









JANUARY 2019

Wright Neighbourhood



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 AM Traveling Mimosa Cart 2:00 Bingo (MS) Evening of Relaxation (CC)	2 10:00 Horticulture Therapy 10:30 Beat Busters (FC) 2:00 Trips To Main Street 3:30 Total Body Fitness (FC) 6:30 Active Games (MS)	3 9:30 Bingo In the lounge 10:30 Morning Fitness (FC) 1:30 Zumba (FC) 2:00 Neighbourhood Time 6:30 Card Club (CC)	4 10:00 Wake Up Wright 1:30 Green Thumbs (GH) 2:00 Matter of Balance (FC) 2:00 Games In the Lounge	5 10-12 Massages (FC) 2:00 Entertainment with Tim Clarke (Downey) 6:30 Bingo on Pollock
6 10:30 Hand Therapy (CC) 2:00 Church Service (C) 6:30 Sunday Fun Day (CC)	7 10:00 Move and Grove (Lo) 10:30 Trivia (Lo) 2:00 Neighbourhood Time 3:30 Total Body Fitness (FC) 6:30 Brain Teasers (C)	8 10:30 Tai Chi (FC) 2:00 Java Music Club (CK) 3:00 Resident's Council (C) 6:30 Bingo (MS)	9 10:30 Beat Busters (FC) 3:30 Total Body Fitness (FC) 6:30 Active Games (MS)	10 10:00 Bingo In Matthews 10:30 Morning Fitness (FC) 1:30 Zumba (FC) 2:00 Neighbourhood Time 6:30 Card Club (CC)	11 8:30 Men's Breakfast (CC) 11:00 R. C. Mass (C) 1:30 Green Thumbs (GH) 2:00 Matter of Balance (FC)	12 2:00 Entertainment with Ken Hammond (Matthews) 6:30 Bingo on Downey
13 10:30 Hand Therapy (CC) 2:00 Church Service (C) 3:00 Celebration of Life In the Chapel 6:30 Sunday Fun Day (CC)	14 Try Something New!  2:00 Technology (CC) 3:30 Total Body Fitness (FC) 6:30 Brain Teasers (C)	15 Try Something New!  10:00 Horticulture Therapy 10:00 Rosary (C) 10:30 Tai Chi (FC) 2:00 Horticulture Therapy/ flower arranging 6:30 Bingo (MS)	16 Try Something New!  10:30 Beat Busters (FC) 2:00 New Food (CC) 3:30 Total Body Fitness (FC) 6:30 Active Games (MS)	17 Try Something New!  9:30 Bingo In the Lounge 10:30 Morning Fitness (FC) 1:30 Zumba (FC) 2:00 Art Day (CC) 6:30 Card Club (CC)	18 Try Something New!  8:30 Men's Breakfast (CC) 2:00 Essential Oils (CC)	19 10:00 Communion (C) 2:00 Entertainment Sheryl Walsh (Wright) 6:30 Bingo on Pollock
20 10:30 Hand Therapy (CC) 2:00 Church Service (C) 6:30 Sunday Fun Day (CC)	21 10:00 Move and Grove 10:30 Trivia (Lo) 2:00 Neighbourhood Time 3:30 Total Body Fitness (FC) 6:30 Brain Teasers (C)	22 10:00 Rosary (C) 10:30 Tai Chi (FC) 2:00 Java music Club (CK) 6:30 Bingo (MS)	23 10:30 Beat Busters (FC) 3:30 Total Body Fitness (FC) 6:30 Active Games (MS)	24 10:00 Bingo In Matthews 10:30 Morning Fitness (FC) 1:30 Zumba (FC) 2:00 Happy Hour with Tim Louis on Main Street 6:30 Card Club (CC)	25 1:30 Green Thumbs (GH) 2:00 Matter of Balance (FC) 6:15 Movie Night (C)	26 10:00 Communion (C) 2:00 Entertainment with Tony G (Pollock) 6:30 Bingo on Downey
27 10:30 Hand Therapy (CC) 2:00 Church Service (C) 6:30 Sunday Fun Day (CC)	28 12:00 Birthday Lunch (CC) 3:15 Reading Group (P) 3:30 Total Body Fitness (FC) 6:30 Brain Teasers (C)	29 10:00 Horticulture Therapy 10:00 Rosary (C) 10:30 Tai Chi (FC) 2:00 Bingo (MS) 5:00 Diner's Club (MS) McDonalds 	30 10:30 Beat Busters (FC) 3:30 Total Body Fitness (FC) 4:00 Family Council 6:30 Active Games (MS)	31 9:30 Bingo In the lounge 10:30 Morning Fitness (FC) 1:30 Zumba (FC) 2:00 Neighbourhood 6:30 Card Club (CC)	Lounge: L Country Kitchen: CK Hobby Shop: HS Dining Room: DR Parlour: P Main Street: MS Chapel: C	Community Centre: CC Fitness Centre: FC Matthews: Ma Pollock: Po Hagey: Ha Wright: Wr Downey: Do