


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<b>No Scheduled Programs Today</b> 	<b>Remembering</b> 9:45/10:30 First Categories 10:00 Room Visits (NB) 2:00 Bowling for Bars 6:15 Ismaili Prayers 6:30 Baking (G)	<b>Campbell's Soup</b> 9:45/10:30 10:00 Sunshine Cart (NB) 10:30 North of India 12:00 Yum Cha Club (CG) 2:00 Gerda & Friends 6:45 Card Bingo	<b>Fairwinds Brekkie</b> 8:00 9:45/10:30 Wellness Group: Bubble Break 10:00 Room Visits (NB) 2:00 Bingo 5:30 Dinner Club (G)	<b>Bubbly New Year Resolutions</b> 9:45/10:30 2:00 Entertainment with Boyd Nichols 6:30 Armchair Travel	<b>Christmas Clean Up (Atrium &amp; Harbour Hall)</b> <b>Lunch Outing to Pacini's</b> 2:00 Art: Colour Your Own Bookmark 2:00 Bible Stories (CH)	<b>Chair Yoga</b> 9:45/10:30 2:00 Carpet Curling 6:30 Adult Colouring 
<b>Hymn Sing</b> 10:00 <b>Coffee &amp; Chatter</b> 2:00 <b>Craft Time</b> 6:30 	<b>Champagne Corks Mining</b> 9:45/10:30 2:00 Men's Group 2:00 Tea Social 6:15 Ismaili Prayers 6:30 Noodle Hockey	<b>First Time for Everything</b> 9:45/10:30 10:00 Sunshine Cart (NB) 10:30 North of India 2:00 Balloon Toss 2:00 Bird Visits (1 <sup>st</sup> FL)	<b>Habourside Brekkie</b> 8:00 9:45/10:30 Wellness Group: Golf Workout 10:30 Room Visits (NB) 2:00 Bingo 6:30 The Stone Family (NS)	<b>Write Categories</b> 9:45/10:30 11:00 Catholic Mass 1:30 Food Committee Meeting (HH) 2:00 Table Tennis 6:30 Adult Colouring	<b>Outing to the Calgary Casino</b> 2:00 Never Have I... 2:00 Bible Stories (CH) 6:30 Friday Night Cards	<b>Eat, Wear or Drive?</b> 9:45/10:30 1:30 Movie & Popcorn 
<b>Chapel Hour</b> 10:00 <b>Tic Tac Toe</b> 2:00 	<b>Word Pyramid</b> 9:45/10:30 <b>Resident Council</b> 10:30 2:00 Anglican Service (CH) 2:00 Twister Games 2:00 It's A Small World 6:15 Ismaili Prayers 6:30 Baking (G) <small>Martin Luther King Day Tu B'Shevat</small>	<b>MLK Trivia</b> 9:45/10:30 10:00 Sunshine Cart (NB) 10:30 North of India 12:00 Yum Cha Club (CG) 2:00 Gerda & Friends 6:45 Card Bingo	<b>Northside Brekkie</b> 8:00 9:45/10:30 Wellness Group: Dancercise: Tiny Bubbles 10:30 Room Visits (NB) 2:00 Bingo 5:30 Dinner Club (G)	<b>Who Made Us Laugh?</b> 9:45/10:30 2:00 Birthday Social with Dennis Toner 6:30 Armchair Travel	<b>Lunch Outing to Tony Roma's</b> 11:30 Robby Burns Day 2:00 Balloon Toss 2:00 Bible Stories (CH)	<b>Chair Yoga</b> 9:45/10:30 2:00 Table Tennis 6:30 Shut the Box Game 
<b>Hymn Sing</b> 10:00 <b>Ice Cream Cart (NB)</b> 2:00 <b>Craft Time</b> 6:30 	<b>Begin Categories</b> 9:45/10:30 2:00 Balloon Toss 2:00 Petal Pushers (CH) 6:15 Ismaili Prayers (CH) 6:30 Western TV Classics <small>Australia Day (observed)</small>	<b>Who Am I?</b> 9:45/10:30 10:00 Sunshine Cart (NB) 10:00 Bird Visits (2 <sup>nd</sup> FL) 10:30 North of India 2:00 Celebration of Life	<b>Calendar Delivery</b> 8:00 9:45/10:30 Wellness Group: Flashback to the 80's 10:30 Room Visits (NB) 2:00 Jackpot Bingo 6:30 Music Appreciation	<b>Word Pyramid</b> 9:45/10:30 2:00 Shake Loose a Memory 6:30 Evening Music & Movement	<b>Program Locations</b> <b>A - Atrium</b> <b>NB- Neighbourhoods</b> <b>CG- Captain Galley</b> <b>G - Therapy Room</b> <b>CH- Chapel</b>	

