

January 2025

• SUNDAY •

• MONDAY •

• TUESDAY •

• WEDNESDAY •

• THURSDAY •

• FRIDAY •

• SATURDAY •

**If you have any questions or concerns please contact the
Recreation Therapy team at (902) 384-4118**

**Activities are subject to change. Please refer to White Board
Daily**

9:30 Hairdresser 1
10:30 Exercises

2:00 Card Game
Bingo

2
10:30 Bingo
2:00 Arm Chair
Travel to Iceland
6:30 Movie in lounge

3
10:30 Exercises

2:00 Lexicon

4
10:30 Word games
2:00 Card Game
Bingo

5
10:30 Card Game
Bingo
2:00 Word Games

6
10:30 Exercises
2:00 Music with
Nathalie

7
10:30 Board Games

2:00 Manicures

8
9:30 Hairdresser
10:30 Music with
Gord & Al
2:00 Exercises

9
10:30 Bingo

2:00 Arm Chair
Travel to Turkey

10
10:30 Exercises

2:00 Lexicon
6:30 Movie in lounge

11
10:30 Word games
2:00 Card Game
Bingo

12
10:30 Card Game
Bingo
2:00 Word Games

13
10:30 Exercises
2:00 Music with
Nathalie

14
10:00 Music with
Vinny and the boys
2:00 Devotions

15
9:30 Hairdresser
10:30 Exercises

2:00 Music with the
Country Hicks

16
10:30 Bingo
2:00 Arm Chair
Travel to Banff
6:30 Movie in lounge

17
10:30 Exercises

2:00 Lexicon

18
10:30 Word games
2:00 Card Game
Bingo

19
10:30 Card Game
Bingo
2:00 Word Games

20
10:30 Exercises
2:00 Music with
Nathalie

21
10:30 Resident
Council Meeting
2:00 Singalong
With Avarð

22
9:30 Hairdresser
10:30 Exercises

1:30 Manicures

23
10:30 Bingo

2:00 Arm Chair
Travel to Norway

24
10:30 Exercises

2:00 Lexicon
6:30 Movie in lounge

25
10:30 Word games
2:00 Card Game
Bingo

26
10:30 Card Game
Bingo
2:00 Word Games

27
10:30 Exercises
2:00 Music with
Nathalie

28
10:00 Music with
Vinny and the boys
2:00 Devotions

29
9:30 Hairdresser
10:30 Exercises

2:00 Manicures

30
10:30 Bingo
2:00 Arm Chair
Travel to France
6:30 Movie in lounge

31
10:30 Exercises

2:00 Lexicon