

January 2024



Hespeler

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

2nd - 2nd Floor Dining Room
HSR - Hespeler Sitting Room

ACRM - Activity Room
OUT - Outings

AUDI - Centre Auditorium
PAA - Preston Activity Area

Craf - Craft Room 3
Resi - Resident Room for 1-1 scoring

HAA - Hespeler Activity Area

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