



JANUARY

2022

SUN	MON	TUE	WED	THU	FRI	SAT
<p><u>Phone Extensions</u> Nurse - ext 2101 Reception - ext 2000 Pastor Lorin - ext 2018 Wellness - ext 2025/2004</p>	<p><u>Abbreviation Key</u> ADP = 3rd Fl ADP Room CK = Country Kitchen HW = Harrison West Chapel LL = Lower Lounge MPR = Multi-Purpose Room</p>	<p>O = Oasis Auditorium W = Wellness Service Rm T = 3rd Fl Theatre Room * = Sign-Up Required (call 2004)</p>			<p><u>Need Technology Help?</u> <u>Telus TV help:</u> call Reception (2000) <u>Computer/tablet help:</u> call Wellness (2025)</p>	<p>HAPPY NEW YEAR! 10:15 Manicures (CK) 10:30 Balance Class (MPR) 2:00 Shuffleboard (MPR)</p>
<p>2 10:00 Worship Service (MPR) 2:00 Men's Group (CK) 3:15 Bible Trivia (LL)</p>	<p>3 <i>no Bible Study today</i> 10:00 - 12:00 Relaxation Room (W)* 1:30 Chair Fit (MPR) 2:15 Crafter's Corner (LL) 6:30 Evening Social (MPR)</p>	<p>4 10:00 Art Expression (ADP) * 10:30 Stretch & Strength (MPR) 2:00 Bocce Ball (MPR) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Road To Avonlea (T)</p>	<p>5 10:30 Balance Class (MPR) 10:30 & 11:00 Virtual Reality (CK) 2:30 - 3:30 Oliebollen & Table Games (LL) 6:30 Bingo Night (LL)</p>	<p>6 10:30 Chair Fit (MPR) 2:00 Beach Ball Volleyball (MPR) 3:15 Tea & Trivia with Holly (LL) 6:30 JEOPARDY! Night (MPR)</p>	<p>7 10:30 Stretch & Strength (MPR) 2:30 Cranium Crunches (LL) 3:30 & 4:00 Virtual Reality (CK) 6:45 Movie Night: The Walton's (T)</p>	<p>8 10:15 Manicures (CK) 10:30 Balance Class (MPR) 2:00 Bowling (MPR)</p>
<p>9 10:00 Worship Service (MPR) 2:00 Men's Group (CK) 3:15 Bible Trivia (LL)</p>	<p>10 9:30 Bible Study (MPR) 10:00 - 12:00 Relaxation Room (W)* 1:00 - 3:00 Hearing Clinic (MPR) * - sign up at reception (ext 2000) 1:30 Chair Fit (MPR) 2:15 Crafter's Corner (LL) 6:30 Evening Social (MPR)</p>	<p>11 10:30 Stretch & Strength (MPR) 1:30 GriefShare (HW) - no sign-up required this time 2:00 Bocce Ball (MPR) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Road To Avonlea (T)</p>	<p>12 9:30 - 12:00 & 1:00 - 3:00 Fitness Assessments (MPR) 10:30 & 11:00 Virtual Reality (CK) 2:00 Cranium Crunches (LL) 6:30 Bingo Night (LL)</p>	<p>13 10:30 Chair Fit (MPR) 12:30 Men's Lunch Club (CK) - by invitation only 2:00 Beach Ball Volleyball (MPR) 3:30 Armchair Travel (MPR) 6:30 JEOPARDY! Night (MPR)</p>	<p>14 10:30 Stretch & Strength (MPR) 2:30 Catholic Mass (MPR) 3:30 & 4:00 Virtual Reality (CK) 6:45 Movie Night: The Walton's (T)</p>	<p>15 10:15 Manicures (CK) 10:30 Balance Class (MPR) 2:00 Shuffleboard (MPR)</p>
<p>16 10:00 Worship Service (MPR) 2:00 Men's Group (CK) 3:15 Bible Trivia (LL)</p>	<p>17 9:30 Bible Study (MPR) 10:00 - 12:00 Relaxation Room (W)* 1:30 Chair Fit (MPR) 2:15 Crafter's Corner (LL) 6:30 Evening Social (MPR)</p>	<p>18 10:00 Art Expression (ADP) * 10:30 Stretch & Strength (MPR) 1:30 GriefShare (HW) * 2:00 Bocce Ball (MPR) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Road To Avonlea (T)</p>	<p>19 10:30 Balance Class (MPR) 10:30 & 11:00 Virtual Reality (CK) 2:30 Resident Council (MPR) 6:30 Bingo Night (LL)</p>	<p>20 10:30 Chair Fit (MPR) 2:00 Beach Ball Volleyball (MPR) 3:15 Video Presentation with George VB: Songs of Praise (MPR) 6:30 JEOPARDY! Night (MPR)</p>	<p>21 10:30 Stretch & Strength (MPR) 2:30 Cranium Crunches: Robbie Burns Video & Trivia (MPR) 3:30 & 4:00 Virtual Reality (CK) 6:45 Movie Night: The Walton's (T)</p>	<p>22 10:15 Manicures (CK) 10:30 Balance Class (MPR) 2:00 Bowling (MPR)</p>
<p>23 / 30 10:00 Worship Service (MPR) 2:00 Men's Group (CK) 3:15 Bible Trivia (LL)</p>	<p>24 / 31 9:30 Bible Study (MPR) 10:00 - 12:00 Relaxation Room (W)* 1:30 Chair Fit (MPR) 2:15 Crafter's Corner (LL) 6:30 Evening Social (MPR)</p>	<p>25 ROBBIE BURNS DAY 10:30 Stretch & Strength (MPR) 1:30 GriefShare (HW) * 2:00 Bocce Ball (MPR) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Road To Avonlea (T)</p>	<p>26 10:30 Balance Class (MPR) 10:30 & 11:00 Virtual Reality (CK) 2:30 Welcome Tea (CK) - new residents only (by invitation) 6:30 Bingo Night (LL)</p>	<p>27 10:30 Chair Fit (MPR) 12:00 Ladies Lunch Club (CK) - by invitation only 2:00 Beach Ball Volleyball (MPR) 3:30 Armchair Travel (MPR) 6:30 JEOPARDY! Night (MPR)</p>	<p>28 10:30 Stretch & Strength (MPR) 2:30 Catholic Mass (MPR) 3:15 Celtic Social with Harpist & Flutist Leanne & Connor Page (LL) 6:45 Movie Night: The Walton's (T)</p>	<p>29 10:15 Manicures (CK) 10:30 Balance Class (MPR) 2:00 Shuffleboard (MPR)</p>