

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2019
Glen Abbey
Memory Care

		1 Exercise video Movie New Year's Day	2 11:00 Sing-along 2:00 <i>Movin' & Groovin'</i> 3:00 Hangman	3 11:00 Artist's studio 3:15 Social 3:45 Exercise	4 11:00 Bowling 2:00 Cooking group 3:30 Sing-along	5 Sing-along Exercise video
6 Hymns Exercise video	7 11:00 Artist's studio 2:00 Eucharistic Ministry 3:00 Exercise 3:30 Un-deck the halls	8 9:00 Beauty salon 10:00 <i>Un-deck the halls</i> 1:00 One to one 3:15 Exercise	9 11:00 Sing-along 2:00 Cooking group 3:30 Detective	10 Hymns 2:00 Social 3:45 Exercise	11 11:00 Bowling 3:30 Travel club: Latvia 6:00 <i>Family Feud</i>	12 11:00 Artist's studio 3:00 Exercise
13 11:00 Hymns 2:45 Kickball	14 11:00 Dining committee 2:00 Eucharistic Ministry 3:00 <i>Movin' & Groovin'</i> 3:30 Letter scramble	15 9:00 Beauty salon 11:00 Horseshoes 2:00 Cooking group 6:00 Movie	16 11:00 Artist's studio 2:00 <i>Balance Earth</i> 🎵 3:00 Exercise	17 10:00 Sing-along 3:00 Social 3:45 Exercise	18 10:00 Singalong 2:00 Men's club 2:00 Women's club 3:30 Exercise video	19 Sing-along Exercise video
20 Hymns Exercise Video	21 11:00 Artist's studio 2:00 Eucharistic Ministry 3:00 Exercise 3:30 Crossword <small>Martin Luther King Day Tu B'Shevat</small>	22 9:00 Beauty salon 11:00 Horseshoes 2:00 Cooking group 3:00 Family Feud	23 11:00 Reminisce 2:00 Cooking club 3:30 Detective	24 11:00 Hymns 3:15 Social 3:45 Exercise 5:45 Chaplain visit	25 11:00 Bowling 2:45 Art therapy 6:00 Yahtzee	26 Sing-along Exercise video
27 Hymns Exercise video	28 11:00 Artist's studio 2:00 Eucharistic Ministry 3:00 Exercise 3:30 Hangman <small>Australia Day (observed)</small>	29 9:00 Beauty salon 11:00 Horseshoes 2:00 Resident Council & exercise	30 11:00 <i>Poppin' good food</i> 2:00 <i>Elvis</i> 🎵 3:00 Exercise	31 11:00 Sing-along 3:15 Social 3:45 Exercise 6:00 Bunco		