


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
			New Year's Day 1 1:15 🧠 Bridge Club [Games Room] 1:30 🎬 Movie Matinee - "New Year's Eve" [Wild Rose Room]	2 9:00 🌿 Daily Fit [Wellness Centre] 9:30 Shopping/Banking: Shawnessy Walmart, Michaels, BMO, Nygard etc 10:00 🧠 Health Education - "The Eight Dimensions of Wellness" [Wild Rose Room] 1:00 🎮 Canasta & Choice Games [Fireplace Lounge] 1:00 🚗 Outing: Country Drive 1:00 🛒 Seamstress [Garden Lounge] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	3 9:00 🌿 Daily Fit [Wellness Centre] 9:15 🚗 Shopping/Banking at Deer Run 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 11:00 🚗 Outing: Lunch at Toad n' Turtle 1:00 🧠 Bingo [Activity Room] 1:30 😊 Mindful Meditation [Wild Rose Room] 2:00 🚗 Shopping/Banking: Promenade 3:00 🎮 Happy Hour [Bistro] 6:30 🎮 Cribbage [Games Room] 7:00 😊 Movie Night - "Downtown Abbey" [Wild Rose Room]	4 9:00 🌿 Weekend Exercises [Wellness Centre] 10:00 🌿 Ping Pong [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:30 🧠 Lighthearted Trivia [Activity Room] 6:15 🧠 Canasta [Fireplace Lounge] 7:00 😊 Movie Night - "Downtown Abbey" [Wild Rose Room]		
	5 9:30 🌞 Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 🌞 Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]		6 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 1:00 🧠 Bingo [Activity Room] 1:00 🧐 Mini Manicures with Susan [Garden Lounge] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🧠 Book Club [Library] 2:30 🎮 Tasty Tea [Bistro] 6:30 🎮 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge]	7 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:00 🌿 Seated Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:00 🧐 Knitters for Needy [Activity Room] 1:30 🎮 Choice Games with Chrystina [Fireplace Lounge] 1:30 🧠 Ukulele Circle [Wellness Centre] 2:00 🌞 McDougall United Church Service [Chapel] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night: Walking on Sunshine [Dining Room]	8 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 1:15 🧠 Art Lecture - Calgary Public Art Displays [Activity Room] 1:15 🧠 Bridge Club [Games Room] 1:15 🌞 Java Music Club [Garden Lounge] 2:15 🎮 Education Session: Super Foods [Bistro] 3:15 😊 Piano Prelude with Dara Yourss [Dining Room] 6:30 🎮 Cribbage [Games Room]	9 9:00 🌿 Daily Fit [Wellness Centre] 9:15 🚗 Shopping/Banking: Promenade 10:00 🧠 Health Education - "The Eight Dimensions of Wellness" [Wild Rose Room] 11:00 🚗 Outing: Brunch at OEB Breakfast followed by Group Tour at Studio Bell National Music Center 1:00 🎮 Canasta & Choice Games [Fireplace Lounge] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	10 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🚗 Shopping/Banking: Shawnessy Walmart, Michaels, BMO, Nygard etc. 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:15 🌞 Catholic Mass [Chapel] 1:00 🧠 Bingo [Activity Room] 1:00 🚗 Shopping: Promenade/South Center 1:30 😊 Mindful Meditation [Wild Rose Room] 3:00 🎮 Happy Hour [Bistro] 6:30 🎮 Cribbage [Games Room] 7:00 😊 Movie Night [Wild Rose Room]	11 9:00 🌿 Weekend Exercises [Wellness Centre] 10:00 🌿 Ping Pong [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:30 🧠 Lighthearted Trivia [Activity Room] 6:15 🧠 Canasta [Fireplace Lounge] 7:00 😊 Movie Night [Wild Rose Room]
