Baking Club (CK)</p> <p>11:00 The Knotty Knitters and Crocheting Coffee Social Group (LL)</p> <p>2:00 Drumfit Exercise Class! (T)</p> <p>3:00 Live Entertainment with The Classics (CK)</p> <p>4:00 Half Price Happy Hour Social and Billiards: Frosted Snow Cocktail (PB)</p> <p>6:00 Resident Run Evening Euchre (PB)</p> <p>7:00 Movie Night: Your Pick! (T)</p>	<p>9:30 Outing: Walmart Shopping-Fernbank (RSVP) 11</p> <p>10:00 Church: In person with Mary Cate (T)</p> <p>11:00 Strength & Endurance Exercise Class (CK)</p> <p>2:00 It's all about Elvis! Live Elvis Entertainment (CK)</p> <p>3:00 Scrabble Games! (PB)</p> <p>3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK)</p> <p>4:00 Tech Help with Life Enrichment(RSVP with LE) (STS)</p> <p>7:00 Romance Movie Night (T)</p>	<p>10:00 Memory Care Scenic Country Drive 10:30am-11:30am (RSVP) 12</p> <p>10:30 Chair Yoga (T)</p> <p>2:00 Learn to Play Euchre! (PB)</p> <p>3:00 Wine and Cheese Social (PB)</p> <p>3:30 Latin Chair Dancing with Michael (CK)</p> <p>4:00 Indoor Go 4 Life Walking Club (Sign up with Life Enrichment) (LO)</p> <p>7:00 Friday Night You Pick Movie Night (T)</p>	<p>9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (PB) 13</p> <p>9:30 The most talked about DAILY New York Times Wordle Game (T) (T)</p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:00 Indoor Go 4 Life Walking Club- Sign up with Life Enrichment (LO)</p> <p>10:30 *NEW* Weekend Virtual Exercise (T)</p> <p>11:30 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP)</p> <p>1:30 Resident Run Bridge (Theatre) (T)</p> <p>2:30 MUSICAL Bingo (PB)</p> <p>7:00 Award Winning Films (T)</p>
<p>9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) 14</p> <p>9:30 "NEW* Weekend Virtual Exercise (T)</p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)</p> <p>10:30 Non- Denominational TV Church Service and Hymn Sing (T)</p> <p>1:30 Afternoon Movie Matinee (T)</p> <p>2:00 Resident Run: Rummikub in the Bar! (PB)</p> <p>3:00 Meet me at the MoMA Presentation- Lifelong Art Learning: Jean-Paul Riopelle(Canadian Painter and Sculptor) (MC)</p> <p>7:00 Sunday Night Classics (T)</p>	<p>Hair Salon with Kelly (SS) 15</p> <p>10:30 Strength & Endurance Exercise Class (CK)</p> <p>11:00 Canadian Canuckle & Wordle (CK)</p> <p>2:00 B-I-N-G-O! (PB)</p> <p>3:00 Happy Hour on the Life Enrichment Team and Billiards (PB)</p> <p>3:00 Hand and Foot Card Game- Learn to Play- (Thelma is Teaching) (CK)</p> <p>4:15 Tech Help with Life Enrichment (RSVP with LE) (STS)</p> <p>6:30 Learn to Play Pool with Locks (PB)</p> <p>7:00 Documentary Night (T)</p>	<p>10:00 Carp Commons Men's Group! (B) 16</p> <p>10:30 Gentle Exercise Class (Low Impact) (CK)</p> <p>11:15 Strength & Stretch (Assisted Living) (2AR)</p> <p>1:30 Resident Run Bridge (PB)</p> <p>2:00 Artful Enrichment Painting Workshop: Milky Way Mountains (ACW)</p> <p>3:00 Active Minds-Learning Series- The Everyday Guide to Spirits and Cocktails: Tastes and Traditions *Learn and then create your cocktail (PB)</p> <p>3:45 Let's Dance with a Zumba Class! (CK)</p> <p>4:00 Indoor Go 4 Life Walking Club (Sign up with Life Enrichment) (LO)</p> <p>6:30 Resident Run Play Shuffleboard (PB)</p> <p>7:00 Drama Movie Night (T)</p>	<p>10:00 The most talked about DAILY New York Times Wordle Game (T) 17</p> <p>10:30 Crummiest Cakes Baking Club (CK)</p> <p>11:00 The Knotty Knitters and Crocheting Coffee Social Group (LL)</p> <p>2:00 Drumfit Exercise Class! (T)</p> <p>3:00 Live Entertainment with Nick Straccini (CK)</p> <p>4:00 Half Price Happy Hour Social and Billiards: Frosted Snow Cocktail (PB)</p> <p>6:00 Resident Run Evening Euchre (PB)</p> <p>7:00 Movie Night: Your