

January 2024



Galt

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Years Day 3:00pm Table Top Games - GAA	2 3:00pm Friendly Visits (G) - Resi	3 9:45am Coffee and Chat - GAA 3:00pm Fun and Fitness - GAA	4 9:45am It Makes Sense (G) - Resi 11:00am Drum Jam - GAA 2:00pm Bingo - ACRM	5 11:00am One to One Music Therapy - Resi 2:00pm Sing a long - GAA	6 3:00pm Fun and Fitness - GAA
7 2:00pm A Year in Review - GAA	8 3:00pm Fun and Fitness - GAA	9 10:30am Scripture and Song - GAA 11:30am Symposium Restaurant - OUT	10 10:15am Music Therapy - GAA 11:00am Music Therapy - Resi 2:00pm Residents Council - ACRM 3:00pm Fun and Fitness - GAA 6:15pm Variety Time - GAA	11 9:45am It Makes Sense (G) - Resi 2:00pm Birthday Party (Nov. Dec. and Jan. Birthdays) - 2nd	12 10:45am Tots and Tunes - Craf 11:00am Sing a long - GAA 2:00pm Super Fun and Fitness - ACRM	13 11:00am Hymn Sing - GAA
14 2:00pm Time to Think - GAA	15 11:00am Fun and Fitness - GAA 2:00pm Hands on Exotics - AUDI	16 9:45am Wellness Group- Yogurt Parfaits - GAA 10:30am Scripture and Song - GAA 1:30pm Crumbs and Cream Desserts Outing- Pre-register with Alexis - OUT	17 11:00am Music Therapy - Resi 11:20am Roman Catholic Communion - ACRM 1:30pm Beauty Shop - ACRM 3:00pm Fun and Fitness - GAA 6:15pm Variety Time - GAA	18 9:45am It Makes Sense (G) - Resi 11:00am Crafts - GAA 2:00pm Bingo - ACRM	19 10:45am Tots and Tunes - Craf 2:00pm Super Fun and Fitness - ACRM	20 3:00pm Spic and Span - GAA
21 9:45am Musical Memories - GAA	22 11:00am Fun and Fitness - GAA 2:00pm Artful Chats - ACRM	23 9:00am Alzheimer's Society Coffee Break- CDR 10:30am Scripture and Song - GAA 2:00pm Armchair Travel - ACRM	24 10:15am Music Therapy - GAA 11:00am Music Therapy - Resi 2:00pm Bell Lets Talk- Mental Wellness - GAA 3:00pm Fun and Fitness - GAA	25 9:45am It Makes Sense (G) - Resi 11:00am Friendly Visits - Resi 2:00pm Artful Enrichment - ACRM	26 10:45am Tots and Tunes - Craf 2:00pm Super Fun and Fitness - ACRM 2:00pm Memorial Service - AUDI	27 2:00pm Movie and Popcorn - GSR
28 9:45am Coffee and Chat - GAA	29 11:00am Fun and Fitness - GAA 2:00pm QuiGong Fitness Class - ACRM	30 10:30am Scripture and Song - GAA 2:00pm Java Music Club - GSR 5:00pm Y & R Dinner and Movie - ACRM	31 11:00am Music Therapy - Resi 1:30pm Beauty Shop - ACRM 3:00pm Fun and Fitness - GAA 6:15pm Variety Time - GAA			

2nd - 2nd Floor Dining Room

GSR - Galt Sitting Room

ACRM - Activity Room

OUT - Outings

AUDI - Centre Auditorium

Resi - Resident Room for 1-1 scoring

Craf - Craft Room 3

GAA - Galt Activity Area

Check Program Boards daily for the most up to date information.