



INSPIRED SENIOR LIVING

January 2024 Hawthorn Park



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 New Years Movie (OM) 10:30 Morning Exercises and Stretches (OM) 11:00 Balloon Badminton (OMLR) 2:00 Afternoon Sing a long (ORC)	2 9:30 Go4Life Walking Club! (OM) 11:00 Balloon Toss (OML) 1:30 Sharing New Years Resolutions and sharing stories (ORC) 2:00 Scattegories! (ORC) 3:30 Active Games (OMLR)	3 9:00 Individual Visits (ORC) 10:00 Piano Music with Betty! (OMLR) 11:00 House Keeping (OML) 1:00 Afternoon Visits and walks (OMLR) 2:30 Afternoon Tea and Trivia (OM) 3:30 Personal Visits with Life Enrichment (OM) 5:00 Bar Cart with Heather! (OM)	4 9:00 Brain Games- Trivia and more (OM) 10:00 Ball Therapy! (OMLR) 10:45 Hand Massages and one on one visits (OM) 1:30 Horse Race Game (LO) 3:00 Afternoon Social and Entertainment with Mar (OMLR)	5 10:30 Fun Fitness Friday! (OMLR) 11:00 1:1 Visits (OMLR) 3:30 Scattegories! (ORC)	6 9:00 Morning Movie (OMLR) 1:30 Table Top Activities: Dominos (OM) 3:00 Picture Bingo! (OMLR) 4:00 Armchair Travel! (OM)
7 9:00 Go 4 Life Walking club (OM) 10:45 Giant Crossword Puzzle (ORC) 12:00 One on one visits with Laura! (OM) 1:00 Central Okanagan United Church Service (LO) 1:00 Sunday Sundae Cart! (ORC) 1:30 Chair Yoga in Hawthorn Park with Heather (O) 3:30 Java Music Club (ORC)	8 9:30 Music Bingo! (OM) 10:30 Catholic Communion Service- Everyone Welcome (T) 10:30 Morning Exercises and Stretches (OM) 11:00 Balloon Badminton (OMLR) 1:15 ELVIS PRESLEY'S BIRTHDAY CELEBRATION! (OM) 1:30 Drumfit with Heather at Hawthorn Park (O) 2:00 Happy Birthday Elvis Trivia! (ORC)	9 9:30 Go4Life Walking Club! (OM) 10:00 Scenic Drive (MEE) 10:00 Horse Race Game (LO) 1:30 Jeopardy Trivia Game (ORC) 1:30 Let's get Baking! (ORC) 2:30 Scattegories! (ORC) 3:30 Active Games (OMLR)	10 9:00 Morning Game Shows (OMLR) 10:00 Morning Exercises! (ORC) 11:00 Sing A Long (OML) 1:00 Afternoon Visits and walks (OMLR) 2:30 Afternoon Tea and Trivia (OM) 3:30 Brain Games (C) 3:30 Personal Visits with Life Enrichment (OM) 5:00 Bar Cart with Heather! (OM)	11 9:00 Brain Games- Trivia and more (OM) 10:00 Ball Therapy! (OMLR) 10:45 Hand Massages and one on one visits (OM) 1:30 Jeopardy (O) 2:30 Target Practice with Bean Bags (OMLR) 3:00 Afternoon Social and Entertainment with Rolland (OMLR) 3:30 Artful Enrichment- Guided Arts and crafts (LO)	12 9:15 Fit Minds Friday! (OM) 10:00 Individual Activities with Sonia! (OM) 10:00 Fun Fitness Friday! (OMLR) 11:00 Beach Ball Game (OMLR) 1:30 Table Top Board Games! (OMLR) 3:30 Scattegories! (ORC) 3:30 Birtch Way Block Party! (OM)	13 9:00 Morning Movie (OMLR) 1:30 Table Top Activities: Yahtzee (OM) 3:00 Picture Bingo! (OMLR) 4:00 Armchair Travel! (OM)
14 9:00 Go 4 Life Walking club (OM) 1:15 Giant Crossword Puzzle! (ORC) 1:30 Chair Yoga in Hawthorn Park with Heather (O) 2:00 Feel good News and Stories (OMLR) 3:30 Java Music Club (ORC)	15 9:30 Relaxing Hand Massages (OMLR) 10:30 Catholic Communion Service- Everyone Welcome (T) 10:30 Morning Exercises and Stretches (OM) 11:00 Balloon Badminton (OMLR) 1:15 BINGO with Prizes! (OM) 1:30 Drumfit with Heather at Hawthorn Park (O) 2:00 Afternoon Sing a long (ORC)	16 9:30 Go4Life Walking Club! (OM) 10:00 Bus outing to the Mall for Shopping! (MEE) 1:30 Short Stories and Musical Stories (ORC) 2:00 Indoor/outdoor walks (OM) 2:30 Scattegories! (ORC) 3:30 Active Games (OMLR)	17 9:00 Morning Game Shows (OMLR) 10:00 Morning Exercises! (ORC) 11:00 Sing A Long (OML) 1:00 Afternoon Visits and walks (OMLR) 2:30 Afternoon Tea and Trivia (OM) 3:30 Brain Games (C) 3:30 Personal Visits with Life Enrichment (OM) 5:00 Bar Cart with Heather! (OM)	18 9:00 Brain Games- Trivia and more (OM) 10:00 Ball Therapy! (OMLR) 10:00 Premium Mobility Walker Clinic- Complimentary tune ups (LO) 10:30 Sing a long (ORC) 10:45 Hand Massages and one on one visits (OM) 1:30 Horse Race Game (LO) 2:30 Target Practice with Bean Bags (OMLR) 3:00 Afternoon Social and Entertainment with Jeremy (OMLR) 3:30 Artful Enrichment- Guided Arts and crafts (LO)	19 National Popcorn Day! 9:15 Fit Minds Friday! (OM) 10:00 Individual Activities with Sonia! (OM) 10:00 Fun Fitness Friday! (OMLR) 11:00 Beach Ball Game (OMLR) 1:30 Table Top Board Games! (OMLR) 3:30 Scattegories! (ORC) 3:30 Apple Way Block Party! (OM)	20 9:00 Morning Movie (OMLR) 1:30 Table Top Activities: Flower Arranging (OM) 3:00 Picture Bingo! (OMLR) 4:00 Armchair Travel! (OM)