Pick! (T)</p>	<p>10:00 Church Service(In-person) (T) 18</p> <p>11:00 Strength & Endurance Exercise Class (CK)</p> <p>11:00 Outing: Brunch at the Village Cafe in Stittsville\$ & Shoppers Drug Mart (RSVP)</p> <p>2:00 Afternoon Resident Run Cribbage Game (PB)</p> <p>2:00 Guest Speaker: Karin Davidson-Taylor- Live in the Mediterranean Greenhouse (Plant Adaptations) at the Royal Botanical Gardens (T)</p> <p>3:00 Scrabble Games! (PB)</p> <p>3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK)</p> <p>4:00 Tech Help with Life Enrichment(RSVP with LE) (STS)</p> <p>7:00 Romance Movie Night (T)</p>	<p>National Popcorn Day! 19</p> <p>10:00 Memory Care Scenic Country Drive 10:30am-11:30am (RSVP)</p> <p>10:30 Chair Yoga (T)</p> <p>2:00 History Presentation by Lianne Harris: Italy (Bella Italia) (T)</p> <p>3:00 Learn to Play Euchre! (PB)</p> <p>3:15 Popcorn Tasting Social & free give aways! (PB)</p> <p>4:00 Indoor Go 4 Life Walking Club (Sign up with Life Enrichment) (LO)</p> <p>7:00 Friday Night You Pick Movie Night (T)</p>	<p>9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (PB) 20</p> <p>9:30 The most talked about DAILY New York Times Wordle Game (T) (T)</p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:00 Indoor Go 4 Life Walking Club- Sign up with Life Enrichment (LO)</p> <p>10:30 *NEW* Weekend Virtual Exercise (T)</p> <p>1:30 Resident Run Bridge (Theatre) (T)</p> <p>2:30 MUSICAL Bingo (PB)</p> <p>7:00 Award Winning Films (T)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) 21</p> <p>9:30 "NEW* Weekend Virtual Exercise (T)</p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)</p> <p>10:30 Non- Denominational TV Church Service and Hymn Sing (T)</p> <p>1:30 Afternoon Movie Matinee (T)</p> <p>2:00 Resident Run: Rummikub in the Bar! (PB)</p> <p>3:00 Meet me at the MoMA Presentation- Lifelong Art Learning: Stan Douglas (Photographer, Installation Artist) (T)</p> <p>7:00 Sunday Night Classics (T)</p>	<p>Hair Salon with Kelly (SS) 22</p> <p>10:30 Strength & Endurance Exercise Class (CK)</p> <p>11:00 Canadian Canuckle & Wordle (CK)</p> <p>11:30 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP)</p> <p>2:00 B-I-N-G-O! (PB)</p> <p>3:00 Happy Hour on the Life Enrichment Team and Billiards (PB)</p> <p>3:00 Hand and Foot Card Game- Learn to Play- (Thelma is Teaching) (CK)</p> <p>4:15 Tech Help with Life Enrichment (RSVP with LE) (STS)</p> <p>6:30 Learn to Play Pool with Locks (PB)</p> <p>7:00 Documentary Night (T)</p>	<p>9:30 Outing: Walmart Shopping-Fernbank (RSVP) 23</p> <p>10:00 Carp Commons Men's Group! (B)</p> <p>10:30 Gentle Exercise Class (Low Impact) (CK)</p> <p>11:15 Strength & Stretch (Assisted Living) (2AR)</p> <p>1:30 Resident Run Bridge (PB)</p> <p>2:00 Guest Speaker(Mireille): Presentation on Mobility and Falls Prevention (T)</p> <p>3:45 Let's Dance with a Zumba Class! (CK)</p> <p>4:00 Indoor Go 4 Life Walking Club (Sign up with Life Enrichment) (LO)</p> <p>6:30 Resident Run Play Shuffleboard (PB)</p> <p>7:00 Drama Movie Night (T)</p>	<p>Ismile Dental Hygiene in the Spa (Please see Collins or Reception for more details) (SS) 24</p> <p>10:00 The most talked about DAILY New York Times Wordle Game (T)</p> <p>10:30 Crummiest Cakes Baking Club (CK)</p> <p>11:00 The Knotty Knitters and Crocheting Coffee Social Group (LL)</p> <p>2:00 Drumfit Exercise Class! (T)</p> <p>3:00 Live Entertainment with Bob & Don (CK)</p> <p>4:00 Half Price Happy Hour Social and Billiards: Frosted Snow Cocktail (PB)</p> <p>6:00 Resident Run Evening Euchre (PB)</p> <p>7:00 Documentary: All about Scotland (T)</p>	<p>Robbie Burns Day! 25</p> <p>10:00 Outing: Museum of Nature\$ (RSVP)</p> <p>10:30 Strength & Endurance