

January 2023

PINECREST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>HAPPY NEW YEAR</i>	2 Christmas Clean Up	3 1:15pm Exercises with Physio - Acti <i>5:30-6:30 Pet Therapy</i>	4 10:00am Introducing the Air Fryer 2:00pm Bingo	5 10:00am Mixed up Scrabble 1:15pm Exercises with Physio - Acti 2:00pm Café Visit	6 <i>Recreation Staff Meeting</i> 1:15pm Exercises with Physio - Acti	7 10:00am Bingo 2:00pm Spa Day
8 <i>10:00-11:00 Pet Therapy</i> 10:30am Spiritual Hour with Lloyd 2:00pm Neighbourhood visit	9 2:00pm Travelling Tim Hortons 5:30pm Euchre	10 1:15pm Exercises with Physio - Acti <i>5:30-6:30 Pet Therapy</i>	11 2:00pm Bingo 5:30pm Snoezelen Cart	12 1:15pm Exercises with Physio - Acti <i>2:00pm Birthday Party Entertainment with Kim Atkins</i> 5:30pm Beating the Winter Blahs	13 10:00am Hangman 1:15pm Exercises with Physio - Acti 2:00pm Keeping "In Touch" Coffee Group 5:45pm Sing- A- Long with Klaas in the Chapel	14
15 <i>10:00-11:00 Pet Therapy</i> 10:30am Spiritual Hour with Lloyd	16 10:00am Balloon Bash & Snow Trivia 2:00pm Bingo	17 1:15pm Exercises with Physio - Acti <i>5:30-6:30 Pet Therapy</i>	18 10:00am Resident's Council - CHAP 10:45am Food Committee Meeting - CHAP 2:00pm Java Music Group	19 10:00am Silhouette Fun & Fun Facts 1:15pm Exercises with Physio - Acti 2:00pm Café Visit	20 10:00am Bible Study with Judy 1:15pm Exercises with Physio - Acti <i>2:00pm Happy Hour entertainment by Traci Kennedy</i>	21
22 <i>10:00-11:00 Pet Therapy</i> 10:30am Spiritual Hour with Lloyd	23 <i>HAPPY CHINESE NEW YEAR'S</i> 2:00pm "Tray of Togetherness" Chinese Tradition 5:30pm Peter Rabbit	24 1:15pm Exercises with Physio - Acti 2:00pm Tai Chi Lesson 5:30pm Just You & Me <i>5:30-6:30 Pet Therapy</i>	25 <i>2:00pm Sing a Long with the Soul Sisters</i> 5:30pm Create a Fortune	26 1:15pm Exercises with Physio - Acti 2:00pm Chinese New Years Bingo 5:30pm Fortune Teller	27 1:15pm Exercises with Physio - Acti 2:00pm Lion dance of poles & Fortune Cookies 5:30pm Who is Who on the Zodiac Calendar	28
29 <i>10:00-11:00 Pet Therapy</i> 10:30am Spiritual Hour with Lloyd	30 10:00am You Tube Zumba <i>2:00pm Country Entertainment by Eileen Walsh</i>	31 1:15pm Exercises with Physio - Acti <i>5:30-6:30 Pet Therapy</i>				

Acti - Activity Room

CHAP - Chapel

