



# Calendar of Events **JANUARY 2019**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Cheers to a happy new year!</i></p>		<b>1</b> New Years Day <b>10am: BINGO (AR)</b> <b>2pm: Bowling (AR)</b>	<b>2</b> 9am: ROM exercises (N1) <b>10am: Evangelical Service (AR)</b> 1pm: Sound Therapy (U1/U2) <b>2pm: Movie Hour (AR)</b>	<b>3</b> 9am: ROM exercises (N2) 10am: Yoga with Pedro (AR) 1pm: Sound Therapy (N1/N2) 2pm: Health & Beauty Hour (N1/N2)	<b>4</b> 9am: ROM exercises (N1) 10am: Instrumental Circle (AR) 6:30pm: Spa Evening (AR)	<b>5</b> 10am: Bingo (AR)
		<b>6</b> 10am: Sunday Morning Prayer (AR)	<b>7</b> 9am: ROM exercises (N2) 10am: Rosary & Prayer (AR) <b>1:30pm: Sensory with Pedro (AR)</b>	<b>8</b> <b>8am: Breakfast Club (AR)</b> 9am: ROM exercises (N1) 10am: Friendly Visits (N1/N2) <b>1:30pm: Java Music Club (AR)</b> <b>6:30pm: Movie Hour (AR)</b>	<b>9</b> 9am: ROM exercises (N2) <b>10am: BINGO (AR)</b> 1pm: Sound Therapy (U1/U2) 2pm: Arts & Crafts (AR)	<b>10</b> 9am: ROM exercises (N1) 10am: Yoga with Pedro (AR) 1pm: Sound Therapy (N1/N2) 2pm: Bowling (AR)
<b>13</b> 10am: Sunday Morning Prayer (AR)	<b>14</b> 9am: ROM exercises (N1) 10am: Rosary & Prayer (AR) <b>1:30pm: Sensory with Pedro (AR)</b> 2pm: IPAD Hour (N1/N2)	<b>15</b> 9am: ROM exercises (N2) <b>10am: Evangelical Service (AR)</b> <b>2pm: Java Music Club (AR)</b> 6:30pm: Anglican Service (AR)	<b>16</b> 9am: ROM exercises (N1) <b>10am: Resident Council</b> 1pm: Sound Therapy (U1/U2) <b>2pm: BINGO (AR)</b>	<b>17</b> 9am: ROM exercises (N2) 10am: Yoga with Pedro (AR) 1pm: Sound Therapy (N1/N2) <b>2pm: 80's DISCO Celebration (AR)</b>	<b>18</b> 9am: ROM exercises (N1) 10am: Instrumental Circle (AR) 2pm: Hot Chocolate Social (N1/N2) <b>6:30pm: Movie Hour (AR)</b>	<b>19</b> 10am: Bingo (AR)
<b>20</b> 10am: Sunday Morning Prayer (AR)	<b>21</b> 9am: ROM exercises (N2) 10am: Rosary & Prayer (AR) <b>1:30pm: Sensory with Pedro (AR)</b> 2pm: IPAD Hour (N1/N2)	<b>22</b> <b>8am: Breakfast Club (AR)</b> 9am: ROM exercises (N1) 10am: Arts & Crafts (AR) <b>1:30pm: Java Music Club (AR)</b> 6:30pm: Spa Evening (AR)	<b>23</b> 9am: ROM exercises (N2) <b>10am: BINGO (AR)</b> 1pm: Sound Therapy (U1/U2) <b>2pm: Movie Hour (AR)</b>	<b>24</b> 9am: ROM exercises (N1) 10am: Yoga with Pedro (AR) 1pm: Sound Therapy (N1/N2) 2pm: Hot Chocolate Social (N1/N2)	<b>25</b> 9am: ROM exercises (N2) 10am: Instrumental Circle (AR) 2pm: Arts & Crafts (AR) <b>6:30pm: Casino Games (AR)</b>	<b>26</b> 10am: Bingo (AR)
<b>27</b> 10am: Sunday Morning Prayer (AR)	<b>28</b> 9am: ROM exercises (N1) 10am: Rosary & Prayer (AR) <b>1:30pm: Sensory with Pedro (AR)</b> 2pm: IPAD Hour (N1/N2)	<b>29</b> 9am: ROM exercises (N2) <b>10am: Evangelical Service (AR)</b> 2pm: Travelling Cart (N1/N2) <b>6:30pm: Movie Hour (AR)</b>	<b>30</b> 9am: ROM exercises (N1) <b>10am: BINGO (AR)</b> 1pm: Sound Therapy (U1/U2) <b>2pm: Birthday Celebration (AR)</b>	<b>31</b> 9am: ROM exercises (N2) 10am: Yoga with Pedro (AR) 1pm: Sound Therapy (N1/N2) 2pm: Health & Beauty Hour (AR)	<div style="background-color: #f0e68c; padding: 5px; text-align: center;"> <b>PROGRAMS ARE SUBJECT TO CHANGE</b> </div> <p> <b>AR- Activity Room</b>  <b>N1- Neighborhood 1</b>  <b>N2- Neighborhood 2</b> </p>	

ROM - Range Of Motion Exercises  
Alternate on a weekly basis

**1TV- 1<sup>st</sup> Neighborhood TV Lounge**  
**2TV- 2<sup>nd</sup> Neighborhood TV Lounge**  
**N1/N2- Traveling Program**