



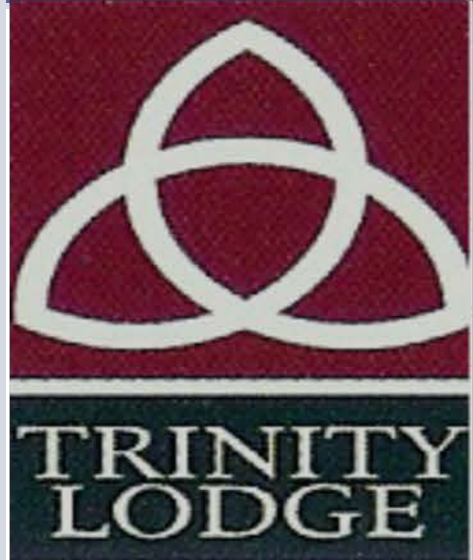
INSPIRED SENIOR LIVING

January 2022

Trinity Lodge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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7:00 Cribbage (HL) 7:00 Saturday Cinema- Little Women (CL)	1
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2:00 Sunday Cinema- Worth (CL)	2
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8:45 Chapel Service (CR) 1:00 Bridge (HL) 3:00 Tv Series: The Crown Season 1 ep. 10 (CL) 7:00 Cribbage (HL) 7:00 National Geographic: The Greatest Events of WWII EP.5 (CL)	3
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Happy National Trivia Day 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:30 VENDOR: Fifth Avenue Collection (FOY) 12:00 Mary's Alterations (SL) 1:00 Walk-In Visits with Dr.Manyande (HEA) 1:45 Sing-A-long (CL) 3:00 Horse Races (CR) 7:15 Bingo (CR)	4
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8:45 Chapel Service (CR) 9:00 Amplifon Hearing Clinic (PDR) 9:30 Daily Seated Exercises (CR) 1:30 Bingo (CR) 2:00 Reader's Theatre (CL) 3:00 Trivia (CL)	5
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8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:30 Catholic Mass (CR) 11:00 Whole Body Vibration Exercise (FC) 1:00 Whist (HL) 1:30 Free Mini Manicure (CR) 3:00 Visiting Tails: Meet Apollo (FOY) 3:00 Jeopardy (CL) 6:00 Games: Kings in the Corner (B) 7:30 Entertainment by: Paul Wood (GDR)	6
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8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Current Events Circle (B) 10:30 Knitting Circle (CL) 1:15 Horse Races (CR) 2:15 Happy Hour (B) 2:15 Fit Minds (CR) 3:00 Sabbath Service (ER) 3:00 Java Music Club (CR) 6:00 January Birthday Bash (CR) 7:15 Bingo (CR)	7
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Happy National Vision Board Day 9:30 Daily Seated Exercises (CR) 10:30 Music Therapy (CR) 1:30 Sing-A-long (CR) 3:00 Vision Board Crafts (CL) 7:00 Cribbage (HL) 7:00 Saturday Cinema: Meet Joe Black (CL)	8
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2:00 Sunday Cinema: Enola Holmes (CL)	9
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8:00 Medical Van (MV) 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Resident Manager Meeting (CR) 1:00 Bridge (HL) 1:30 Meet Me At The MoMA Lecture (CR) 3:00 Tv Series: The Crown Season 2 ep. 1 (CL) 7:00 Cribbage (HL) 7:00 National Geographic: The Greatest Events of WWII EP.6 (CL)	10
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8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 12:00 Mary's Alterations (SL) 1:00 Walk-In Visits with Dr.Manyande (HEA) 1:45 Sing-A-long (CL) 2:00 Vendor: Nutman (CR) 3:00 Horse Races (CR) 7:15 Bingo (CR)	11
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8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 1:30 Bingo (CR) 2:00 Reader's Theatre (CL) 3:00 Trivia (CL) 4:15 LLL Celebration Dinner (GDR)	12
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8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 11:00 Whole Body Vibration Exercise (FC) 1:00 Whist (HL) 1:30 Free Mini Manicure (CR) 2:15 Meet the Chef (CR) 3:00 Visiting Tails: Meet Apollo (FOY) 3:00 Jeopardy (CL) 6:00 Games: Kings in the Corner (B) 7:30 Entertainment by: Harmonica Tableau (GDR)	13
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Happy National Dress Up You Pet Day 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 10:00 Current Events Circle (B) 10:30 Knitting Circle (CL) 1:15 Horse Races (CR) 2:15 Happy Hour (B) 2:15 Fit Minds (CR) 3:00 Sabbath Service (ER) 3:00 Java Music Club (CR) 7:15 Bingo (CR)	14
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Happy National Wear You Hat Day 9:30 Daily Seated Exercises (CR) 10:30 Music Therapy (CR) 1:30 Sing-A-long (CR) 3:00 Wheel of Fortune (CL) 7:00 Cribbage (HL) 7:00 Saturday Cinema: The Note Book (CL)	15
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INSPIRED SENIOR LIVING

