

# January 2025



## Blair

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> New Years Day 11:00am Happy New Year Card Making - BAA	<b>2</b> 10:30am Scripture and Song - BAA 11:00am Friendly Visits (B) - Resi 2:00pm Artful Chats - ACRM	<b>3</b> 11:00am Music Therapy - Resi 3:00pm Bible Study with Niamh - 3FL	<b>4</b> 11:00am A Year In Review - BAA
<b>5</b> 11:00am Fun and Fitness - BAA	<b>6</b> 9:45am It Makes Sense (B) - Resi 11:30am Symposium Restaurant Outing - Pre-register with Alexis - OUT 6:15pm Variety Time - BAA	<b>7</b> 2:00pm Alzheimer's Society Presentation - AUDI	<b>8</b> 10:00am Elvis Day - ACRM 10:45am Fun and Fitness - BAA 2:00pm Winter Crafts - BAA 2:00pm Residents Council - ACRM	<b>9</b> 10:30am Scripture and Song - BAA 10:30am Baking with St Michael's Students - AUDI 2:00pm Bingo - ACRM 2:15pm Drum Jam - BAA	<b>10</b> 9:30am Music Therapy - BAA 11:00am Music Therapy - Resi 2:00pm Super Fun and Fitness - ACRM 3:00pm Bible Study with Niamh - 3FL	<b>11</b> 3:00pm Wellness Group - BAA
<b>12</b> 9:45am Sunday Morning Hymn Sing - BAA	<b>13</b> 1:45pm QiGong Fitness Class- AUD 2:30pm Bilingual (French and English) Coffee and Chats - AUDI 6:15pm Variety Time - BAA	<b>14</b> 10:45am Fun and Fitness - BAA 2:00pm Retirement Tea Social - Blair Dining Room	<b>15</b> 11:00am Music Therapy - Resi 11:30am Roman Catholic Communion - ACRM 1:30pm Beauty Shop - ACRM 6:15pm Variety Time - BAA	<b>16</b> 9:45am Friendly Visits (B) - Resi 10:30am Scripture and Song - BAA 2:00pm Birthday Party (December and January Birthdays) - 2nd	<b>17</b> 9:45am Friendly Visits - Resi 10:30am Tots and Tunes - ACRM 2:00pm Super Fun and Fitness - ACRM 3:00pm Bible Study with Niamh - 3FL	<b>18</b> 10:00am Java Music Club - ACRM 3:00pm Musical Memories - BSR
<b>19</b> 11:00am Spic & Span - BAA 2:30pm Drum Jam - ACRM	<b>20</b> 1:30pm Hands On Exotics - AUDI	<b>21</b> 2:00pm Hearing Loss Presentation - Craf	<b>22</b> Bell Lets Talk Day 9:30am Music Therapy - BAA 9:30am QiGong Fitness Class - AUDI 11:00am Music Therapy - Resi 2:00pm Musical Guest- Jeff Poolton - 2nd 5:00pm Y & R Dinner and Movie - Pre-register with Alexis - ACRM	<b>23</b> 9:45am Friendly Visits - Resi 10:30am Scripture and Song - BAA 2:00pm Bingo - ACRM	<b>24</b> 9:45am Friendly Visits - Resi 9:45am Horticulture Hands - BAA 10:30am Tots and Tunes - ACRM 2:00pm Super Fun and Fitness - ACRM 3:00pm Bible Study with Niamh - 3FL	<b>25</b> 3:00pm Busy Hands - BAA
<b>26</b> 11:00am Fun and Fitness - BAA	<b>27</b> 1:45pm QiGong Fitness Class- AUD 2:30pm Bilingual (French and English) Coffee and Chats - AUDI 6:15pm Variety Time - BAA	<b>28</b> 11:30am 50's Diner Lunch Outing - Pre-register with Alexis - OUT 1:30pm Beauty Shop - ACRM	<b>29</b> Lunar New Year 11:00am Music Therapy - Resi 2:00pm Year of the Snake - BAA 3:00pm Friendly Visits (B) - Resi 6:15pm Variety Time - BAA	<b>30</b> 10:30am Church Service - ACRM 2:00pm Artful Enrichment - ACRM	<b>31</b> 9:45am Friendly Visits - Resi 10:30am Tots and Tunes - ACRM 2:00pm Super Fun and Fitness - ACRM 3:00pm Bible Study with Niamh - 3FL	

2nd - 2nd Floor Dining Room

ACRM - Activity Room

AUDI - Centre Auditorium

BAA - Blair Activity Area

BSR - Blair Sitting Room

OUT - Outings

Resi - Resident Room for 1-1 scoring

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

