

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Emotional Intellectual Physical Purposeful Social Spiritual	LIVING LOVING LOCAL January Carrots	New Year's Day 1 1:30 Movie Matinee - "Love Actually" [Wild Rose Room] 1:30 Quiddler [Fireplace Lounge]	2 9:00 Daily Fit [Wellness Centre] 10:00 Aqua Fit [Swimming Pool] 10:00 Ping Pong [Wellness Centre] 10:30 Meet the Chef [Bistro] 1:00 Go 4 Life Walking Club [Wellness Centre] 1:15 Bridge Club [Games Room] 2:00 Laughter Yoga [Wellness Centre] 2:00 Painting w/Alex - The Museum of Modern Art [Activity Room] 2:30 Tasty Tea [Bistro] 3:30 Piano Prelude [Dining Room] 6:30 Cribbage [Games Room]	3 9:00 Daily Fit [Wellness Centre] 10:00 Health Education [Wild Rose Room] 10:45 Outing: Strathmore Station, Scenic Drive home 1:00 Canasta & Choice Games [Fireplace Lounge] 1:00 Seamstress [Garden Lounge] 2:00 Shuffleboard [Games Room] 3:00 Sit & Be Fit [Wellness Centre] 7:00 Bingo-Resident Run [Activity Room]	4 9:00 Daily Fit [Wellness Centre] 9:30 Shopping/Banking: Promenade 10:00 Aqua Fit [Swimming Pool] 11:00 Shopping: Avenida Food Hall & Fresh Market 1:00 Bingo [Activity Room] 1:30 Shopping/Banking: Shawnessy Wal-mart, Michaels, BMO, Nygard etc... 3:00 Happy Hour [Bistro] 6:30 Cribbage [Games Room] 7:00 Movie Night [Wild Rose Room]	5 9:00 Weekend Exercises [Wellness Centre] 10:00 Ping Pong [Wellness Centre] 10:15 Lighthearted Trivia [Library] 1:00 Go 4 Life Walking Club [Wellness Centre] 1:15 Bridge Club [Games Room] 1:30 Sit & Be Fit [Wellness Centre] 2:15 Water Walking & Aqua Fit [Swimming Pool] 7:00 Movie Night [Wild Rose Room]
9:30 Catholic Service [Chapel] 6 1:30 Classic Movie Matinee [Wild Rose Room] 3:00 Chapel Service [Chapel] 6:30 Sing-a-long w/ Linda [Activity Room]	7 9:00 Daily Fit [Wellness Centre] 10:00 Aqua Fit [Swimming Pool] 10:30 Brain Fitness [Activity Room] 1:00 Bingo [Activity Room] 1:15 Bridge Club [Games Room] 2:00 Book Club [Library] 2:00 Education Session: Super Foods [Bistro] 3:00 Java Music Club [Fireplace Lounge] 6:30 Horse Racing [Activity Room]	8 9:00 Daily Fit [Wellness Centre] 9:30 Hearing Aid Clinic - By Appointment Only [Library] 10:00 Yoga [Wellness Centre] 10:30 Colouring & Company [Activity Room] 1:00 Ukulele Group #1 [Wellness Centre] 1:30 Anglican Communion [Chapel] 1:30 Knitters for Needy [Activity Room] 1:30 Quiddler [Fireplace Lounge] 1:45 Ukulele Group #2 [Wellness Centre] 3:00 Sit & Be Fit [Wellness Centre] 3:45 Sing-a-Long with Marlee [Garden Lounge] 7:15 Entertainment Night - Bob Schurle, Accordion [Dining Room]	9 9:00 Daily Fit [Wellness Centre] 10:00 Aqua Fit [Swimming Pool] 10:00 Ping Pong [Wellness Centre] 1:00 Go 4 Life Walking Club [Wellness Centre] 1:15 Bridge Club [Games Room] 1:15 Lecture - Meet Me At The Museum Of Modern Art [Activity Room] 2:00 Laughter Yoga [Wellness Centre] 2:00 Painting w/Alex - The Museum of Modern Art [Activity Room] 2:30 Tasty Tea [Bistro] 3:30 Piano Prelude [Dining Room] 6:30 Cribbage [Games Room]	10 9:00 Daily Fit [Wellness Centre] 9:30 Shopping/Banking: Promenade 10:00 Health Education [Wild Rose Room] 11:00 Outing: Lunch at Japanese Village 1:00 Canasta & Choice Games [Fireplace Lounge] 2:00 Shuffleboard [Games Room] 3:00 Sit & Be Fit [Wellness Centre] 6:30 Whist [Games Room] 7:00 Bingo-Resident Run [Activity Room]	11 9:00 Daily Fit [Wellness Centre] 9:30 Shopping/Banking: Deer Run, Shopper's Drug Mart, Wal-mart, Co-op, RBC, CIBC etc..... 10:00 Aqua Fit [Swimming Pool] 10:00 Outing: Grandfriends Program at Prince Of Wales School 10:15 Catholic Mass [Chapel] 1:00 Bingo [Activity Room] 1:00 Shopping/Banking: South Centre 3:00 Happy Hour [Bistro] 6:30 Cribbage [Games Room] 7:00 Movie Night [Wild Rose Room]	12 9:00 Weekend Exercises [Wellness Centre] 10:00 Ping Pong [Wellness Centre] 10:15 Lighthearted Trivia [Library] 1:00 Go 4 Life Walking Club [Wellness Centre] 1:15 Bridge Club [Games Room] 1:30 Sit & Be Fit [Wellness Centre] 2:15 Water Walking & Aqua Fit [Swimming Pool] 7:00 Movie Night [Wild Rose Room]