January 2022

Trinity Lodge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2:00 Sunday Cinema: Marriage Story (CL) 16</p>	<p>8:00 Medical Van (MV) 17 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 1:00 Bridge (HL) 3:00 Tv Series: The Crown Season 2 ep. 2 (CL) 7:00 Cribbage (HL) 7:00 National Geographic: The Greatest Events of WWII EP.7 (CL)</p>	<p>8:45 Chapel Service (CR) 18 9:30 Daily Seated Exercises (CR) 10:30 Vendor: Looking Good fashion (CR) 12:00 Mary's Alterations (SL) 1:00 Walk-In Visits with Dr.Manyande (HEA) 1:45 Sing-A-long (CL) 3:00 Horse Races (CR) 7:15 Bingo (CR)</p>	<p>Happy National Popcorn Day 19 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 1:30 Bingo (CR) 2:00 Movie and Popcorn: Hachi a dog tale (CL) 3:00 Trivia (CL)</p>	<p>8:45 Chapel Service (CR) 20 9:30 Daily Seated Exercises (CR) 10:30 Catholic Mass (CR) 11:00 Whole Body Vibration Exercise (FC) 1:00 Whist (HL) 1:30 Free Mini Manicure (CR) 3:00 Visiting Tails: Meet Apollo (FOY) 3:00 Jeopardy (CL) 6:00 Games: Kings in the Corner (B) 7:30 Entertainment by: The Good Timers (GDR)</p>	<p>8:45 Chapel Service (CR) 21 9:30 Daily Seated Exercises (CR) 10:00 Current Events Circle (B) 10:30 Knitting Circle (CL) 1:15 Horse Races (CR) 2:15 Happy Hour (B) 2:15 Fit Minds (CR) 3:00 Sabbath Service (ER) 3:00 Java Music Club (CR) 7:15 Bingo (CR)</p>	<p>9:30 Daily Seated Exercises (CR) 22 10:30 Music Therapy (CR) 1:30 Sing-A-long (CL) 3:00 Wheel of Fortune (CL) 7:00 Cribbage (HL) 7:00 Saturday Cinema: Captains Courageous (CL)</p>
<p>2:00 Sunday Cinema: Schindler's List (CL) 23</p>	<p>Happy National Compliment Day 24 8:00 Medical Van (MV) 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 1:00 Bridge (HL) 1:30 Meet Me At The MoMA Lecture (CR) 3:00 Tv Series: The Crown Season 2 ep. 3 (CL) 7:00 Cribbage (HL) 7:00 National Geographic: The Greatest Events of WWII EP.8 (CL)</p>	<p>8:45 Chapel Service (CR) 25 9:30 Daily Seated Exercises (CR) 12:00 Mary's Alterations (SL) 1:00 Walk-In Visits with Dr.Manyande (HEA) 1:45 Sing-A-long (CL) 2:00 Vendor: The Nutman (CR) 3:00 Horse Races (CR) 7:15 Bingo (CR)</p>	<p>8:45 Chapel Service (CR) 26 9:30 Daily Seated Exercises (CR) 1:30 Bingo (CR) 2:00 Reader's Theatre (CL) 3:00 Trivia (CL)</p>	<p>Happy National Chocolate Cake Day 27 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 11:00 Whole Body Vibration Exercise (FC) 1:00 Whist (HL) 1:30 Free Mini Manicure (CR) 3:00 Visiting Tails: Meet Apollo (FOY) 3:00 Jeopardy (CL) 6:00 Games: Kings in the Corner (B) 7:30 Entertainment by: Jeff Pedora (GDR)</p>	<p>8:45 Chapel Service (CR) 28 9:30 Daily Seated Exercises (CR) 10:00 Current Events Circle (B) 10:30 Knitting Circle (CL) 1:15 Horse Races (CR) 2:15 Happy Hour (B) 2:15 Fit Minds (CR) 3:00 Sabbath Service (ER) 3:00 Java Music Club (CR) 7:15 Bingo (CR)</p>	<p>9:30 Daily Seated Exercises (CR) 29 10:30 Music Therapy (CR) 1:30 Sing-A-long (CR) 3:00 Wheel of Fortune (CL) 7:00 Cribbage (HL) 7:00 Saturday Cinema: The Remains of the Day (CL)</p>
<p>2:00 Sunday Cinema: Mari Antoinette (CL) 30</p>	<p>Happy National Hot Chocolate Day 31 8:00 Medical Van (MV) 8:45 Chapel Service (CR) 9:30 Daily Seated Exercises (CR) 1:00 Bridge (HL) 3:00 Tv Series: The Crown Season 2 ep. 4 (CL) 7:00 Cribbage (HL) 7:00 National Geographic: The Greatest Events of WWII EP.9 (CL)</p>			<p><u>Dimensions Of Wellness Legend</u></p> <p>Social Spiritual Purposeful Intellectual Physical</p>	<p><u>Locations Legend</u></p> <p>Chinook Room (CR) Card Lounge (CL) Heritage Lounge (HL) Bistro (B) foyer (FOY) Glenmore Dining Rm (GDR)</p> <p>Sunrise Lounge (SL) Health Center (HEA) Fitness Centre (FC) Education Room (ER) Medical Van (MV) Private Dining Rm (PDR)</p>	