

# January 2023

## Hespeler and Preston

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9:45 Planning for the New Year - HAA 10:45 New Years Craft - PAA	<b>2</b> 10:45 Fun and Fitness - HAA 2:00 Planning for the New Year - PAA	<b>3</b> 2:00 New Years Craft - HAA 3:00 Fun and Fitness - PAA	<b>4</b> 9:45 It Makes Sense (P) - Resi 10:45 Fun and Fitness - HAA 2:00 Scripture and Songs - PAA	<b>5</b> 9:45 Beauty Shop (H) - Resi 10:45 Fun and Fitness - PAA	<b>6</b> 9:45 Music Therapy - HAA 10:30 Music Therapy - PAA 11:15 One to One Music Therapy (H/P) - Resi	<b>7</b> Independent Program Day
<b>8</b> 10:45 Fun and Fitness - PAA 2:00 Bingo - HAA	<b>9</b> 10:45 Scripture and Songs - HAA 2:00 Bingo - PAA	<b>10</b> 2:00 Active Games - HAA 3:00 Fun and Fitness - PAA 6:15 Vegetable Soup Prep - HAA	<b>11</b> 9:45 It Makes Sense (H) - Resi 12:00 Grill Cheese Luncheon-Pre Register - ACRM 2:00 Scripture and Songs - PAA 3:00 Fun and Fitness - HAA	<b>12</b> 9:45 Beauty Shop (P) - Resi 3:00 Fun and Fitness - PAA	<b>13</b> 10:45 Fun and Fitness - HAA 2:00 Active Games - PAA 2:00 Open Minds, Open Hearts - ACRM	<b>14</b> 9:45 Wellness Group - HAA 3:00 Fun and Fitness - PAA
<b>15</b> Independent Program day	<b>16</b> 10:45 Scripture and Songs - HAA 2:00 Hands on Exotics - AUDI 6:15 Fun and Fitness - HAA	<b>17</b> 11:30 Red Lobster Outing-Pre Register - OUT 2:00 Bingo - HAA 6:15 Fun and Fitness - PAA	<b>18</b> 9:45 Bingo - PAA 11:00 Roman Catholic Communion - ACRM 2:00 It Makes Sense (P) - Resi 2:00 Scripture and Songs - PAA 3:00 Fun and Fitness - HAA	<b>19</b> 9:45 Beauty Shop (H) - Resi 10:45 Fun and Fitness - PAA 2:00 Baking - ACRM	<b>20</b> 9:45 Music Therapy - HAA 10:30 Music Therapy - PAA 11:15 One to One Music Therapy (H/P) - Resi 2:00 Wellness Group - PAA 2:00 Open Minds, Open Hearts - ACRM 3:00 Fun and Fitness - HAA	<b>21</b> 9:45 Chinese New Year Craft - HAA 10:45 Fun and Fitness - PAA
<b>22</b> Independent Program Day	<b>23</b> 10:45 Scripture and Songs - HAA 12:00 Chinese New Year Luncheon in your Dining Room 2:00 Chinese New Year Craft - PAA 3:00 Fun and Fitness - HAA	<b>24</b> 2:00 Bingo - HAA 3:00 Fun and Fitness - PAA	<b>25</b> 9:45 Coffee and Chat - PAA 10:45 Fun and Fitness - HAA 2:00 It Makes Sense (H) - Resi 2:00 Scripture and Songs - PAA 3:00 Bingo - PAA	<b>26</b> 9:45 Beauty Shop (P) - Resi 3:00 Fun and Fitness - PAA	<b>27</b> 10:45 Fun and Fitness - HAA 2:00 Time to Think - PAA 2:00 Open Minds, Open Hearts - ACRM	<b>28</b> 9:45 Time to Think - HAA 3:00 Fun and Fitness - PAA
<b>29</b> Independent Program Day	<b>30</b> 9:45 Artfull Enrichment - ACRM 10:45 Scripture and Songs - HAA 2:00 Fun and Fitness - HAA 5:00 Young and the Restless Group - AUDI	<b>31</b> 9:45 Coffee and Chat - HAA 10:45 Fun and Fitness - PAA 1:30 Ken Seiling Museum Outing-Pre Register - OUT				

ACRM - Activity Room      AUDI - Centre Auditorium      HAA - Hespeler Activity Area      OUT - Outings      PAA - Preston Activity Area

Resi - Resident Room for 1-1 scoring

**Check Program Boards Daily for the most up to date information.**