

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 12:00 - Welcoming January! - All 2:30 - New Year Wishes - 3 6:00 - Relaxation - 3 <i>New Years Day</i>	2 10:00 - NBS Dance - 4 1:00 - Welcome January! - 4R 2:00 - Birthday Celebration - 2R 3:00 - Kicks & Giggles - 4R Happy Birthday Thomas P!
3 10:00 - Spiritual Sunday - 4R 1:00 - Craft Club - 4 3:00 - Fresh Air Break - 4R	4 10:00 - Montessori - 3 2:00 - Functional Fitness - 2 2:30 - Self Care Station - 2R 3:00 - Stroll To Fresh Air - 3 6:30 - 1:1 Virtual Visits with Short Term Mission - All	5 10:00 - Classical Music - 3 2:00 - Virtual Outing: Animals of the World - 2 4:00 - Basketball - 3 4:00 - Face to Family - 2R 6:30 - 1:1 Aromatherapy - 2R	6 9:45 - Coffee Cart - All 10:00 - Wellness Wednesdays - All 12:00 - Reality Orientation - 3 2:00 - Face To Family - 3R 6:00 - Aromatherapy - 3R	7 10:00 - Tuck Shop Cart - 2R 1:30 - Birthday Celebration - 3R 2:00 - How We Respect - 2 2:40 - BLM Collage: Deborah Roberts - 2 Happy Birthday Yu Chuing S!	8 10:00 - 1:1 Ball Toss - 2R 10:30 - Virtual Pet Therapy - All Lunch Club: KFC *Order with the LE staff!	9 10:00 - Weaving on the Loom - 2 10:30 - Hymn Sing - 3 2:00 - Face To Family - 3R 2:00 - Seated Yoga - 2 4:00 - Exercise - 3
10 10:30 - Virtual Mass - 2R 2:00 - Bingo - 3 2:00 - 1:1 Hymn Sing - 2 4:00 - Dancing with Rachel - 3 6:30 - 1:1 iPad Fun! - 3	11 12:00 - Dim Sum Social - 3 1:00 - Fresh Air Break - 4R 1:30 - Residents' Council - CR 3:00 - BINGO - 4 3:00 - Stroll To Fresh Air - 3 6:00 - Relaxation - 3 6:30 - 1:1 Virtual Visits with Short Term Mission - All	12 2:30 - Netflix Movie - 2 4:00 - Face to Family - 2R 6:30 - 1:1 Aromatherapy - 2R	13 10:00 - Art - 3R 10:00 - Wellness Wednesdays - All 10:30 - Relaxation Station - 2 1:00 - Connecting with Loved Ones - 4R 2:00 - Queer Eye - 2 2:30 - LGBTQ+ Art: Salman Toor - 2 4:00 - Volleyball - 3	14 9:00 - Move to Fresh Air - 3R 10:00 - Tuck Shop Cart - 2R 1:00 - Fresh Air Break - 4R 2:00 - How We Respect - 2 2:15 - Christmas Movie - 3R 2:30 - Tim Horton's Drive Through - All 6:00 - Virtual Concert - 4	15 9:00 - 1:1 Reality Orientation - All 2:00 - Coffee Social - 3 6:00 - Relaxation - 3	16 10:00 - NBS Dance - 4 1:00 - Word Games - 4R 3:00 - Kicks & Giggles - 4R
17 12:00 - Fresh Air Break - 4R 10:00 - Spiritual Sunday - 4R 1:00 - Craft Club - 4	18 1:00 - Fresh Air Break - 4R 2:00 - Functional Fitness - 2 2:30 - Self Care Station - 2R 3:00 - BINGO - 4 3:00 - Stroll To Fresh Air - 3 6:30 - 1:1 Virtual Visits with Short Term Mission - All	19 10:00 - Classical Music - 3 2:30 - Netflix Movie - 2 4:00 - Basketball - 3 4:00 - Face to Family - 2R 6:30 - 1:1 Aromatherapy - 2R	20 9:45 - Coffee Cart - All 10:00 - Wellness Wednesdays - All 12:00 - Reality Orientation - 3 1:00 - Connecting with Loved Ones - 4R 2:00 - Face To Family - 3R 6:00 - Aromatherapy - 3R	21 10:00 - Tuck Shop Cart - 2R 1:00 - Fresh Air Break - 4R 2:00 - How We Respect - 2 2:40 - BLM Quilts: Bisa Butler - 2 4:00 - LGBTQ2S+ Musical Icons - 4R 6:00 - Virtual Concert - 4	22 Winter Wonderland Day! 10:00 - Wheelchair Curling - 2 10:30 - Virtual Winter Field Trip - 4 1:00 - Winter Craft - 4 2:00 - Virtual Outing: Snowy Forest Trails - 2 2:30 - Coffee Social - 3 2:45 - First Nations Winter Folklore - 2 3:30 - Hot Chocolate Cart - 4R	23 10:00 - Weaving on the Loom - 2 10:30 - Hymn Sing - 3 2:00 - Face To Family - 3R 2:00 - Seated Yoga - 2 4:00 - Exercise - 3
24 10:30 - Virtual Mass - 2R 2:00 - Bingo - 3 2:00 - 1:1 Hymn Sing - 2 4:00 - Dancing with Rachel - 3 6:30 - 1:1 iPad Fun! - 3	25 Cultural Day: Scotland 10:00 - Calendar Committee - All 1:00 - Fresh Air Break - 4R 1:30 - Scotland Music - 3 2:00 - Birthday Celebration - 3R 2:00 - Burns Night Celebration - 4R 6:00 - Travelling Scotland - 3 6:30 - 1:1 Virtual Visits with Short Term Mission - All Happy Birthday Margaret M!	26 2:30 - Netflix Movie - 2 2:45 - My Wishes - 2R 4:00 - Face to Family - 2R 6:30 - 1:1 Aromatherapy - 2R	27 10:00 - Art - 3R 10:00 - Wellness Wednesdays - All 10:30 - Relaxation Station - 2 1:00 - Connecting with Loved Ones - 4R 2:00 - LGBTQ+ Trailblazers: Harvey Milk - 2 4:00 - Volleyball - 3	28 9:00 - Move to Fresh Air - 3R 10:00 - Tuck Shop Cart - 2R 1:00 - Fresh Air Break - 4R 2:00 - How We Respect - 2 2:15 - Christmas Movie - 3R 2:40 - BLM Art: Peter Uka - 2 6:00 - Virtual Concert - 4	29 10:00 - 1:1 Ball Toss - 2R 1:45 - Birthday Celebration - 3R 2:00 - Birthday Celebration - 4R 2:00 - Coffee Social - 3 2:40 - Indigenous Short Stories by Tommy Orange - 2 6:00 - Friendly Visits - All 6:00 - Relaxation - 3 Happy Birthday Michael C! Happy Birthday Helene M!	30 10:00 - NBS Dance - 4 1:00 - Word Games - 4R 3:00 - Kicks & Giggles - 4R
31 10:00 - Spiritual Sunday - 4R 1:00 - Craft Club - 4 3:00 - Fresh Air Break - 4R						

2 - 2nd Floor Activity Room
4R - 4th Fl 1:1 Resident Room

2R - 2nd Fl 1:1 Resident Room
All - All

3 - 3rd Floor Activity Room
CR - Craft Room

3R - 3rd Fl 1:1 Resident Room

4 - 4th Floor Activity Room