




AgeCare Walden December 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Please refer to Daily Lists on each FLOORS Recreation Board for any updates or changes</p>	<p>****All outings are weather permitting and residents attending need to be signed up****</p>		<p>V= Vista Building C= Courts Building Number= Floor Number (Example: C2= Courts second floor)</p>	<p>1 9:45 Parachute C1/C2(C2) 9:45 Chair Dancing V1/V2/V3(V2) 10:00 Therapeutic V4 10:45 Parachute C3/C4(C4) 10:45 Chair Dancing V4/V5(V4) 1:45 Color Me Healthy C1/C2 (C2) 1:45 Color Me Healthy V1/V2 (V2) 1:45 Shoppers Drug Mart C 2:45 Shoppers Drug Mart V 2:45 Color Me Healthy C3/C4 (C4) 2:45 Color Me Healthy V5 2:45 Therapeutic V3 2:45 Therapeutic V4 3:30 Piano with Marge (link) 6:30 Big Bucks Bingo V1</p>	<p>2 NO YOGA TODAY 9:45 Sing Along C2 9:45 Sing Along V1 10:00 Therapeutic V4 11:00 Catholic Church Service V1 2:00 CC Christmas Dancers 6:15 Movie Night-How the Grinch Stole Christmas 6:30 Sing Along C3</p>	<p>3 9:45 Qigong C1/C2(C2) 9:45 Qigong V1/V2/V3(V2) 10:00 Morning Bingo 10:45 Qigong C3/C4(C4) 10:45 Qigong V4/V5(V4) 11:00 Piano with Shahana (link) 2:00 Ladies Club 2:00 Arts & Crafts-Christmas</p>
<p>4 9:45 Spiritual Time C1/C2(C2) 9:45 Spiritual Time V1/V2/V3(V2) 10:45 Spiritual Time C3/C4(C4) 10:45 Spiritual Time V4/V5(V4) 1:30 Movie-Christmas with the Cranks 2:00 Christmas Tree Decorating V1</p>	<p>5 9:45 Chair Exercise C1/C2(C2) 9:45 Chair Exercise V1/V2/V3(V2) 9:45/10:45 Card Making Class 10:45 Chair Exercise C3/C4(C4) 10:45 Chair Exercise V4/V5(V4) 1:30 Choir Practice 1:45 Music Therapy V3 2:00 Library Cart V 2:00 St.Sebastian Handbell Choir KIDSU 2:15 Music Therapy V4 2:45 Christmas Tree Decorating C4 3:00 Christmas Tree Decorating V5 3:00 Music Therapy C3 6:30 Let's Dance V1</p>	<p>6 9:45 Word Games C1/C2(C2) 9:45 Word Games V1/V2/V3(V2) 10:45 Word Games C3/C4(C4) 10:45 Word Games V4/V5(V4) 1:45 Let's Stroll C2 2:00 Christmas Tree Decorating C1 2:00 Christmas Tree Decorating C3 KIDSU 2:00 Christmas Decorating V3 2:00 Christmas Tree Decorating V4 2:00 Let's Stroll V1/V2/V5 2:45 Let's Stroll C4 2:45 Therapeutic V3 2:45 Therapeutic V4 3:30 Piano with Marge (link) 6:30 Bowling V1</p>	<p>7 9:45 Chair Dancing C1/C2(C2) 9:45 Parachute V1/V2/V3(V2) 10:00 Chair Yoga V 10:00 Therapeutic V3 10:45 Chair Dancing C3/C4(C4) 10:45 Parachute V4/V5(V4) 2:00 Junk Drawer Detectives C 2:00 Junk Drawer Detectives V 2:00 Christmas Tree Decorating C2 2:00 Christmas