



Sun	Mon	Tue	Wed	Thu	Fri	Sat
9:45 Chair Exercise 10:30 Wii Sports 1:30 Knitting w/ Lesley 1:45 Tuck Shop Open 1:45 Crib in Library 2:30 Social Tea Time 1	9:45 Sit to Stand 10:30 Armchair Travel 2:30 Social Tea Time 7:00 Bridge 2	9:45 Balance & Beyond 10:30 Brain Benders 1:00 Canasta 1:45 Bingo w/ Lesley 2:30 Social Tea Time 3	2:00 Bridge 2:30 Social Tea Time 3:00 Movie Matinee 4	9:45 Low Impact 10:30 Brain Benders 11:45 Lunch at the Watershed 2:00 Euchre 2:30 Social Tea Time 7:00 Bingo w/ Jane 5	9:45 Sit to Stand 10:30 Breathing & Meditation 2:30 Social Tea Time 3:00 New Market 7:00 Bridge 6	9:45 Rhythm & Movement 10:30 Readers & Writers 1:45 Bingo w/ Lesley 2:30 Social Tea Time 3:00 7
9:45 Chair Exercise 10:30 Wii Sports 1:30 Knitting w/ Lesley 1:45 Tuck Shop Open 1:45 Crib in Library 2:30 Social Tea Time 8	10:30 Armchair Travel w/ Glenda 2:30 Social Tea Time 7:00 Bridge 9	9:45 Balance & Beyond 10:30 Brain Benders 1:00 Canasta 1:45 Bingo w/ Lesley 2:30 Social Tea Time 10	2:00 Bridge 2:30 Social Tea Time 3:00 Movie Matinee 11	10:30 Brain Benders w/ Glenda 2:00 Euchre 2:30 Birthday Tea 7:00 Bingo w/ Jane 12	2:30 Social Tea Time 7:00 Bridge 13	1:45 Bingo w/ Lesley 2:30 Social Tea Time 3:00 14
9:45 Chair Exercise 10:30 Wii Sports 1:30 Knitting w/ Lesley 1:45 Tuck Shop Open 1:45 Crib in Library 2:30 Social Tea Time 15	9:45 Sit to Stand 10:30 Armchair Travel 12:00 Lunch feat. Bruce & Robyn 2:30 Social Tea Time 7:00 Bridge 16	9:45 Balance & Beyond 10:30 Brain Benders 1:00 Canasta 1:45 Bingo w/ Lesley 2:30 Social Tea Time 17	2:00 Bridge 2:30 Social Tea Time 3:00 Movie Matinee 18	9:45 Low Impact 10:30 Brain Benders 11:45 Lunch at Timberwolf 2:00 Euchre 2:30 Social Tea Time 7:00 Bingo w/ Jane 19	9:45 Sit to Stand 10:30 Breathing & Meditation 2:30 Social Tea Time 3:00 New Market 7:00 Bridge 20	9:45 Rhythm & Movement 10:30 Readers & Writers 1:45 Bingo w/ Lesley 2:30 Social Tea Time 3:00 21
9:45 Chair Exercise 10:30 Wii Sports 1:30 Knitting w/ Lesley 1:45 Tuck Shop Open 1:45 Crib in Library 2:30 Social Tea Time 22	9:45 Sit to Stand 10:30 Armchair Travel 2:30 Social Tea Time 7:00 Bridge 23	9:45 Balance & Beyond 10:30 Brain Benders 1:00 Canasta 1:45 Bingo w/ Lesley 2:30 Social Tea Time 24	2:00 Bridge 2:30 Welcome Tea 3:00 Movie Matinee 25	9:45 Low Impact 10:30 Brain Benders 12:45 Bus Trip to Walmart 2:00 Euchre 2:30 Social Tea Time 3:00 Food/Resident Forum 7:00 Bingo w/ Jane 26	9:45 Sit to Stand 10:30 Breathing & Meditation 2:30 Social Tea Time 3:00 New Market 7:00 Bridge 27	9:45 Rhythm & Movement 10:30 Readers & Writers 1:45 Bingo w/ Lesley 2:30 Social Tea Time 3:00 28
9:45 Chair Exercise 10:30 Wii Sports 1:30 Knitting w/ Lesley 1:45 Tuck Shop Open 1:45 Crib in Library 2:30 Social Tea Time 29	9:45 Sit to Stand 10:30 Armchair Travel 2:30 Social Tea Time feat. Doug 7:00 Bridge 30	9:45 Balance & Beyond 10:30 Brain Benders 1:00 Canasta 1:45 Bingo w/ Lesley 2:30 Social Tea Time 31	Birthdays in January Bob C. (5) George (8) Myrtle (10)	Happy Birthday		

NEW YEAR'S EVE WORD SCRAMBLE

utwdcnono

ebeltreca

idgitmhn

ecfotitn

hserec

sinoerustol

rpyta

apelssrkr

kinsamereo

nlaboslo

sogla

rkwesifro

aajrnyu

uemtrieasqs

eirsmome

**Shannon Falls Retirement Residence
Activity Calendar**
January 2023

