

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 New Year's Day	<b>1:30 Costco</b> Grocery trip on the bus ( <b>6 Person limit</b> )	<b>2:00 New Year's Goal Setting Workshop:</b> <b>Outreach Room</b>	<b>*ALL NURSING HOMES WITHOUT WALLS PROGRAMS ARE FREE but you must sign up for all programs*</b>
<b>*All Drives are weather permitting*</b>	<b>10:30 Coffee/Tea &amp; Conversation:</b> Outreach Room	<b>2:00 Winter Bingo:</b> Auditorium 	<b>10:30 Exercise Class:</b> Central Lounge <b>1:30 Elvis' Birthday</b> with Norm: Auditorium	<b>10:00 Superstore/Sobey's</b> Grocery trip on the bus ( <b>6 Person limit</b> )	<b>2:00 Winter Herb Garden:</b> Outreach activity room 	
	<b>2:00 Craft club:</b> 13 winter wreath Outreach Activity 	<b>2:00 Hymn Sing</b> with Dawn: Central Lounge	<b>10:30 Exercise Class:</b> Central Lounge <b>2:00 Movie Matinee:</b> Nursing home Theater	<b>1:30 Giant Tiger &amp; Winners</b> Outing on the bus ( <b>6 Person limit</b> )	<b>2:00 Sing-along</b> 17 Coffee/ Tea Social- Write down your favorite song & what it means to you: Outreach room	
 Activity Professionals Week	<b>2:00 Bowling</b> at the Bowlarama Martin Luther King Jr. Day	<b>1:30 Visits</b> with the cats: SPCA	<b>10:30 Exercise Class:</b> Central Lounge <b>2:00 Hot Chocolate social:</b> Café	<b>1:30 Winter Craft:</b> Cafeteria 	<b>10:00 Walmart</b> grocery & shopping trip on the bus ( <b>6 person limit</b> )	
 Australia Day (Observed)	<b>2:00 Education-Winter Wellness</b> Check Angie: Outreach activity room (Coffee & Tea provided)	<b>1:30 Superstore/Sobey's</b> Grocery trip on the bus ( <b>6 Person limit</b> )	<b>10:30 Exercise Class:</b> Central Lounge <b>2:00 Entertainment</b> with Delbert: Central Lounge Chinese New Year (Year of the Snake)	<b>2:00 Arm Chair Travel-</b> Mahima's Trip to India: Auditorium	<b>10:00 Costco</b> Grocery trip on the bus ( <b>6 Person limit</b> )	

To register for any of these programs please call Mahima at 506-721-0335 or Leanne at (506) 643-7175 ext. 6913