	12 9:30 🌞 Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 🌞 Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]		13 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🚗 Shopping/Banking: Deer Run 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 11:15 🚗 Outing: Lunch at Dockside Restaurant in Chestermere 1:00 🧠 Bingo [Activity Room] 1:00 🧐 Mini Manicures with Susan [Garden Lounge] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:30 🧐 Fraud Talk by CPS Constable Diamond [Dining Room] 6:30 🎮 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge]	14 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🛒 Hearing Aid Clinic - By Appointment Only [Library] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:00 🌿 Seated Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:00 🧐 Knitters for Needy [Activity Room] 1:30 🌞 Anglican Communion [Chapel] 1:30 🎮 Choice Games with Chrystina [Fireplace Lounge] 1:30 🧠 Ukulele Circle [Wellness Centre] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night: Vicky and Nole Musical Duo [Dining Room]	15 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 11:30 🎮 Men's Luncheon [Bistro] 1:15 🧠 Bridge Club [Games Room] 1:15 🌞 Java Music Club [Garden Lounge] 1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room] 1:30 Quiddler - With Strathcona Students [Fireplace Lounge] 2:00 🌞 Painting w/Alex - The Museum of Modern Art [Activity Room] 2:15 🎮 Education Session: Super Foods [Bistro] 3:15 😊 Piano Prelude with Dara Yourss [Dining Room] 6:30 🎮 Cribbage [Games Room]	16 9:00 🌿 Daily Fit [Wellness Centre] 9:15 🚗 Shopping/Banking: Promenade 10:00 🧠 Health Education - "The Eight Dimensions of Wellness" [Wild Rose Room] 10:45 🚗 Outing: Lunch at Rockyview Hotel followed by Tour at Studio West Bronze Foundry & Art Gallery in Cochrane 1:00 🎮 Canasta & Choice Games [Fireplace Lounge] 1:00 🛒 Seamstress [Garden Lounge] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	17 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🚗 Shopping/Banking: Deer Run 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 11:30 🚗 Outing: Lunch at The British Chippy Restaurant in Okotoks followed by Scenic Drive Home 1:00 🧠 Bingo [Activity Room] 1:30 😊 Mindful Meditation [Wild Rose Room] 3:00 🎮 Happy Hour [Bistro] 6:30 🎮 Cribbage [Games Room] 7:00 😊 Movie Night [Wild Rose Room]	18 9:00 🌿 Weekend Exercises [Wellness Centre] 10:00 🌿 Ping Pong [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:30 🧠 Lighthearted Trivia [Activity Room] 6:15 🧠 Canasta [Fireplace Lounge] 7:00 😊 Movie Night [Wild Rose Room]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 9:30 ☀️ Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]	20 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 1:00 🧠 Bingo [Activity Room] 1:00 🧐 Mini Manicures with Susan [Garden Lounge] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:30 🍵 Tasty Tea [Bistro] 6:30 🍵 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge]	21 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:00 🌿 Seated Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:00 🧐 Knitters for Needy [Activity Room] 1:30 🍵 Choice Games with Chrystina [Fireplace Lounge] 1:30 🧠 Ukulele Circle [Wellness Centre] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night: Calgary Burns Club Singers for Robby Burns Day [Dining Room]	22 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 1:15 🧠 Art Lecture - Calgary Public Art Displays [Activity Room] 1:15 🧠 Bridge Club [Games Room] 1:15 ☀️ Java Music Club [Garden Lounge] 1:30 Quiddler - With Strathcona Students [Fireplace Lounge] 2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room] 2:15 🍵 Education Session: Super Foods [Bistro] 3:15 😊 Piano Prelude with Dara Yourss [Dining Room] 6:30 🍵 Cribbage [Games Room]	23 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🚗 Shopping/Banking: Promenade 10:00 🧠 Health Education - "The Eight Dimensions of Wellness" [Wild Rose Room] 11:00 🚗 Outing: Lunch at Blower's & Grafton 1:00 🍵 