Tree Decorating V2 KIDSU 2:30 Coloring with Michelle V1 2:45 Therapeutic V3 6:30 Evening Bingo V1 6:30 Bible Study with Lynda V1</p>	<p>8 9:45 Parachute C1/C2(C2) 9:45 Chair Dancing V1/V2/V3(V2) 10:00 Therapeutic V4 10:45 Parachute C3/C4(C4) 10:45 Chair Dancing V4/V5(V4) 1:45 Paint to music C1/C2 (C2) 1:45 Paint to music V1/V2 (V2) 1:45 Tim Horton's Run C 2:45 Tim Horton's Run V 2:45 Paint to music C3/C4 (C4) 2:45 Paint to music V5 2:45 Therapeutic V3 2:45 Therapeutic V4 3:30 Piano with Marge (link) 6:30 Mini Cash Bingo V1</p>	<p>9 9:45 Sing Along C2 9:45 Sing Along V1 10:00 Chair Yoga C3 10:00 Therapeutic V4 11:00 Lutheran Church V1 1:45 Therapeutic V4 2:00 Keeping it country Linedancers V1 6:15 Movie Night-A Christmas Star 6:30 Sing Along C3</p>	<p>10 9:45 Qigong C1/C2(C2) 9:45 Qigong V1/V2/V3(V2) 10:00 Morning Bingo 10:45 Qigong C3/C4(C4) 10:45 Qigong V4/V5(V4) 11:00 Piano with Shahana (link) 2:00 Woodworking V1 2:00 Shuffleboard V1</p>
<p>11 9:45 Spiritual Time C1/C2(C2) 9:45 Spiritual Time V1/V2/V3(V2) 10:00 Jesus Christ of Latter Day Saints 10:45 Spiritual Time C3/C4(C4) 10:45 Spiritual Time V4/V5(V4) 2:00 Let's Make Eggnog V 2:00 Let's Make Eggnog C</p>	<p>12 9:45 Simply Stretch C1/C2(C2) 9:45 Simply Stretch V1/V2/V3(V2) 10:45 Simply Stretch C3/C4(C4) 10:45 Simply Stretch V4/V5(V4) 1:30 Choir Practice 1:45 Cranium Crunches C1 1:45 Cranium Crunches C3 1:45 Music Therapy V3 1:45 Cranium Crunches V5 2:00 Library Cart C 2:00 Cranium Crunches V1/V2(V2) 2:15 Music Therapy V4 2:45 Cranium Crunches C2 2:45 Cranium Crunches C4 2:45 Cranium Crunches V3 3:00 Music Therapy C3 6pm-8pm Christmas Light Tour C 6:30 Horses Races V1</p>	<p>13 9:45 Word Games C1/C2(C2) 9:45 Word Games V1/V2/V3(V2) 10:00 Rosary Service 10:45 Word Games C3/C4(C4) 10:45 Word Games V4/V5(V4) 1:45 Let's Stroll C1 1:45 Let's Stroll C3 1:45 Let's Stroll V3 1:45 Let's Stroll V4 1:45 Let's Stroll V5 2:00 Let's Stroll V1/V2 2:45 Let's Stroll C2 2:45 Let's Stroll C4 3:30 Piano with Marge (link) 6:30 Southwind's Hymn Sing V1</p>	<p>14 9:45 Chair Dancing C1/C2(C2) 9:45 Parachute V1/V2/V3(V2) 10:00 Chair Yoga C 10:00 Therapeutic V3 10:45 Chair Dancing C3/C4(C4) 10:45 Parachute V4/V5(V4) KIDSU 2:00 Aven Grace Christmas Concert V1 2:30 Coloring with Michelle C2 2:45 Therapeutic V3 6:30 Evening Bingo V1 6:30 Bible Study with Lynda V1</p>	<p>15 9:45 Parachute C1/C2(C2) 9:45 Chair Dancing V1/V2/V3(V2) 10:00 Therapeutic V4 10:45 Parachute C3/C4(C4) 10:45 Chair Dancing