

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00 pm 1 Shuffleboard Happy! New Years 7:00 pm Scrabble <small>New Year's Day</small>	9:15 am Fitness 2 No Housekeeping No Driving 7:00 pm Cribbage	9:15 am Fitness 3 10:30 am Banking 3:00 pm Kaiser with Jamie 7:00 pm Wii Bowling	9:15 am Fitness 4 1:15 pm <u>Nursing Clinic</u> 3:15 pm Fitness with Gentle Movement	9:00 am 5 <u>VON Foot Care</u> 9:15 am Fitness 1:15 pm Centre on 8 th 2:00 pm <u>Meet the Chef</u> 7:00pm Nickel Bingo	9:15 am Fitness 6 9:30am Field House 2:30 pm <u>Happy Hour The Dahlen Brothers</u>	9:30 am Fitness 7 7:00 pm Movie/Whist
2:00 pm 8 Shuffleboard ENJOY! FAMILY DAY 7:00 pm Scrabble	9:15 am Fitness 9 9:30am Field House <u>Massage Therapy</u> 1:30 pm Baking with Jamie 7:00 pm Cribbage	9:15 am Yoga 10 3:00 pm Kaiser with Jamie 7:00 pm Fiddle Express	9:15 am Fitness 11 10:30 am - Noon <u>Stay on your feet Exercise program</u> 3:15 pm Fitness with Gentle Movement	9:15 am Fitness 12 New" 9:00 am <u>Soul to Sole Foot Care</u> 1:15 pm Lawson Heights 7:00 pm Nickel Bingo	9:15 am Fitness 13 9:30am Field House 2:30 pm <u>Happy Hour Sounds of Cleveland</u>	9:30 am Fitness 14 7:00 pm Movie/Whist
2:00 pm 15 Shuffleboard 3:30 pm Church In the Chapel Family Day 7:00 pm Scrabble	9:15 am Fitness 16 9:30am Field House 10:30 am <u>Nutrition Arthritis Workshop</u> 1:30 pm Baking with Jamie 7:00 pm Cribbage <small>Martin Luther King, Jr. Day</small>	9:15 am Yoga 17 1:15 pm <u>Dakota Dunes</u> 3:00 pm Kaiser with Jamie 7:00 pm Wii Bowling	9:15 am Fitness 18 1:15pm <u>Nursing Clinic</u> 10:30 am – 11:30 am <u>Stay on your feet Exercise program</u> 3:15 pm Fitness with Gentle Movement	9:15 am Fitness 19 10:15 am <u>Spa Day</u> 1:15 pm Wal-Mart Stone Bridge 7:00pm Nickel Bingo	9:15 am Fitness 20 9:30am Field House 2:30 pm <u>Country Two Band</u>	9:30 am Fitness 21 7:00 pm Movie/Whist
2:00 pm 22 Shuffleboard ENJOY! FAMILY DAY 7:00 pm Scrabble	9:15 am Fitness 23 9:30am Field House 1:30 pm <u>Massage Therapy</u> 7:00 pm <u>Jean & Doreen</u> <small>Chinese New Year</small>	9:15 am Yoga 24 3:00 pm Kaiser with Jamie 7:00 pm Wii Bowling	9:15 am Fitness 25 10:30 am – 11:30 am <u>Stay on your feet Exercise program</u> 2:30 pm <u>Welcome Tea/B-Day</u> Harry Smith	9:00 am 26 <u>VON Foot Care</u> 9:15 am Fitness 1:15 pm Market Mall 7:00 pm Nickel Bingo <small>Australia Day</small>	9:15 am Fitness 27 9:30am Field House 2:30 pm <u>Happy Hour The Del Olson Band</u>	9:30 am Fitness 28 7:00 pm Movie/Whist
2:00 pm 29 Shuffleboard ENJOY! FAMILY DAY 7:00 pm Scrabble	9:15 am Fitness 30 9:30am FieldHouse 3:00 pm Kaiser With Jamie 7:00 pm Cribbage	9:15 am Yoga 10:30 am Banking 7:00 pm Wii Bowling 31				

Transportation to Medical and Dental appointments is provided on Monday's and Wednesday's ~ Please book at the Front Desk