
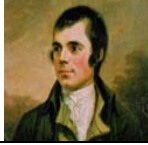




<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p>20 Calvary Church Meetings 10:00a.m. & 6:30p.m. 10:15 Hand Massage 8th & 9th 2:00 Sensory Stimulation 10th Fl 3:15 Music Appreciation & Tea 6th Fl 4:15 1-1 Visits 4rd Fl</p>	<p>21 10:00 Humour 9th 11:00 Humour 10th</p> <p>4:30 Bus Trip to Swiss Chalet</p> 	<p>22 10:15 Tea & Bingo (2nd) 11:15 Gentle Stretch 3rd 2:00 Crafts 2nd Fl 2:20 Hymn Sing Video 4th 3:30 1-1 Visits 5th 6:45 Bible Study (2nd) 6:45 Hymn Sing 10th</p>	<p>23 9:45 Royal Bank Main Lobby 10:00 Fitness 9th Fl 10:15 Menology (Men's Group) PH 11:00 Fitness 10th Fl 2:00 Quiz Challenge with Gwen (PH) 2:15 Bowling 2nd fl 2:20 Hand Massage/manicure 11th 6:45 Comedy Movie 7th & 8th</p>	<p>24 9:45 Scotia Bank Main Lobby 10:00 - 12:00 Sing-a-Long with George Fl 10,9,5,4,3 2:00 Bedside Program 4th 3:15 Bean Bag Toss 5th 2:15 Fun & Fitness 11th Fl 2:15 Balloon Exercise 6th 7:00P.M. Robbie Burns Celebration PH with Doug Abbott</p> 	<p>25 10:15 Chair Yoga Exercises P.H 10:15 Restorative Walks 2:15 Travelogues (PH)</p>	<p>26 10:00 Starbucks "Caffe' Latte" Hour Manor D.R. 11:30 1-1 Visits 4th 2:00 Bean Bag Toss 8th 2:00 Ball Toss 6th 3:15 1-1 Visits 5 & 7th</p>
<p>27 Calvary Church Meetings 10:00a.m. & 6:30p.m. 10:15 Hand Massage 8th & 9th 2:00 Sensory Stimulation 10th Fl 3:15 Music Appreciation & Tea 6th Fl 4:15 1-1 Visits 4rd Fl 4:15 1-1 Visits 10rd Fl</p>	<p>28 10:00 Name that Tune 9th Fl 11:00 Name that Tune 10th 2:00 Pottery/Ceramics (PH)</p>  <p>6:45 Movie 6th Fl</p>	<p>29 10:15 Tea & Bingo (2nd) 11:15 1-1 Visits 4th 2:15 Crafts (2nd) 2:20 Comedy Show 5th 3:30 Stretch & Flex 4th 6:45 Bible Study (2nd) 6:45 Hymn Sing 10th</p>	<p>30 9:45 Royal Bank Main Lobby 10:15 Bean Bag Toss 5th 11:00 Hand Massage 4th 10:15 Menology (Men's Group) PH 10:00 a.m.-3:00 p.m. Silverts Clothing Sale Manor D.R. 2:15 Baking 2nd Fl 2:30 Bedside Program 3rd 6:45 Story Telling 8th & 7^t</p>	<p>31 9:45 Scotia Bank Main Lobby 10:00 - 12:00 Sing-a-Long with George Fl 10,9,5,4,3 10:00 Kick Ball 6th 11:00 Kick Ball 8th 2:00 Gentle Stretch 4th 2:15 Horticulture PH 3:15 Story Time 3rd 6:30 -7:00 Pet Visit All Floors 6:45 Music Video 10th Fl Res. From 9th & 11th are invited to participate</p>	<p>"A New Year's resolution is something that goes in one year and out the other." --UNKNOWN</p> <p>"The best remedy for a short temper is a long walk." --JACQUELINE SCHIFF</p>	
		<p><u>Hairdressing</u> The hairdresser (Sandra) is in Wednesday, Thursday, Friday & Saturday 9:00a.m. to Noon <u>The Little Shop Hours</u> Monday, Wednesday & Friday 2:00P.M.- 3:00P.M.</p>			