V4/V5(V4) 1-3 REC TEAM MEETING 2:00 Volunteer Refreshment Cart 6:30 Mini Cash Bingo V1 6:45 Let's Dance with Les C3</p>	<p>16 9:45 Sing Along C1/C2/C4 (C2) 9:45 Sing Along V1/V2/V3 (V2) 10:00 Chair Yoga C3 10:00 Therapeutic V4 10:45 Sing Along C3 10:45 Sing Along V4/V5(V4) 11:00 Christian Church Service V1 1:45 Balloon Volleyball C1 1:45 Ladder Ball C3 1:45 Boccee Ball V1/V2(V2) 1:45 Resident Choice V3 2:45 Balloon Volleyball C2 2:45 Ladder Ball C4 2:45 Bean Bag Toss V4 2:45 Therapeutic V3 2:45 Bean Bag Toss V5 6:15 Movie Night-Mandie & The Forgotten Christmas 6:30 Under 70's Club</p>	<p>17 9:45 Qigong C1/C2(C2) 9:45 Qigong V1/V2/V3(V2) 10:00 Morning Bingo 10:45 Qigong C3/C4(C4) 10:45 Qigong V4/V5(V4) 11:00 Piano with Shahana (link) 2:00 Men's Club 2:00 Arts & Crafts-Christmas</p>

<p>18 9:45 Spiritual Time C1/C2(C2) 9:45 Spiritual Time V1/V2/V3(V2) 10:45 Spiritual Time C3/C4(C4) 10:45 Spiritual Time V4/V5(V4) 1:30 Movie-The Fitzgerald Family Christmas 2:00 Armchair Travel V1-Christmas Around the World 2:00 Coloring with Jewel & kids</p>	<p>19 9:45 Chair Exercise C1/C2(C2) 9:45 Chair Exercise V1/V2/V3(V2) 10:45 Chair Exercise C3/C4(C4) 10:45 Chair Exercise V4/V5(V4) 1:30 Choir Practice 1:45 Music Therapy V3 1:45 Trivia Chats C1 1:45 Trivia Chats C3 1:45 Trivia Chats V5 2:00 Library Cart V 2:00 Trivia Chats V1/V2(V2) 2:15 Music Therapy V4 2:45 Trivia Chats C2 2:45 Trivia Chats C4 2:45 Trivia Chats V3 3:00 Music Therapy C3 6pm-8pm Christmas Light Tour V 6:30 Let's Dance V1</p>	<p>20 9:45 Word Games C1/C2(C2) 9:45 Word Games V1/V2/V3(V2) 10:45 Word Games C3/C4(C4) 10:45 Word Games V4/V5(V4) 1:00 Kirkham Hearing Link 2:00 Welcome/Birthday Party-Entertainment by The Waltzing Matilda's 3:30 Piano with Marge (link) 6:30 Bowling V1</p>	<p>21 9:45 Chair Dancing C1/C2(C2) KIDSU 9:45 Parachute V1/V2/V3(V2) 10:00 Chair Yoga V 10:00 Therapeutic V3 10:45 Chair Dancing C3/C4(C4) 10:45 Parachute V4/V5(V4) 1:45 Humor Me C1 1:45 Humor Me C3 1:45 Humor Me V1/V2(V2) 1:45 Resident Choice V3 2:30 Coloring with Michelle V1 2:45 Humor Me C2 2:45 Humor Me C4 2:45 Humor Me V4 2:45 Humor Me V5 2:45 Therapeutic V3 6:30 Evening Bingo V1</p>	<p>22 9:45 Parachute C1/C2(C2) 9:45 Chair Dancing V1/V2/V3(V2) 10:00 Therapeutic V4 10:45 Parachute C3/C4(C4) 10:45 Chair Dancing V4/V5(V4) 2:00 KidsU Christmas Presentation & Singalong 2:45 Therapeutic V3 2:45 Therapeutic V4 3:30 Piano with Marge (link) 6:30 Mini Cash Bingo V1</p>	<p>23 Christmas Sweater Day 9:45 Sing