





INSPIRED SENIOR LIVING

# January 2025 Gardenside



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>9:30 Nails by Angie "The Candy Shop" - Manicures and Pedicures available (\$45)- Sign up at reception (CRM) <b>5</b></p> <p>10:00 Sunday Sit and Stretch (GAR)</p> <p>10:30 Let's Play Cornhole! (GAR)</p> <p>11:20 Fit Minds - Words in a Word (GAR)</p> <p>2:00 Music Performance by New Spirit Ensemble (FL)</p> <p>3:30 Name That Tune 'Sing A Long' with Hot Drinks (GAR)</p>	<p>10:00 Sit and Stretch Exercise (GAR) <b>6</b></p> <p>10:30 OBIE Games &amp; Puzzles (GAR)</p> <p>11:30 Fit Minds - Jeopardy (GAR)</p> <p>2:00 Travelogue video - Russia (GAR)</p> <p>3:30 Sing-a-long and warm drink social (GAR)</p>	<p>10:00 Sit and Stretch Exercise (GAR) <b>7</b></p> <p>10:30 Roll - O - Trump (GAR)</p> <p>11:30 Morning Word Games- Category Trivia (GAR)</p> <p>3:30 All About Ukrainian Christmas (GAR)</p> <p>6:30 Evening Manicures (GAR)</p>	<p>10:00 Sit and Stretch Exercise (DR) <b>1</b></p> <p>10:30 Horseshoes in the Round (GAR)</p> <p>11:30 Morning Word Games (GAR)</p> <p>2:00 Bingo (GAR)</p> <p>3:30 Happy 2025 New Year's Drink Social (GAR)</p>	<p>10:00 Excercises with Wendy J (GAR) <b>2</b></p> <p>11:00 Scents &amp; Senses of Winter (GAR)</p> <p>2:00 Roll O Trump (GAR)</p> <p>3:30 5 card Bingo (GAR)</p>	<p>10:00 Gentle Exercises (GAR) <b>3</b></p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>11:00 Animal Trivia (GAR)</p> <p>2:00 Live Music by Mike Kinal (FL)</p> <p>3:30 Bowling Fun! (GAR)</p>	<p>10:00 Piano Music with Mabon (GAR) <b>4</b></p> <p>11:00 There's "Snow Place Like Home" (GAR)</p> <p>2:30 Bingo Fun &amp; Peppermint Hot Chocolate (GAR)</p> <p>3:30 Helping Hands (GAR)</p>
<p>10:00 Gentle Exercises (GAR) <b>12</b></p> <p>11:00 January Jeopardy (GAR)</p> <p>11:30 Catholic Mass- Virutal (GAR)</p> <p>2:30 Winter Tea Tasting &amp; Benefits (GAR)</p> <p>3:30 1 on 1 visits (RES)</p>	<p>10:00 Sit and Stretch Exercise (GAR) <b>13</b></p> <p>10:30 Finish the Line (GAR)</p> <p>11:00 Ping Pong Toss (GAR)</p> <p>2:00 Theraputic Colouring (GAR)</p> <p>3:30 Armchair Travel to Oxford, England (GAR)</p>	<p>10:00 Chair Dance Exercises with Mona (GAR) <b>14</b></p> <p>10:30 Short Story Readings (GAR)</p> <p>11:00 Laughter Hour: Jokes and Trivia (GAR)</p> <p>3:30 Let's Create! Snowbirds Painting (GAR)</p> <p>6:30 Evening Manicures (GAR)</p>	<p>10:00 Gentle Exercises (GAR) <b>15</b></p> <p>11:00 Crossword Game (GAR)</p> <p>2:00 Bingo (GAR)</p> <p>4:00 One on One visits (GAR)</p>	<p>10:00 Let's Play Cornhole! (GAR) <b>16</b></p> <p>11:00 Short Story Time (GAR)</p> <p>2:00 Fun with the Obie (GAR)</p> <p>3:00 Fit Minds - Word Games (GAR)</p>	<p>10:00 Music Therapy Session 1 with Lorri (GAR) <b>17</b></p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>11:00 Music Therapy Session 2 with Lorri (GAR)</p> <p>2:00 Performance by the Camilli Quartet (FL)</p> <p>3:30 Bowling Fun! (GAR)</p>	<p>10:00 Piano Music with Mabon (GAR) <b>18</b></p> <p>11:00 Cooking Quiz (GAR)</p> <p>2:30 Saturday Bingo Fun! (GAR)</p> <p>3:30 Helping Hands (GAR)</p>
