

If you have any questions, please feel free to reach out to the Life Enrichment Staff in your resident home area.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				9:30am Hymn Sing 9:50am Group Exercise 10:00am Sit & Stretch 10:30am Colouring Club (AR) 2:00pm 1:1 Emotional 2:30pm New Year Day: Hot Chocolate Social (MW) 3:45pm Ball Toss 4:30pm 1:1 Social	9:30am Hymn Sing 9:50am Group Exercise 10:30am 1:1 Social 2:00pm Sensory 1:1 2:30pm Rock n Roll Concert (MW) 3:30pm Word Games 6:15pm Movie Night (MW)	9:30am Hymn Sing 10:00am Sit & Stretch 10:30am Walking Program 2:30pm BINGO Hall (MW)
4	5	6	7	8	9	10
9:30am Hymn Sing 10:00am Sit & Stretch 2:30pm Music, Melody, & Memories (MW)	9:30am Hymn Sing 9:50am Group Exercise 10:15am Walking Program 10:45am 1:1 Social 2:00pm Sensory 1:1 2:30pm BINGO 3:30pm Pet Therapy 3:45pm Hand Therapy	9:30am Hymn Sing 9:50am Group Exercise 10:30am Prayer Group (AR) 2:00pm 1:1 Social 2:30pm Spiritual Singing & Sharing 3:45pm Dominoes 4:15pm 1:1 Emotional	9:30am Hymn Sing 9:50am Group Exercise 10:30am Brain Stimulation (AR) 10:30am Resident Council 2:00pm 1:1 Emotional 2:30pm Helping Hands 3:00pm Word Games 4:00pm 1:1 Colouring	9:30am Hymn Sing 9:50am Group Exercise 10:30am Prayer Group (AR) 2:00pm 1:1 Emotional 2:30pm Guess That Tune 3:45pm Word Games 4:30pm 1:1 Social	9:30am Hymn Sing 9:50am Group Exercise 10:30am Reminiscing (AR) 2:00pm 1:1 Social 2:30pm Afternoon Social 3:30pm Balloon Toss	9:30am Hymn Sing 10:00am Sit & Stretch 10:30am Walking Program 2:30pm Sound Therapy (MW)
11	12	13	14	15	16	17
9:30am Hymn Sing 10:00am Sit & Stretch 2:30pm Visit by Markham Bible Chapel (MW)	9:30am Hymn Sing 9:50am Group Exercise 10:15am Walking Program 10:45am 1:1 Social 2:00pm Sensory 1:1 2:30pm BINGO 3:30pm Pet Therapy 3:45pm Ball Toss	9:30am Hymn Sing 9:50am Group Exercise 10:30am Prayer Group (AR) 2:00pm 1:1 Social 2:30pm Spiritual Singing & Sharing 3:45pm Fun & Games 4:15pm 1:1 Emotional	8:30am Breakfast Club (MW) 9:30am Hymn Sing 9:50am Group Exercise 10:30am Canvas Painting (AR) 2:00pm 1:1 Emotional 2:30pm Helping Hands 3:00pm Dominoes 4:00pm 1:1 Colouring	9:30am Hymn Sing 9:50am Group Exercise 10:30am Prayer Group (AR) 2:00pm 1:1 Emotional 3:45pm Ball Toss 4:30pm 1:1 Social	9:30am Hymn Sing 9:50am Group Exercise 10:30am 1:1 Social 2:00pm Sensory 1:1 2:30pm Music & Memories 3:30pm Word Games 6:15pm Movie Night (MW)	9:30am Hymn Sing 10:00am Sit & Stretch 10:30am Walking Program 2:30pm BINGO Hall (MW)
18	19	20	21	22	23	24
9:30am Hymn Sing 10:00am Sit & Stretch 2:30pm Music, Melody, & Memories (MW)	9:30am Hymn Sing 9:50am Group Exercise 10:15am Walking Program 10:45am 1:1 Social 2:00pm Sensory 1:1 2:30pm BINGO 3:30pm Pet Therapy 3:45pm Hand Therapy	9:30am Hymn Sing 9:50am Group Exercise 10:30am Prayer Group (AR) 2:00pm 1:1 Social 2:30pm Spiritual Singing & Sharing 3:45pm Dominoes 4:15pm 1:1 Emotional	9:30am Hymn Sing 9:50am Group Exercise 10:30am Brain Stimulation (AR) 2:00pm 1:1 Emotional 2:30pm Helping Hands 3:00pm Word Games 4:00pm 1:1 Colouring	9:30am Hymn Sing 9:50am Group Exercise 10:30am Prayer Group (AR) 2:00pm 1:1 Emotional 2:30pm Craft Activity (MW) 2:30pm Guess That Tune 3:45pm Word Games 4:30pm 1:1 Social	9:30am Hymn Sing 9:50am Group Exercise 10:30am Story Telling (AR) 2:00pm 1:1 Social 2:30pm Afternoon Social 3:30pm Balloon Toss	9:30am Hymn Sing 10:00am Sit & Stretch 10:30am Walking Program 2:30pm BINGO Hall (MW)
25	26	27	28	29	30	31
9:30am Hymn Sing 10:00am Sit & Stretch 2:30pm Visit by Lansing Church (MW)	9:30am Hymn Sing 9:50am Group Exercise 10:15am Walking Program 10:45am 1:1 Social 2:00pm Sensory 1:1 2:30pm BINGO 3:30pm Pet Therapy 3:45pm Ball Toss	9:30am Hymn Sing 9:50am Group Exercise 10:30am Prayer Group (AR) 2:00pm 1:1 Social 2:30pm Spiritual Singing & Sharing 3:45pm Fun & Games 4:15pm 1:1 Emotional	9:30am Hymn Sing 9:50am Group Exercise 10:30am Canvas Painting (AR) 2:00pm 1:1 Emotional 2:30pm Helping Hands 3:00pm Dominoes 4:00pm 1:1 Colouring	9:30am Hymn Sing 9:50am Group Exercise 10:30am Prayer Group (AR) 2:00pm 1:1 Emotional 2:30pm Birthday Party (MW) 3:45pm Ball Toss 4:30pm 1:1 Social	9:30am Hymn Sing 9:50am Group Exercise 10:30am 1:1 Social 2:00pm Sensory 1:1 2:30pm Music & Memories 3:30pm Word Games 6:15pm Movie Night (MW)	9:30am Hymn Sing 10:00am Sit & Stretch 10:30am Walking Program 2:30pm BINGO Hall (MW)