9:30 Catholic Service [Chapel] 13 1:30 Classic Movie Matinee [Wild Rose Room] 3:00 Chapel Service [Chapel] 6:30 Sing-a-long w/ Linda [Activity Room]	14 9:00 Daily Fit [Wellness Centre] 9:30 Shopping: London Drugs, Winners, Home Sense or Dollar Tree 10:00 Aqua Fit [Swimming Pool] 10:30 Brain Fitness [Activity Room] 11:00 The Nutman [Lobby] 1:00 Bingo [Activity Room] 1:00 Outing: Country Drive 1:15 Bridge Club [Games Room] 2:00 Education Session: Super Foods [Bistro] 3:00 Java Music Club [Fireplace Lounge] 6:30 Horse Racing [Activity Room]	15 9:00 Daily Fit [Wellness Centre] 10:00 Yoga [Wellness Centre] 10:30 Colouring & Company [Activity Room] 1:00 Ukulele Group #1 [Wellness Centre] 1:30 Knitters for Needy [Activity Room] 1:30 Quiddler [Fireplace Lounge] 1:45 Ukulele Group #2 [Wellness Centre] 3:00 Sit & Be Fit [Wellness Centre] 3:45 Sing-a-Long with Marlee [Garden Lounge] 7:15 Entertainment Night - Gypsy Duo [Dining Room]	16 9:00 Daily Fit [Wellness Centre] 10:00 Aqua Fit [Swimming Pool] 10:00 Ping Pong [Wellness Centre] 12:00 Men's Luncheon [Bistro] 1:00 Go 4 Life Walking Club [Wellness Centre] 1:15 Bridge Club [Games Room] 2:00 Laughter Yoga [Wellness Centre] 2:00 Painting w/Alex - The Museum of Modern Art [Activity Room] 2:30 Tasty Tea [Bistro] 3:30 Piano Prelude [Dining Room] 6:30 Cribbage [Games Room]	17 9:00 Daily Fit [Wellness Centre] 10:00 Health Education [Wild Rose Room] 10:15 Outing: High River Evelyn's Memory Lane Cafe, Scenic Drive Home 1:00 Canasta & Choice Games [Fireplace Lounge] 1:00 Seamstress [Garden Lounge] 2:00 Shuffleboard [Games Room] 3:00 Sit & Be Fit [Wellness Centre] 6:30 Whist [Games Room] 7:00 Bingo-Resident Run [Activity Room]	18 9:00 Daily Fit [Wellness Centre] 9:30 Shopping/Banking: South Centre/Promenade 10:00 Aqua Fit [Swimming Pool] 10:00 Outing: Grandfriends Program at Prince Of Wales School 1:00 Bingo [Activity Room] 1:00 Shopping/Banking: Shawnessy Wal-mart, Michaels, BMO, Nygard etc... 3:00 Happy Hour [Bistro] 6:30 Cribbage [Games Room] 7:00 Movie Night [Wild Rose Room]	19 9:00 Weekend Exercises [Wellness Centre] 10:00 Ping Pong [Wellness Centre] 10:15 Lighthearted Trivia [Library] 1:00 Go 4 Life Walking Club [Wellness Centre] 1:15 Bridge Club [Games Room] 1:30 Sit & Be Fit [Wellness Centre] 2:15 Water Walking & Aqua Fit [Swimming Pool] 7:00 Movie Night [Wild Rose Room]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 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]	21 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 1:00 🧠 Bingo [Activity Room] 1:15 🧠 Bridge Club [Games Room] 2:00 🧠 Education Session: Super Foods [Bistro] 3:00 😊 Java Music Club [Fireplace Lounge] 6:30 🏇 Horse Racing [Activity Room]	22 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:00 🧠 Ukulele Group #1 [Wellness Centre] 1:30 🧠 Knitters for Needy [Activity Room] 1:30 🧠 Quiddler [Fireplace Lounge] 1:45 🧠 Ukulele Group #2 [Wellness Centre] 3:00 🌿 Sit & Be Fit [Wellness Centre] 3:45 😊 Sing-a-Long with Marlee [Garden Lounge] 7:15 😊 Entertainment Night - Robbie Burns Celebration [Dining Room]	23 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room] 2:00 🌿 Laughter Yoga [Wellness Centre] 2:00 🎨 Painting w/Alex - The