

January 2024



Blair

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

2nd - 2nd Floor Dining Room

ACRM - Activity Room

AUDI - Centre Auditorium

BAA - Blair Activity Area

BSR - Blair Sitting Room

Craf - Craft Room 3

OUT - Outings

Resi - Resident Room for 1-1 scoring

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