






























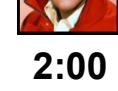




















# January 2021~Arbours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>HAPPY NEW YEAR</b>		<b>HAPPY NEW YEAR</b>		<b>1 HAPPY NEW YEAR</b>	<b>2</b> 
<b>3</b> Breakfast Trivia  Scheduled Virtual Visits 	<b>4</b> Finish The Phrase 10:00 Walk The Block & Mindful Meditation  Music Visits Daily Chronicle 	<b>5</b> Morning Music Trivia Music Visits Virtual Visits Daily Chronicle 2:30 Bingo Bonanza 	<b>6</b> Words Of Wisdom 10:00 Walk The Block & Mindful Meditation Daily Chronicle 2:30 Art by Design 	<b>7</b> Morning Music Trivia Music Visits Virtual Visits Daily Chronicle 2:30 New Year's Resolutions	<b>8</b> Morning Trivia 10:00 Walk The Block & Morning Stretches  Happy Hour Daily Chronicle 	<b>9</b> "Approach the New Year with resolve to find the opportunities hidden in each new day"
<b>10</b> Breakfast Trivia  Scheduled Virtual Visits 	<b>11</b> Finish The Phrase 10:00 Walk The Block & Mindful Meditation  Music Visits Daily Chronicle 	<b>12</b> Morning Music Trivia Music Visits Daily Chronicle 2:30 Song Search 	<b>13</b> Words Of Wisdom 10:00 Walk The Block & Mindful Meditation Daily Chronicle Jolly Trolley	<b>14</b> Morning Music Trivia Music Visits Virtual Visits Daily Chronicle 2:30 Inspirational Stories 	<b>15</b> Morning Trivia 10:00 Walk The Block & Morning Stretches  Ask Google Daily Chronicle	<b>16</b> <u>FLOWER CARNATION</u> 
<b>17</b> Breakfast Trivia  Scheduled Virtual Visits 	<b>18</b> Finish The Phrase 10:00 Walk The Block & Mindful Meditation  Music Visits Daily Chronicle 	<b>19</b> Morning Music Trivia Music Visits Virtual Visits Daily Chronicle 2:30 Bingo Bonanza 	<b>20</b> Words Of Wisdom 10:00 Walk The Block & Mindful Meditation Daily Chronicle 2:30 Art by Design 	<b>21</b> Morning Music Trivia 10:30 Resident Council Meeting 	<b>22</b> Morning Trivia 10:00 Walk The Block & Morning Stretches  Happy Hour Daily Chronicle 	<b>23</b> <u>Robert Burns</u>  
<b>24/31</b> Breakfast Trivia  Scheduled Virtual Visits 	<b>25</b> Finish The Phrase 10:00 Walk The Block & Mindful Meditation  Music Visits Daily Chronicle 	<b>26</b> Morning Music Trivia Music Visits Daily Chronicle 2:30 Balloon Volleyball 	<b>27</b> Words Of Wisdom 10:00 Walk The Block & Mindful Meditation Daily Chronicle Jolly Trolley	<b>28</b> Morning Music Trivia Music Visits Virtual Visits Daily Chronicle 2:30 Reading Group 	<b>29</b> Morning Trivia 10:00 Walk The Block & Morning Stretches  Ask Google Daily Chronicle	<b>30</b> <u>BIRTHSTONE GARNET</u> 

# January 2021 ~ Meadows

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>HAPPY NEW YEAR</b>		<b>HAPPY NEW YEAR</b>		<b>1 HAPPY NEW YEAR</b>	<b>2</b> 
<b>3</b>  2:00 <b>Coffee Talk</b> with Anna-Marie	<b>4</b> Lunchtime with Andy  2:00 <b>BINGO</b>	<b>5</b>  "WO word RD" 2:00 Word in a Word	<b>6</b>  10:00 <b>Exercise</b> with Alekhya	<b>7</b>  10:00 Mental <b>Aerobics</b> Lunchtime with Andy 	<b>8</b> 2:00 <b>Coffee Talk</b> "Elvis Presley" 	<b>9</b>  "Approach the New Year with resolve to find the opportunities hidden in each new day"
<b>10</b>  2:00 <b>Show &amp; Tell</b> 	<b>11</b>  2:00 <b>Wine &amp; Chocolates</b>	<b>12</b>  Lunchtime With Andy  "WO word RD" 2:00 Word in a Word	<b>13</b>  10:00 <b>Exercise</b> with Alekhya	<b>14</b>  10:00 Mental <b>Aerobics</b> Lunchtime with Andy	<b>15</b>  2:00 <b>Coffee Talk</b> "Backyard Rinks"	<b>16</b> <b>FLOWER CARNATION</b> 
<b>17</b>  2:00 <b>Poems, Prayers, &amp; Puzzlers</b>	<b>18</b>  Lunchtime with Andy  2:00 <b>BINGO</b>	<b>19</b>  "WO word RD" 2:00 Word in a Word	<b>20</b>  10:00 <b>Exercise</b> with Alekhya	<b>21</b>  10:00 Mental <b>Aerobics</b> Lunchtime with Andy 	<b>22</b>  2:00 <b>Coffee Talk</b> "Winter Blues"	<b>23</b> <b>ROBERT BURNS</b>  
<b>24/31</b>  2:00 <b>Coffee Talk</b> with Anna-Marie	<b>25</b>  2:00 <b>Bailey's &amp; Ice-Cream</b>	<b>26</b>  2:00 <b>Tenant Meeting</b>	<b>27</b>  10:00 <b>Exercise</b> with Alekhya	<b>28</b>  10:00 Mental <b>Aerobics</b> Lunchtime with Andy	<b>29</b>  2:00 <b>Coffee Talk</b> "Baked Goods"	<b>30</b> <b>BIRTHSTONE GARNET</b> 