




January 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p>Program Reservations</p> <p>As we resume group activities, sign up at reception for programs that interest you - TWO time slots per resident per week. For additional activities, your name goes on a wait list. Note: Physio-Exercise reservations are pre-assigned. For more information, call Activities - extension # 4105.</p> |  | <p>Dear Residents:</p> <p>If you are feeling isolated, lonely, or bored, please contact our activities department: extensions #4105 or #7822. We would be more than happy to visit you in your suite.</p> <p>We Care !</p> |  | <p>1 New Year's Day</p> <p>11:00 Exercise with Doug 01:30 Afternoon Treat: Eggnog 1:30 - 3:00 Door-to-Door Delivery: Wine, Beer and Pop 02:30 Movie Matinee 07:00 Movie Night</p> | <p>2</p> <p>10:00 Morning Stretch 10:30 Morning Stretch 01:30 Afternoon Sing-Along 02:00 Afternoon Sing-Along 02:30 Movie Matinee 07:00 Movie Night</p> |
| 3 | 4 | 5 | 6 Epiphany | 7 | 8 | 9 |
| <p>10:00 Sunday Hymn Sing 10:30 Sunday Hymn Sing 01:30 Jeopardy Game 02:00 Youtube: Music Appreciation 03:00 Movie Matinee 07:00 Movie Night</p> | <p>AM Physio-Exercise 10:00 "Great Courses" Seminar: Medieval Europe #3 (Suite 431) 10:30 "Great Courses" Seminar: Medieval Europe #3 (Suite 431) 01:30 Game: True or False - January 02:30 Movie Matinee 07:00 Movie Night</p> | <p>AM Physio-Exercise 10:00 Love to Learn: Intro (Suite #431) 10:30 Love to Learn: Intro (Suite #431) 01:30 Afternoon Sing-Along 02:00 Afternoon Sing-Along 02:30 Movie Matinee 07:00 Movie Night</p> | <p>AM Physio-Exercise 10:00 Wii Bowling (Suite #431) 10:30 Wii Table Tennis (Suite #431) 01:30 Afternoon Treats in the Bistro 02:30 Movie Matinee 3:00 - 4:30 Door-to-Door Delivery: Wine, Beer and Pop 07:00 Movie Night</p> | <p>10:00 "Great Courses" Art Seminar: History of Impressionism #3 10:30 "Great Courses" Art Seminar: History of Impressionism #3 02:30 Guided Meditation with Lindsay 03:00 Movie Matinee 07:00 Movie Night</p> | <p>AM Physio-Exercise 11:00 Guided Meditation with Lindsay 01:30 Afternoon Treats in the Bistro 02:30 Movie Matinee 3:00 - 4:30 Door-to-Door Delivery: Wine, Beer and Pop 07:00 Movie Night</p> | <p>10:00 Top News Stories of 2020 10:30 Morning Documentary Film 01:30 Afternoon Sing-Along 02:00 Afternoon Sing-Along 02:30 Movie Matinee 07:00 Movie Night</p> |
| 10 | 11 | 12 | 13 | 14 | 15 Hat Day | 16 |
| <p>10:00 Sunday Hymn Sing 10:30 Sunday Hymn Sing 01:30 Trivial Pursuit 02:00 Youtube: Music Appreciation 03:00 Movie Matinee 07:00 Movie Night</p> | <p>AM Physio-Exercise 10:00 "Great Courses" Seminar: Medieval Europe #4 (Suite 431) 10:30 "Great Courses" Seminar: Medieval Europe #4 (Suite 431) 01:30 Game: Proverbial Wisdom 02:30 Movie Matinee 07:00 Movie Night</p> | <p>AM Physio-Exercise 10:00 Love to Learn - Astronomy 101 10:30 Love to Learn - Astronomy 101 01:30 Afternoon Sing-Along 02:00 Afternoon Sing-Along 02:30 Movie Matinee 07:00 Movie Night</p> | <p>AM Physio-Exercise 10:00 Wii Bowling (Suite #431) 10:30 Wii Table Tennis (Suite #431) 01:30 Afternoon Treats in the Bistro 02:30 Movie Matinee 3:00 - 4:30 Door-to-Door Delivery: Wine, Beer and Pop 07:00 Movie Night</p> | <p>10:00 "Great Courses" Art Seminar: History of Impressionism #4 10:30 "Great Courses" Art