Canasta & Choice Games [Fireplace Lounge] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	24 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:00 🚗 Outing: Century Downs Casino or Cross Iron Mills for Shopping 1:00 🧠 Bingo [Activity Room] 1:30 😊 Mindful Meditation [Wild Rose Room] 3:00 🍵 Happy Hour [Bistro] 6:30 🍵 Cribbage [Games Room] 7:00 😊 Movie Night [Wild Rose Room]	25 9:00 🌿 Weekend Exercises [Wellness Centre] 10:00 🌿 Ping Pong [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:30 🧠 Lighthearted Trivia [Activity Room] 6:15 🧠 Canasta [Fireplace Lounge] 7:00 😊 Movie Night [Wild Rose Room]
26 9:30 ☀️ Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]	27 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🚗 Shopping/Banking: Shawnessy 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 11:30 🚗 Outing: Lunch at The Cheesecake Cafe 1:00 🧠 Bingo [Activity Room] 1:00 🧐 Mini Manicures with Susan [Garden Lounge] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Tech Talk - Help with Technology [Library] 1:30 😊 Movie Matinee with Shelagh [Wild Rose Room] 2:00 🚗 Shopping: South Center/ Promenade 2:30 🍵 Tasty Tea [Bistro] 6:30 🍵 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge]	28 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:00 🌿 Seated Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:00 🧐 Knitters for Needy [Activity Room] 1:30 🍵 Choice Games with Chrystina [Fireplace Lounge] 1:30 🧠 Ukulele Circle [Wellness Centre] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night: Rick Kelly's Old Country Act [Dining Room]	29 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 12:00 🧐 Resident Birthday Lunch by Invite Only [Bistro] 1:15 🧠 Bridge Club [Games Room] 1:15 ☀️ Java Music Club [Garden Lounge] 1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room] 1:30 Quiddler - With Strathcona Students [Fireplace Lounge] 2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room] 2:15 🍵 Education Session: Super Foods [Bistro] 3:15 😊 Piano Prelude with Dara Yourss [Dining Room] 6:30 🍵 Cribbage [Games Room]	30 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🚗 Shopping/Banking: Promenade 10:00 🧠 Health Education - "The Eight Dimensions of Wellness" [Wild Rose Room] 10:45 🚗 Outing: Lunch at Country Store Diner in Turner Valley with a Scenic Drive Home 1:00 🍵 Canasta & Choice Games [Fireplace Lounge] 1:00 🛒 Seamstress [Garden Lounge] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	31 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🚗 Shopping/Outing: Deer Run 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 1:00 🧠 Bingo [Activity Room] 1:00 🚗 Shopping: South Center/ Promenade 1:30 😊 Mindful Meditation [Wild Rose Room] 3:00 🍵 Happy Hour [Bistro] 6:30 🍵 Cribbage [Games Room] 6:30 🧐 Sandwich Making for the Needy [Activity Room] 7:00 😊 Movie Night [Wild Rose Room]	LIVING LOVING LOCAL Carrots
😊 Emotional 🧠 Intellectual 🚗 Outing 🌿 Physical 🧐 Purposeful 🍵 Social ☀️ Spiritual 🛒 Vendor	Outings 2nd - Country Drive 3rd - Lunch at Toad n' Turtle 9th - Lunch at OEB Breakfast and Studio Bell National Music Center 13th - Lunch at Dockside Grill in Chestermere 16th - Lunch at Rockyview Hotel and Tour at Studio West Bronze Foundry & Art Gallery 17th - Lunch at British Chippy Restaurant in Okotoks 23rd - Lunch at Blowers and Grafton 24th - Century Downs Casino or Shopping at Cross Iron Mills 27th - Lunch at Cheesecake Cafe		 The National Programme for Sport and Physical Activity for Older People		Tidbits Birthstone: Turquoise Flower: Narcissus What's Lucky This Month! Lucky Colors: Purple Lucky Days: Wednesday Lucky Numbers: 6 & 11 Lucky Letters: E & R	