<p>10:00 Sunday Sit and Stretch (GAR) <b>19</b></p> <p>11:00 Who What Where When? (GAR)</p> <p>2:00 Bingo Theme : There's No Place Like Home (GAR)</p> <p>2:00 Lutheran Church Service - In Person - Come meet our new Pastor - Pastor Brian (DR)</p> <p>3:30 Young Musicians and Artist Performance (FL)</p> <p>4:00 1 on 1 Mobility Program (GAR)</p>	<p>10:00 Sit and Stretch Exercise (GAR) <b>20</b></p> <p>10:30 Carpet Bowling (GAR)</p> <p>11:30 Solve The Riddle (GAR)</p> <p>2:00 Crossword Game (GAR)</p> <p>3:30 Warm Drink Social with Cozy Music (GAR)</p>	<p>10:00 Gentle Exercises (GAR) <b>21</b></p> <p>11:00 Travel Songs- Sing-a-Long (GAR)</p> <p>2:00 Beautiful Designer Bracelet Class (GAR)</p> <p>3:30 Armchair Travel to Montreaux, Switzerland (GAR)</p> <p>6:30 Evening Manicures (GAR)</p>	<p>10:00 Bowling Fun! (GAR) <b>22</b></p> <p>11:00 Obie Virtual Games (GAR)</p> <p>2:00 Bingo (GAR)</p> <p>3:30 Robbie Burns- The Scottish Legend (GAR)</p>	<p>10:00 Sit and Stretch Exercise (GAR) <b>23</b></p> <p>11:00 Let's Play Bocce! (GAR)</p> <p>2:30 January Birthday &amp; Welcome Tea w/ Elvis Presley Theme (GAR)</p> <p>4:00 1 on 1 visits with Mona (RES)</p>	<p>10:00 Music Therapy Session 1 with Lorri (GAR) <b>24</b></p> <p>10:30 Catholic Communion and Prayers (CRM)</p> <p>11:00 Music Therapy Session 2 with Lorri (GAR)</p> <p>11:00 Gentle Chair Exercises (GAR)</p> <p>2:00 Bagpipe performance by John Ralston (DR)</p> <p>2:00 Fit Minds - Word Games (GAR)</p> <p>3:30 Happy Hour &amp; Appies (Non-Alcoholic) (GAR)</p>	<p>10:00 Piano Music with Mabon (GAR) <b>25</b></p> <p>11:00 Balloon Badminton (GAR)</p> <p>2:00 Java Music Club with Mona (FL)</p> <p>2:30 Discussion: The Telephone, past to present (GAR)</p> <p>4:00 Warm Drink Social (FL)</p>
<p>10:00 Roll O Trump (GAR) <b>26</b></p> <p>11:00 Reunion Project One on One (GAR)</p> <p>2:00 Music Performance by New Spirit Ensemble (FL)</p> <p>2:30 Meet Me at the MoMA - Joan Miro (GAR)</p> <p>4:00 New Game - Build Design Game (GAR)</p>	<p>10:00 Gentle Exercises (GAR) <b>27</b></p> <p>11:00 Penny Ante Game (GAR)</p> <p>2:30 Bell Let's Talk Day (GAR)</p> <p>4:00 Ring Toss Game (GAR)</p>	<p>10:00 Winter Curling Game (GAR) <b>28</b></p> <p>11:00 Penguins &amp; Polar Bears (GAR)</p> <p>2:00 Aromatherapy - Peppermint Scented Hand Dough/Hand Exercises (GAR)</p> <p>3:00 Penny Ante Game (GAR)</p> <p>6:30 Evening Manicures (GAR)</p>	<p>10:00 Gentle Exercises (GAR) <b>29</b></p> <p>11:00 Obie Virtual Games (GAR)</p> <p>2:00 Chinese New Year Celebration - Traditions and Food Sampling (DR)</p> <p>3:30 1 on 1 visits (RES)</p>	<p>10:00 Sit and Stretch Exercise (GAR) <b>30</b></p> <p>10:30 Fit Minds - Jeopardy (GAR)</p> <p>11:30 Horseshoes in the Round (GAR)</p> <p>2:00 Chinese New Year Theme Coloring (GAR)</p> <p>3:30 Sensation Spa (GAR)</p>	<p>10:30 Catholic Communion and Prayers (CRM) <b>31</b></p> <p>2:00 Winter Scenic Drive (GAR)</p>	<p><u>Locations Legend</u></p> <p>Gardenside Lounge (GAR)</p> <p>Fireside Lounge (FL)</p> <p>Carnation Room (CRM)</p> <p>Dogwood Room (DR)</p> <p>Residents Room (RES)</p> <p>Outing (Outi)</p>