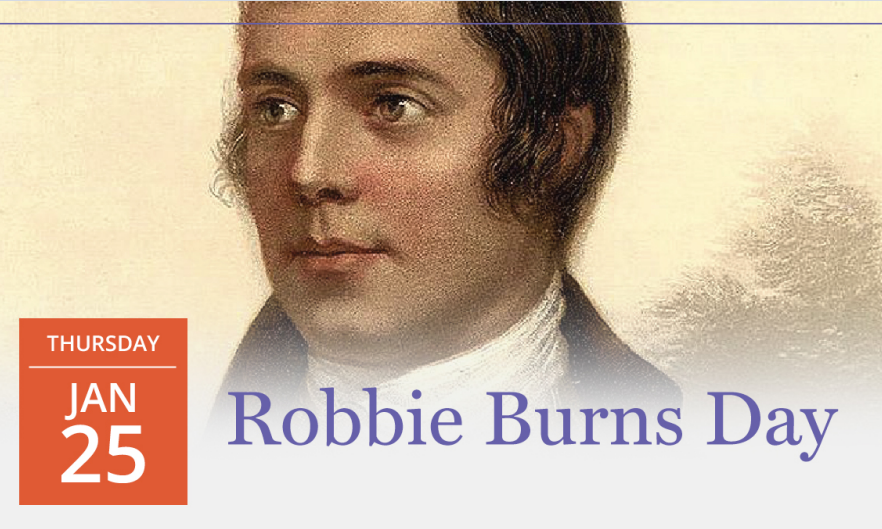
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Go 4 Life Walking club (OM) 21</p> <p>10:45 Giant Crossword Puzzle (ORC)</p> <p>1:00 Sunday Sundae Cart! (ORC)</p> <p>1:30 Chair Yoga in Hawthorn Park with Heather (O)</p> <p>3:30 Java Music Club (ORC)</p>	<p>9:30 Music Bingo! (OM) 22</p> <p>10:30 Catholic Communion Service- Everyone Welcome (T)</p> <p>10:30 Morning Exercises and Stretches (OM)</p> <p>11:00 Balloon Badminton (OMLR)</p> <p>1:15 BINGO with Prizes! (OM)</p> <p>1:30 Drumfit with Heather at Hawthorn Park (O)</p> <p>2:00 Afternoon Sing a long (ORC)</p>	<p>9:30 Go4Life Walking Club! (OM) 23</p> <p>10:00 Scenic Drive (MEE)</p> <p>10:00 Horse Race Game (LO)</p> <p>1:30 Jeopardy Trivia Game (ORC)</p> <p>1:30 Krafts with Katie! (ORC)</p> <p>2:30 Scattegories! (ORC)</p> <p>3:30 Active Games (OMLR)</p>	<p>9:00 Morning Game Shows (OMLR) 24</p> <p>10:00 Morning Exercises! (ORC)</p> <p>11:00 Sing A Long (OML)</p> <p>1:00 Afternoon Visits and walks (OMLR)</p> <p>2:30 Afternoon Tea and Trivia (OM)</p> <p>3:30 Brain Games (C)</p> <p>3:30 Personal Visits with Life Enrichment (OM)</p> <p>5:00 Bar Cart with Heather! (OM)</p>	<p>Robbie Burns Day 25</p> <p>9:00 Brain Games- Trivia and more (OM)</p> <p>10:00 Ball Therapy! (OMLR)</p> <p>10:00 Tymely Mobile Fashions- Pop up shopping boutique 10:00-2:00 (LO)</p> <p>10:45 Hand Massages and one on one visits (OM)</p> <p>1:30 Jeopardy (O)</p> <p>2:30 Target Practice with Bean Bags (OMLR)</p> <p>3:00 Afternoon Social and Entertainment with Rona! (OMLR)</p> <p>3:30 Artful Enrichment- Guided Arts and crafts (LO)</p>	<p>9:15 Fit Minds Friday! (OM) 26</p> <p>10:00 Individual Activities with Sonia! (OM)</p> <p>10:00 Fun Fitness Friday! (OMLR)</p> <p>11:00 Beach Ball Game (OMLR)</p> <p>1:30 Table Top Board Games! (OMLR)</p> <p>3:30 Scattegories! (ORC)</p> <p>3:30 Cedar Way Block Party! (OM)</p>	<p>9:00 Morning Movie (OMLR) 27</p> <p>3:00 Picture Bingo! (OMLR)</p> <p>4:00 Armchair Travel! (OM)</p> <p>5:00 Table Top Activities: Photo Reminiscing (OM)</p>
<p>9:00 Go 4 Life Walking club (OM) 28</p> <p>1:15 Giant Crossword Puzzle! (ORC)</p> <p>1:30 Chair Yoga in Hawthorn Park with Heather (O)</p> <p>2:00 Feel good News and Stories (OMLR)</p> <p>3:30 Java Music Club (ORC)</p>	<p>9:30 Music Bingo! (OM) 29</p> <p>10:30 Catholic Communion Service- Everyone Welcome (T)</p> <p>10:30 Morning Exercises and Stretches (OM)</p> <p>11:00 Balloon Badminton (OMLR)</p> <p>1:15 BINGO with Prizes! (OM)</p> <p>1:30 Drumfit with Heather at Hawthorn Park (O)</p> <p>2:00 Afternoon Sing a long (ORC)</p>	<p>9:30 Go4Life Walking Club! (OM) 30</p> <p>10:00 Scenic Drive (MEE)</p> <p>10:00 Horse Race Game (LO)</p> <p>10:30 Music Therapy with Ria (OM)</p> <p>1:30 Short Stories and Musical Stories (ORC)</p> <p>2:00 Krafts with Katie! (ORC)</p> <p>2:30 Scattegories! (ORC)</p> <p>3:30 Active Games (OMLR)</p>	<p>9:00 Morning Game Shows (OMLR) 31</p> <p>10:00 Morning Exercises! (ORC)</p> <p>11:00 Sing A Long (OML)</p> <p>1:00 Afternoon Visits and walks (OMLR)</p> <p>2:30 Afternoon Tea and Trivia (OM)</p> <p>3:30 Brain Games (C)</p> <p>3:30 Personal Visits with Life Enrichment (OM)</p> <p>5:00 Bar Cart with Heather! (OM)</p>			



Be your best self

Locations Legend

- Orchard Manor (OM)
- Orchard Manor Living Room (OMLR)
- Orchard Manor Activity Room (ORC)
- Lounge (LO)

- Oakroom (O)
- Orchard Manor Lobby (OML)
- Meet by bus (MEE)
- Courtyard (C)
- Theatre (T)

Calendar Legend

- Outing
- Special Program
- Living, Loving, Local
- Signature Program