Seminar: History of Impressionism #4 02:30 Guided Meditation with Lindsay 03:00 Movie Matinee 07:00 Movie Night</p> | <p>AM Physio-Exercise 11:00 Guided Meditation with Lindsay 01:30 Wear Your Favourite Hat for Afternoon Treats in the Bistro 02:30 Movie Matinee 3:00 - 4:30 Door-to-Door Delivery: Wine, Beer and Pop 07:00 Movie Night</p> | <p>10:00 Morning Stretch 10:30 Morning Stretch 01:30 Afternoon Sing-Along 02:00 Afternoon Sing-Along 02:30 Movie Matinee 07:00 Movie Night</p> |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| <p>10:00 Sunday Hymn Sing 10:30 Sunday Hymn Sing 01:30 Jeopardy Game 02:00 Youtube: Music Appreciation 03:00 Movie Matinee 07:00 Movie Night</p> | <p>AM Physio-Exercise 10:00 "Great Courses" Seminar: Medieval Europe #5 (Suite 431) 10:30 "Great Courses" Seminar: Medieval Europe #5 (Suite 431) 01:30 Game: Name That Tune 02:30 Movie Matinee 07:00 Movie Night</p> | <p>AM Physio-Exercise 10:00 Love to Learn - Taking Pictures 10:30 Love to Learn - Taking Pictures 01:30 Afternoon Sing-Along 02:00 Afternoon Sing-Along 02:30 Movie Matinee 07:00 Movie Night</p> | <p>AM Physio-Exercise 10:00 Wii Bowling (Suite #431) 10:30 Wii Table Tennis (Suite #431) 01:30 Afternoon Treats in the Bistro 02:30 Movie Matinee 3:00 - 4:30 Door-to-Door Delivery: Wine, Beer and Pop 07:00 Movie Night</p> | <p>10:00 "Great Courses" Art Seminar: History of Impressionism #5 10:30 "Great Courses" Art Seminar: History of Impressionism #5 02:30 Guided Meditation with Lindsay 03:00 Movie Matinee 07:00 Movie Night</p> | <p>AM Physio-Exercise 11:00 Guided Meditation with Lindsay 01:30 Afternoon Treats in the Bistro 02:30 Movie Matinee 3:00 - 4:30 Door-to-Door Delivery: Wine, Beer and Pop 07:00 Movie Night</p> | <p>10:00 Morning Stretch 10:30 Morning Stretch 01:30 Afternoon Sing-Along 02:00 Afternoon Sing-Along 02:30 Movie Matinee 07:00 Movie Night</p> |
| 24 31 | 25 Robbie Burns Day | 26 | 27 | 28 | 29 | 30 |
| <p>10:00 Sunday Hymn Sing 10:30 Sunday Hymn Sing 01:30 Trivial Pursuit 02:00 Youtube: Music Appreciation 03:00 Movie Matinee 07:00 Movie Night</p> | <p>AM Physio-Exercise 10:00 "Great Courses" Seminar: Medieval Europe #6 (Suite 431) 10:30 "Great Courses" Seminar: Medieval Europe #6 (Suite 431) 01:30 Game: True or False - Scotland 02:30 Movie Matinee 07:00 Movie Night</p> | <p>AM Physio-Exercise 10:00 Love to Learn - Birds of Ottawa 10:30 Love to Learn - Birds of Ottawa 01:30 Afternoon Sing-Along 02:00 Afternoon Sing-Along 02:30 Movie Matinee 07:00 Movie Night</p> | <p>AM Physio-Exercise 10:00 Wii Bowling (Suite #431) 10:30 Wii Table Tennis (Suite #431) 01:30 Afternoon Treats in the Bistro 02:30 Movie Matinee 4:15 & 6:00 Robbie Burns Fine-Dining in the Dining Room 07:00 Movie Night</p> | <p>10:00 "Great Courses" Art Seminar: History of Impressionism #6 10:30 "Great Courses" Art Seminar: History of Impressionism #6 02:30 Guided Meditation with Lindsay 03:00 Movie Matinee 07:00 Movie Night</p> | <p>AM Physio-Exercise 11:00 Guided Meditation with Lindsay 01:30 Afternoon Treats in the Bistro 02:30 Movie Matinee 3:00 - 4:30 Door-to-Door Delivery: Wine, Beer and Pop 07:00 Movie Night</p> | <p>10:00 Morning Stretch 10:30 Morning Stretch 01:30 Afternoon Sing-Along 02:00 Afternoon Sing-Along 02:30 Movie Matinee 07:00 Movie Night</p> |