

Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25
<p>Weekly Activity Challenge Due Date: Medium Sudokus (P)</p> <p>Martin Luther King Jr. Day</p> <p>National Popcorn Day</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Brain Games (Resident-led) (P)</p> <p>10:30 Can Fit Pro Exercise Class (F)</p> <p>1:30 Movie Matinee with Popcorn (Docudrama): Selma (P)</p> <p>2:00 Grasslands Shopping (V)</p> <p>2:00 Fit Minds in Harbour House (HAR)</p> <p>2:30 TD Bank (V)</p> <p>3:00 Southland Mall (V)</p> <p>3:00 Popcorn Social (B)</p> <p>6:00 Dog Therapy Visits with Lisa & Dexter (Haven & Heritage House) (HH)</p> <p>6:45 Board Games & More! (P)</p> 	<p>National Cheese Lovers Day</p> <p>9:00 Tuesday Morning Coffee Party (B)</p> <p>10:00 Fit Minds (P)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>12:00 New Resident Luncheon (By Invitation Only) (PD)</p> <p>1:30 Card Bingo (HER)</p> <p>1:30 Whist Game * (P)</p> <p>2:00 BMO/CIBC Banks (V)</p> <p>2:00 Rosary (E)</p> <p>2:00 Can Fit Pro Low Impact Exercise Class (W)</p> <p>2:30 Co-op Grocery Store (V)</p> <p>2:30 Wine & Cheese Social (B)</p> <p>3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS)</p> <p>3:00 Grasslands Shopping (V)</p> <p>3:00 Fit Minds in Heritage House (HER)</p> <p>7:00 Entertainment: Poplar Creek Duo (B)</p>	<p>Bell Let's Talk Day</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:30 Can Fit Pro Exercise Class (F)</p> <p>1:30 Can Fit Pro Low Impact Exercise Class *Time Change Today* (W)</p> <p>2:00 Co-op Grocery Store (V)</p> <p>2:00 Robbie Burns Day Celebration (D)</p> <p>2:30 Royal & Scotia Banks (V)</p> <p>3:00 Conexus Credit Union (V)</p> <p>6:45 Bridge Game * (P)</p> <p>7:00 Crokinole (BN)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Bible Study Meeting & Discussion (Everyone Welcome!) (PD)</p> <p>10:30 Chair Yoga with Rebecca Whitrow (P)</p> <p>2:00 Spring Shuffleboard League Registration (\$5 to sign up) (P)</p> <p>3:00 Scottish Themed Happy Hour (P)</p> <p>7:00 Crokinole (BN)</p> <p>7:00 Entertainment: Elaine Oster (B)</p>	<p>National Pie Day (B)</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Can Fit Pro Exercise Class (F)</p> <p>10:45 Current Events & Coffee with Annette (LB)</p> <p>1:35 Rosary (P)</p> <p>2:00 Grasslands Shopping (V)</p> <p>2:00 Catholic Mass (P)</p> <p>2:30 Southland Mall/Sobeys Liquor Store (V)</p> <p>2:30 Mental Health Fundraiser Celebration & Pie Social (B)</p> <p>6:30 Bingo *Rescheduled from Monday* (P)</p>	<p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Outing with Yeva to Regina Farmer's Market* (V)</p> <p>10:30 Chair Yoga with Sacha Wolfson (P)</p> <p>1:00 Hooked on Pins & Needles (Everyone Welcome) (W)</p> <p>2:00 Sing-Along with Joan, Ken & Leone (B)</p> <p>3:15 Polar Bear Plunge Game (B)</p> <p>6:30 Netflix Documentary: Victoria Beckham Ep. 1 (P)</p> 	<p>Robbie Burns Day</p> <p>10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB)</p> <p>10:00 Sunday Morning Coffee Party (B)</p> <p>10:30 Archdiocese of Regina Catholic Mass Livestream (P)</p> <p>12:30 Craft with Debra (HER)</p> <p>1:15 Sunday Fun-Day Outing with Len: Concerts at the Floral Conservatory-Harp* (V)</p> <p>2:00 Billiards (PHL)</p> <p>2:00 DrumFIT (W)</p> <p>6:30 Movie Night (Action): Sahara (P)</p> 
<p><u>Locations Legend</u></p> <div><div>Prairie Schooner (P)</div><div>Van Service (V)</div><div>Bistro (B)</div><div>Entire Building (EB)</div><div>Wascana Way - 3rd FL. (W)</div><div>Fireplace Lounge (F)</div><div>Heritage House (HER)</div><div>Private Dining Room (PD)</div></div> <div><div>Breakfast Nook (BN)</div><div>Harbour House (HAR)</div><div>HouseHolds (HH)</div><div>Education Room - 2nd Fl. (E)</div><div>In Suite (IS)</div><div>Dining Room (D)</div><div>Library (LB)</div><div>Pool Hall Lounge (PHL)</div></div>		<p><u>News</u></p> <p>Fundraiser: our fundraiser continues until the end of day on Wednesday, January 21st in honour of Bell Let's Talk Day. We are raising money for the Regina Branch of the Canadian Mental Health Association at Reception. We hear your feedback and will be switching things up with our fundraiser. Instead of pieing each Manager as we reach each monetary milestone, those Managers whose names are beside the monetary amount on our chart at Reception will NOT be pied. Therefore, for all of us to avoid being pied we need to reach our goal of \$100. So far Patti, Amy, and Jolene are safe. Thank you Sherrie Kopciuch for the suggestion. We will celebrate our fundraising efforts on National Pie Day, Friday, January 23rd with a pie social at 2:30 p.m. in the Bistro. See you there!</p> <p>Robbie Burns Day Celebration: on Wednesday, January 21st from 2-3:30 p.m. in the Bistro/Dining Room area. Join the Sask Seniors Mechanism's Century Club members, fellow residents, and staff for this annual event.</p> <p>Shuffleboard Signup: Thursday, January 22nd at 2:00 p.m. in the Prairie Schooner. As always, the cost to participate is \$5 which goes towards our end of season celebration prizes. If you are unable to attend the signup and want to participate, please let Jolene or Yeva know. Our next season begins Wednesday, February 11th.</p>				<p><u>Calendar Legend</u></p> <p>Outing</p> <p>Special Program</p> <p>Sign up Required *</p> <p>Theme Day</p> <p>Signature Program</p> <p>Highlight</p>