

**1st Floor Calendar
JANUARY 2019**

Recreation Phone Numbers:

Therapist: Shauna 780-442-5734 or 5785 or shauna.kessler@capitalcare.net

Therapy Assistants: Kristy:5790 Wendy:5788 Ethel:5789

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		JANUARY 1ST, 2019 HAPPY NEW YEAR!! All the best to you and yours in 2019!	2 10:00 – New Year’s discussion 11:00 – Hymn Sing <i>LR</i> 1 to 1 Leisure 2:45 – Let’s get moving 4:00 – Songs with John	3 10:00 – Word Games Small Group program 1 to 1 Leisure 3:00 – Bowling 6:15 – Reminiscing	4 10:00 – Music with Daycare JAVA Program 11:15 – Balloon Badminton 1:30 – Recorder Choir *New program <i>Great Room</i> 3:15 – Duck Shoot 3:00 – Catholic Mass <i>Great Room</i> 6:30 - Curling	5 10:15 Drumming with Wendy 2:45 – Ladder Ball
6	7 10:00 – Group Crossword 1 to 1 Leisure Helping Hands 3:00 – “Coffee Break” *New program <i>Thompson House</i>	8 9:00 Eggs on the Grill <i>Thompson</i> At Your Leisure 11:00 – Reflection with Hymns <i>Great Room</i> Small Group program 1 to 1 Leisure 2:45 Mind & Body movement Java Program 3:30 – Resident Family Council <i>2nd floor Sask House</i>	9 10:00 - Brain Games 11:00 – Hymn Sing <i>LR</i> 1 to 1 Leisure 2:45 – Floor Hockey 4:00 – Songs with John	10 10:00 – Creative Art 1:30 – Balloon Badminton 1 to 1 Leisure Helping Hands 5:00 – Ukrainian Food Order In **must RSVP	11 10:00 - Music with Daycare JAVA Program 1 to 1 Leisure 1:30 Recorder Choir *New program <i>Great Room</i> 3:00 Catholic Mass <i>Great Room</i> 3:15 – Junk Drawer Detective 6:00 – Paint Night *Must sign up; limited space	12
13	14 10:00 – Hobbies Trivia 1 to 1 Leisure Helping Hands 3:00 – “Coffee Break” *New program <i>Nelson House</i>	15 9:00 Eggs on the Grill <i>Fraser</i> 10:15 – Creative Art 11:00 – Reflection with Hymns <i>Great Room</i> 1:30 – Recreation Curling in the Great Room *sign up to play on a team!!! Java Program	16 10:00 – Large Dice Yahtzee 11:00 – Hymn Sing <i>LR</i> 2:30 – Recreation Curling in the Great Room *sign up to play on a team!!! 2:45 – Bean Bag Toss 4:00 – Songs with John	17 10:15 – Baking 2:30 – Happy Hour with the Wildrose Fiddlers <i>Great Room</i> 6:15 – Ice Fishing Skit	18 10:00 – Music with Daycare JAVA Program 11:15 – Balloon Volleyball 1:30 Recorder Choir *New program <i>Great Room</i> 1 to 1 Leisure 3:00 – Catholic Mass <i>Great Room</i> 4:30 – Kingsway Legion Outing	19 10:15 Stretch & Toss 2:00 Robbie Burns Celebration <i>Great Room</i>

Christmas Undecorating

1st Floor Calendar
JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21	22	23	24	25	26
	10:00 – Creative Art 1 to 1 Leisure Helping Hands 3:00 – “Coffee Break” *New program <i>Columbia House</i>	9:00 Eggs on the Grill <i>Nelson</i> 10:00 – Duck Shoot 11:00 – Reflection with Hymns <i>Great Room</i> Small Group program 1 to 1 Leisure 3:00 – Bocce Ball Java Program	10:00 – Drumming Group 11:00 – Hymn Sing <i>LR</i> 1 to 1 Leisure 2:45 – Floor Hockey 4:00 – Songs with John	10:00 – Word Games Small Group program 1 to 1 Leisure 2:30 – Bingo <i>Great Room</i> 6:15 – Curling	10:00 – Music with Daycare JAVA Program 10:45 –Norwood Legion Lunch Outing 1:30 Recorder Choir *New program <i>Great Room</i> Small Group program 1 to 1 Leisure 3:00 Catholic Mass <i>Great Room</i> 3:30 – Music Request & Social Hour <i>Living Room</i>	10:15 – Get Moving’ 2:45 – Creative Art
27	28	29	30	31	Save the date & get your tickets! “Love is in the Air” Friday, February 8, 2019 See reception for further details	
	10:15 – Who am I, What am I? 1 to 1 Leisure Helping Hands 3:00 – “Coffee Break” *New program <i>Fraser House</i>	9:00 – Eggs on the Grill Small Group program 11:00 - Reflection with Hymns <i>Great Room</i> <u>2:30</u> – Celebrating January Birthday’s Sponsored by the Kingsway Legion Ladies’ Auxiliary <i>Great Room</i>	10:00 – Toss & Talk 11:00 – Hymn Sing <i>LR</i> 2:30pm – Memorial Service (September 1 st to December 31) <i>Great Room</i>	10:15 – Discussing the Zebra Plant & Pot 11:00 – Out trip to the Airport Mall *Must RSVP 3:00 – Balloon Volleyball 6:15 – Travel to Latvia		

- **Coffee Break (Monday afternoon) – join us in the indicated house for an afternoon break, with beverages and a small snack. Enjoy learning the history of the day and other news at our fingertips.**
- **Programs with no times or locations are for select residents (ex: JAVA program, Small Group programs, 1 to 1 Leisure opportunities). Please talk to Shauna, Recreation Therapist, for more information**
- **Recorder Choir – join this program, received your own Recorder and learn from Music Therapist, John!**