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 <p><b>January 2019</b> Fairwinds Programming Program Suggestions Always Welcome</p>		<p><b>Happy New Year!</b></p> <p>New Year's Day</p>	<p>11:15 Balloon Exercise</p>	<p>4:30 Kitchen Helpers</p>		<p>11:15 Sing-A-Long</p>
<p>11:15 Bird Visits</p>	<p>11:15 Sensory Towels</p>	<p>11:15 Mobile Garden</p>	<p>11:15 Sit n' Stretch</p>	<p>11:15 Fruit Smoothies</p>	<p>11:15 Missing Last Letter</p>	<p>11:15 Sing-A-Long</p> <p>1:00 Jokes &amp; Stories</p>
<p>11:15 Bird Visits</p> <p>1:00 Table Tennis</p>	<p>11:15 Reminisce Campbell's Soup</p>	<p>11:15 No-Bake Baking</p>	<p>11:15 Bubble Break</p>	<p>4:30 Kitchen Helpers</p>	<p>1:00 Gentle Stretch</p>	<p>11:15 Sing-A-Long</p>
<p>11:15 Bird Visits</p>	<p>11:15 Sensory Snow Balls</p> <p>Martin Luther King Day Tu B'Shevat</p>	<p>11:15 Mobile Garden</p>	<p>11:15 Noodlecize</p>	<p>11:15 Fruit Smoothies</p>		<p>11:15 Sing-A-Long</p> <p>1:00 Nature Video</p>
<p>11:15 Bird Visits</p>	<p>11:15 Creative Art</p> <p>Australia Day (observed)</p>	<p>11:15 No-Bake Baking</p>	<p>11:15 Flashback to the 80's</p>	<p>4:30 Kitchen Helpers</p>	<p><b>These programs take place on the Fairwinds neighbourhood. Residents living on Fairwinds are always welcome to the large group program offered daily as well.</b></p>	

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	<b>Happy New Year</b>  <b>ADP CLOSED</b>	<b>1</b> Chair Yoga Balloon Race Forever Calendar First categories First Time for everything	<b>2</b> 1,2,3,4.... Try again Mixed up New Year A first time for everything Balloon Toss Pop out rhyming	<b>3</b> Symon says.... Bocce Ball Forever Calendar Don't burst my bubble Pop out word searches
<b>BP &amp; Weights</b> <b>7</b> Arm Strengthening Balloon Toss Bingo Door burst Zola Animal word changer	<b>BP &amp; Weights</b> <b>8</b> Get Moving after holidays Nerf target game Categorizing Twister Winter house	<b>BP &amp; Weights</b> <b>9</b> Zodiac Workout Curling Make your own Bookmark Hand Spa Putting Past in order	<b>BP &amp; Weights</b> <b>10</b> Balance Boost Baseball Hobbies Trivia What's wrong with this picture...? Entertainment	<b>BP &amp; Weights</b> <b>11</b> Snow exercises Nerf Target Game Sweet & sweet Chips Curling First time for everything
Balance Boost <b>14</b> Baseball Hobbies trivia Enjoy Fresh Bread Dice roulette	Rhyming Warm Ups <b>15</b> Table Bowling Breakfast scramble Shut the Box Showtime	Noodlecise <b>16</b> Bowling Don't burst my bubbles Showtime What comes next ...?	Exercises with Books <b>17</b> Ping pong Bingo Jeopardy All boxed in	Balance Boost <b>18</b> Ring Toss Bingo Showtime Blurt
Healthy Habits <b>21</b> Get moving in kitchen Curling Lucky Charm treats MLK Timeline	Healthy Habits <b>22</b> Jogging through Jungle What's wrong with this picture Bingo Memory Ball	Healthy Habits <b>23</b> Pass the Hat Eat, Wear and Drive Baseball The Champagne Music Player	Healthy Habits <b>24</b> Golf Course Exercises Curling Table Bowling Birthday Social	Healthy Habits <b>25</b> Zodiac Workout Table Bowling Robby burns Day Balloon toss Winter Snowman
Exercises with Books <b>28</b> Seated Soccer Artist at Work Showtime All boxed in	Chair Stretches <b>29</b> Curling Snow categories Seated Soccer Random Trivia	Sit & Be fit <b>30</b> Ping Pong Bingo Dot Doodles January IQ	Range of Motion <b>31</b> Bocce Ball Family Feud Don't Burst My Bubbles Odds & Evans	