


January 2020 - NH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Exercise Classes are on Monday, Wednesday, and Friday Morning @ 9:30am in the South Lounge ----- Balance Class is on Thursday @ 9:30am in the North Lounge</p>			<p>1 9:00 Sparkling Specs 2:00 Blue Mountain Church 6:30 Bingo</p>	<p>2 9:30 Music Therapy 10:30 Sensory Music 1:00 Snack Shack 3:00 Library Visit 6:30 Ladies Night</p>	<p>3 10:30 Catholic Church 2:00 Manicures/ Making Bread 4:00 1:1 Montessori 6:30 Movement for Life! Happy Birthday Danny!</p>	<p>4 1:30 Snoezelen Room 2:30 Baking Cookies Happy Birthday Birthel!</p>
<p>5 1:30 Weekend Stretch and Relax 2:30 Reading Circle 3:30 Sensory Hand Massages Happy Birthday Hilda!</p>	<p>6 10:30 – Piano with Muriel 2:00 Painting to Music 3:30 Pet Visits with Cocoa 3:30- Aroma Therapy Happy Birthday Milne!</p>	<p>7 10:30 Tai Chi 1:00-1:45 Snack Shack 2:00 Coffee Shop 6:30 Movement for Life</p>	<p>8 9:30 Sparkling Specs 2:00 Presbyterian Church 6:30 Bingo</p>	<p>9 9:30 Sensory Music 10:30 Music Therapy 1:00-1:45 Snack shack 1:30 Family Council 2:00 Jones and Jones 6:30 Learning Something New</p>	<p>10 10:30 Friendly Visits 2:00 Tour de Errinrung 4:00 1:1 Montessori 6:30 Planet Earth Movie Night</p>	<p>11 1:30 Sensory Massages with Aroma Therapy 2:30 Word Search 3:30 Painting to Music</p>
<p>12 1:30 Weekend Stretch and Relax 2:30 Sensory Nature Sounds 3:30 Trivia</p>	<p>13 10:30 Piano with Muriel 2:00 Happy fiddlers 3:30 Aroma Therapy and Sensory Sounds</p>	<p>14 10:30 Tai Chi 1:00 -1:45 Snack Shack 2:00 Resident Council 4:00 1:1 Visits 6:30 Movement for Life Happy Birthday Lizzy and Lucile!</p>	<p>15 10:30 Sparkling Specs and Friendly Visits 1:30 Anglican Church 6:30 Bingo</p>	<p>16 9:30 Sensory Music 10:30 Music Therapy 1:00 – 1:45 Snack Shack 2:00 Men’s Group 2:00 Bridal Fashion – Time Warp 6:30 Evening Sing-Along</p>	<p>17 10:30 Friendly Visits 2:00 Tour de Errinrung 6:30 Bowling Night</p>	<p>18 1:30 Model Cars 2:30 Name that Tune! 3:30 Snoezelen Room</p>
<p>19 1:30 Target Shoot 2:30 Manicures 3:30 Sensory Tactile Happy Birthday Cecile!</p>	<p>20 10:30 Piano with Muriel 2:00 Painting to Music 3:30 Aroma Therapy and Sensory Lights</p>	<p>21 10:30 Tai Chi 1:00 – 1:45 Snack Shack 2:00 Coffee Shop 6:30 Movement for Life</p>	<p>22 9:00 Pet Visits with Cocoa 2:00 Grace United Church 6:30 Bingo</p>	<p>23 9:30 Sensory Music 10:30 Music Therapy 1:00- 1:45 Snack Shack 2:00 Making Bread/Manicures 6:30 Reading Circle</p>	<p>24 10:30 Pet Visits with Cocoa 2:00 James Skarnikat Music 6:30 Planet Earth Movie Night</p>	<p>25 1:30 Chair Yoga 2:30 Mobile Bike Visits 3:30 Manicures</p>
<p>26 1:30 Bean Bag Toss 2:30 Manicures 3:30 Sensory Stimulation</p>	<p>27 10:30 Montessori 2:00 Painting to Music 3:30 Reading Circle</p>	<p>28 10:30- Tai Chi 1:00- 1:45 Snack Shack 2:00 Coffee Shop 6:30 Movement for Life</p>	<p>29 9:00 Sparkling Specs 2:00 Baptist Church 6:30 Bingo</p>	<p>30 9:30 Sensory Music 10:30 Music Therapy 1:00- 1:45 Snack Shack 2:00 Baby Shower for Sensory Babies! 6:30 Men’s Night!</p>	<p>31 10:30 Friendly Visits 2:00 Decorating the Nursery 4:00 1:1 Montessori 6:30 Bowling Night</p>	