Museum of Modern Art [Activity Room] 2:30 🍵 Tasty Tea [Bistro] 3:30 😊 Piano Prelude [Dining Room] 6:30 🎲 Cribbage [Games Room]	24 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🏃 Shopping/Banking: Promenade 10:00 🧠 Health Education [Wild Rose Room] 10:00 🏡 Outing: Century Casino on 42nd 1:00 🎲 Canasta & Choice Games [Fireplace Lounge] 2:00 😊 Entertainment - Calgary Music Makers [Dining Room] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	25 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🏃 Shopping/Banking: Deer Run, Shopper's Drug Mart, Wal-mart, Co-op, RBC, CIBC etc..... 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🏃 Outing: Grandfriends Program at Prince Of Wales School 1:00 🧠 Bingo [Activity Room] 1:00 🏃 Shopping/Banking: South Centre 3:00 🍷 Happy Hour [Bistro] 6:30 🎲 Cribbage [Games Room] 7:00 😊 Movie Night [Wild Rose Room]	26 9:00 🌿 Weekend Exercises [Wellness Centre] 10:00 🌿 Ping Pong [Wellness Centre] 10:15 🧠 Lighthearted Trivia [Library] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:15 🌿 Water Walking & Aqua Fit [Swimming Pool] 7:00 😊 Movie Night [Wild Rose Room]
27 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]	28 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🏃 Shopping/Banking: Shawnessy Wal-mart, Michaels, BMO, Nygard etc... 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 11:00 🧠 The Nutman [Lobby] 1:00 🧠 Bingo [Activity Room] 1:00 🏡 Outing: Country Drive 1:15 🧠 Bridge Club [Games Room] 1:30 😊 Movie Matinee with Shelagh [Wild Rose Room] 2:00 🧠 Education Session: Super Foods [Bistro] 3:00 😊 Java Music Club [Fireplace Lounge] 6:30 🏇 Horse Racing [Activity Room]	29 9:00 🌿 Daily Fit [Wellness Centre] 9:00 🏃 Resident Council Meeting [Private Dining Room] 10:00 🌿 Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:00 🧠 Ukulele Group #1 [Wellness Centre] 1:30 🧠 Knitters for Needy [Activity Room] 1:30 🧠 Quiddler [Fireplace Lounge] 1:45 🧠 Ukulele Group #2 [Wellness Centre] 3:00 🌿 Sit & Be Fit [Wellness Centre] 3:45 😊 Sing-a-Long with Marlee [Garden Lounge] 7:15 😊 Entertainment Night - Rachel Kreyner [Dining Room]	30 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 10:00 🏃 Resident Discussion [Dining Room] 12:00 🏃 Resident Birthday Lunch by Invite Only [Bistro] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 2:00 🌿 Laughter Yoga [Wellness Centre] 2:00 🎨 Painting w/Alex - The Museum of Modern Art [Activity Room] 2:30 🍵 Tasty Tea [Bistro] 3:30 😊 Piano Prelude [Dining Room] 6:30 🎲 Cribbage [Games Room]	31 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🏃 Shopping/Banking: Promenade 10:00 🧠 Health Education [Wild Rose Room] 11:00 🏡 Outing: Lunch at The Olive Garden 1:00 🎲 Canasta & Choice Games [Fireplace Lounge] 1:00 🍷 Seamstress [Garden Lounge] 2:00 🌿 Shuffleboard [Games Room] 2:15 🏃 Shopping/Banking: Southland Walmart & BMO 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	<p><i>Tidbits</i></p> <p>Birthstone – Garnet</p> <p>Flower – Carnation</p> <p><u>What's Lucky in December</u></p> <p>Lucky Color: Blue</p> <p>Lucky Day: Saturday</p> <p>Lucky Numbers: 2 and 7</p> <p>Lucky Letter: J</p> <p>Lucky Plant: Ivy</p>	



OUTINGS

3rd - Strathmore Station
 4th - Avenida Food Hall & Market
 10th - Japanese Village
 14th - Country Drive
 17th - High River Evelyn's Memory Lane Cafe
 24th - Century Casino on 42nd
 28th - Country Drive
 31st - Olive Garden

Special Days

New Year's Day
 January 1
 Epiphany
 January 6
 Orthodox New Year
 January 14
 Martin Luther
 King Day
 January 21

Go4Life.

Be active
4 ways
everyday!

*from the
National Institute on Aging at NIH*