Along C1/C2/C4 (C2) 9:45 Sing Along V1/V2/V3 (V2) 10:00 Chair Yoga C3 10:00 Therapeutic V4 10:45 Sing Along C3 10:45 Sing Along V4/V5(V4) 11:00 Christian Church ServiceV1 2:00 Christmas Choir Presentation-The Hummingbirds 6:15 TV Series Night-Avery Murray Christmas 6:30 Sing Along C3</p>	<p>24 9:45 Qigong C1/C2(C2) 9:45 Qigong V1/V2/V3(V2) 10:00 Christmas Bingo 10:45 Qigong C3/C4(C4) 10:45 Qigong V4/V5(V4) 2:00 Woodworking C 2:00 Woodworking V 2:00 African Violet Club V1</p>
<p>25 CHRISTMAS DAY STAT Look for Christmas treats during snack and meal  times</p>	<p>26 BOXING DAY STAT Fill out our Boxing Day Trivia package to win a prize! HAPPY BOXING DAY! </p>	<p>27 9:45 Word Games C1/C2(C2) 9:45 Word Games V1/V2/V3(V2) 10:00 Rosary Service 10:45 Word Games C3/C4(C4) 10:45 Word Games V4/V5(V4) 1:45 Let's Stroll C1 1:45 Let's Stroll C3 1:45 Let's Stroll V3 1:45 Let's Stroll V4 1:45 Let's Stroll V5 2:00 Let's Stroll V1/V2 2:45 Let's Stroll C2 2:45 Let's Stroll C4 2:45 Therapeutic V3 2:45 Therapeutic V4 3:30 Piano with Marge (link) 6:30 Let's Make Music C (C2) 6:30 Card Bingo V (V1)</p>	<p>28 9:45 Chair Dancing C1/C2(C2) 9:45 Parachute V1/V2/V3(V2) KIDSU 10:00 Chair Yoga C 10:45 Chair Dancing C3/C4(C4) 10:45 Parachute V4/V5(V4) 1:45 New Year's Quick Craft C1 1:45 New Year's Quick Craft C3 1:45 New Year's Quick Craft V1/V2(V2) 1:45 Resident Choice V3 2:30 Coloring with Michelle V1 2:45 New Year's Quick Craft C2 2:45 New Year's Quick Craft C4 2:45 New Year's Quick Craft V4 2:45 New Year's Quick Craft V5 2:45 Therapeutic V3 6:30 Evening Bingo V1</p>	<p>29 9:45 Parachute C1/C2(C2) 9:45 Chair Dancing V1/V2/V3(V2) 10:00 Therapeutic V4 10:45 Parachute C3/C4(C4) 10:45 Chair Dancing V4/V5(V4) 1:45 Paint to music C1/C2 (C2) 1:45 Paint to music V1/V2/V3 (V2) 1:45 McDonalds Coffee Run C 2:45 McDonalds Coffee Run V 2:45 Paint to music C3/C4 (C4) 2:45 Paint to music V4/V5 (V5) 3:30 Piano with Marge (link) 6:30 Big Bucks Bingo V1</p>	<p>30 9:45 Sing Along C1/C2/C4 (C2) 9:45 Sing Along V1/V2/V3 (V2) 10:00 Chair Yoga C3 10:45 Sing Along C3 10:45 Sing Along V4/V5(V4) 11:00 Memorial & Church Service V1 2:00 Pre-New Year's Eve Party 6:15 TV Series Night-Planet Earth from Pole to Pole</p>	<p>31 9:45 Last stroll of 2016 C1/C2(C2) 9:45 Last stroll of 2016 V1/V2/V3(V2) 10:00 New Year's Bingo 10:45 Last stroll of 2016 C3/C4(C4) 10:45 Last stroll of 2016 V4/V5(V4) 2:00 New Year's Baking V1 2:00 New Year's Resolutions V2 2:00 New Year's Resolutions C2</p>