Exercise Class (CK)</p> <p>11:00 Robbie Burns Day and Scottish Trivia (T)</p> <p>2:00 Fitminds Stay Sharp Brain Health (ACW)</p> <p>2:00 Afternoon Resident Run Cribbage Game (PB)</p> <p>3:00 Scrabble Games! (PB)</p> <p>3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK)</p> <p>4:00 Tech Help with Life Enrichment(RSVP with LE) (STS)</p> <p>6:30 Scottish Dance Performance by Sherry's School of Highland Dance (CK)</p>	<p>10:00 Memory Care Scenic Country Drive 10:30am-11:30am (RSVP) 26</p> <p>10:30 Chair Yoga (T)</p> <p>1:30 Monthly Euchre Tournament 1:30pm-3:30pm (PB)</p> <p>3:00 Wine and Say Cheese Social! (PB)</p> <p>3:30 Latin Chair Dancing with Michael (CK)</p> <p>4:00 Indoor Go 4 Life Walking Club (Sign up with Life Enrichment) (LO)</p> <p>7:00 Friday Night You Pick Movie Night (T)</p>	<p>9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (PB) 27</p> <p>9:30 The most talked about DAILY New York Times Wordle Game (T) (T)</p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:00 Indoor Go 4 Life Walking Club- Sign up with Life Enrichment (LO)</p> <p>10:30 *NEW* Weekend Virtual Exercise (T)</p> <p>1:30 Resident Run Bridge (Theatre) (T)</p> <p>2:30 MUSICAL Bingo (PB)</p> <p>7:00 Award Winning Films (T)</p>
<p>9:30 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) 28</p> <p>9:30 "NEW* Weekend Virtual Exercise (T)</p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)</p> <p>10:30 Non- Denominational TV Church Service and Hymn Sing (T)</p> <p>1:30 Afternoon Movie Matinee (T)</p> <p>2:00 Resident Run: Rummikub in the Bar! (PB)</p> <p>3:00 Who Am I Trivia (T)</p> <p>7:00 Sunday Night Classics (T)</p>	<p>Hair Salon with Kelly (SS) 29</p> <p>10:30 Strength & Endurance Exercise Class (CK)</p> <p>11:00 Canadian Canuckle & Wordle (CK)</p> <p>11:30 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP)</p> <p>2:00 B-I-N-G-O! (PB)</p> <p>3:00 Happy Hour on the Life Enrichment Team and Billiards (PB)</p> <p>3:00 Hand and Foot Card Game- Learn to Play- (Thelma is Teaching) (CK)</p> <p>4:15 Tech Help with Life Enrichment (RSVP with LE) (STS)</p> <p>6:30 Learn to Play Pool with Locks (PB)</p> <p>7:00 Documentary Night (T)</p>	<p>9:30 Outing: Walmart Shopping-Fernbank (RSVP) 30</p> <p>10:00 Carp Commons Men's Group! (B)</p> <p>10:30 Gentle Exercise Class (Low Impact) (CK)</p> <p>11:15 Strength & Stretch (Assisted Living) (2AR)</p> <p>1:30 Resident Run Bridge (PB)</p> <p>2:00 Crafters Corners: Tissue Paper Collage Art with Betty B. (ACW)</p> <p>3:45 Let's Dance with a Zumba Class! (CK)</p> <p>4:00 Indoor Go 4 Life Walking Club (Sign up with Life Enrichment) (LO)</p> <p>6:30 Resident Run Play Shuffleboard (PB)</p> <p>7:00 Drama Movie Night (T)</p>	<p>The most talked about DAILY New York Times Wordle Game (T) 31</p> <p>10:30 Crummiest Cakes Baking Club (CK)</p> <p>11:00 The Knotty Knitters and Crocheting Coffee Social Group (LL)</p> <p>2:00 Drumfit Exercise Class! (T)</p> <p>3:00 Excursion to the Safari, meet the live animals from Meet the Keepers! (CK)</p> <p>4:00 Half Price Happy Hour Social and Billiards: Frosted Snow Cocktail (PB)</p> <p>6:00 Resident Run Evening Euchre (PB)</p> <p>7:00 Movie Night: Your Pick! (T)</p>			

Calendar Legend

- Outing
- Special Program
- Vendor
- Theme Day
- Living, Loving, Local
- Signature Program
- Highlight

Be your best self



THURSDAY
JAN 25
Robbie Burns Day

Locations Legend

- Theatre (T)
- Pub/Bistro (PB)
- Country Kitchen (CK)
- Outing (RSVP)
- Meet in the Lobby (LO)
- Suite-to-Suite (STS)
- IN THE VILLAGE (VILL)
- Boardroom (B)
- 2nd Floor Activity Room (2AR)
- Art and Craft Workshop (ACW)
- Library/Lounge (LL)
- Salon/Spa (SS)
- Memory Care (MC)