

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2019

Learn from yesterday, live for today, hope for tomorrow. - Albert Einstein

 <p>2:00 (C) Sunday Series: When Calls The Heart Season 3 Episode 3 & 4</p>	<p>7 Shuttle Today Hairdresser Today 11:00 (cl) Table Top Curling 1:00 (cl) Racket Balloon 2:00 (cl) Humour Hour 3:00 (cl) Colouring Mandalas 4:00 (fl) SJT Dog Visit (Lily & Scott) *NEW*6:30 (cl) Wine Social</p>	 <p>2:00 (C) Movie: "Robin Hood" New Year's Day</p>	<p>2 Shuttle Today Esthetician Today 11:00 (cl) Finishing Lyrics MAMMA MIA! —HERE WE GO AGAIN— 2:00 (C) MOVIE: "Mamma Mia 2—Here we go again"(DVD) 3:00 (cl) Racket Balloon 3:00 (cl) Euchre</p>	<p>3 Hairdresser Today Vendor: Sue Free Dogs are here  10:30 (C) Bible Study with Chaplain Homer 11:00 (cl) Name Three 2:00 (MAC) Art Class</p>	<p>4 Hairdresser Today  10:30 (C) Java Music Club 1:30 (C) Seated Pilates 3:00 (cl) Happy Hour With Kim Atkins</p>	<p>5 Saturday Brain Games available at the Front Desk 10:00 (fl) Visit with St. Johns Therapy Dog Hank 11:00 (cl) Euchre 1:00 (cl) Balloon Rackets 2:00 (C) Afternoon Movie: "Little Women" 7:15 (C) Movie: "Waking Ned Devine" (DVD)</p>
 <p>2:00 (C) Sunday Series: When Calls The Heart S 03 Episode 5 & 6</p>	<p>14 Shuttle Today Hairdresser Today 11:00 (cl) Giant Crosswords 1:00 (cl) Racket Balloon 1:30 (sign up) Drive to see the Gingerbread Circle (A Hidden Gem) 2:00 (C) Java Music Club 3:00 (cl) Colouring Mandalas 4:00 (fl) SJT Dog Visit (Lily & Scott) *NEW*6:30 (cl) Wine Social</p>	 <p>11:00 (C) Music Appreciation: Carl Perkins 1:15 (C) Funny Animals 2:00 (C) BINGO 3:00 (cl) By Request Music Hour 7:00 (C) Toastmasters</p>	<p>9 Shuttle Today Esthetician Today DARTS Transportation Services Info booth (Afternoon) 11:00 (cl) Giant Crosswords 11:00 (sign up) Lunch at the Mandarin (approx. \$20+) 2:00 (C) Documentary: "Monty Don's French Gardens" 3:00 (cl) Racket Balloon 3:00 (cl) Euchre</p>	<p>10 Hairdresser Today Vendor: Traditions Alive  10:30 (C) Bible Study with Chaplain Homer 11:00 (cl) Finishing Lines  2:00 (cl) Sing Along With Kent</p>	<p>11 Shuttle Today Hairdresser Today  10:30 (C) Java Music Club 1:30 (C) Classical Music 3:00 (cl) Happy Hour With Paula French</p>	<p>12 Saturday Brain Games available at the Front Desk 10:00 (fl) Visit with St. Johns Therapy Dog Hank 11:00 (cl) Euchre 1:00 (cl) Balloon Rackets 2:00 (C) Afternoon Movie: "Dumplin" 7:15 (C) Movie: "Jersey Boys" (DVD)</p>
 <p>2:00 (C) Sunday Series: When Calls The Heart S 03 Episode 7 & 8</p>	<p>21 Shuttle Today Hairdresser Today 11:00 (C) Ted Talks: Global Issues 1:00 (cl) Racket Balloon 2:00 (C) Java Music Club 3:00 (cl) Colouring Mandalas 4:00 (fl) SJT Dog Visit (Lily & Scott) *NEW*6:30 (cl) Wine Social Martin Luther King Day Tu B'Shevat</p>	 <p>11:00 (C) Music Appreciation: Louis Armstrong 1:15 (C) Funny Animals 2:00 (C) BINGO 3:00 (C) Laughter Yoga 7:00 (C) Toastmasters</p>	<p>16 Shuttle Today Esthetician Today 11:00 (cl) Finishing Lines  1:30 (sign up) Walmart 2:00 (C) Documentary: "Johnny Cash-A concert behind prison walls" (DVD) 3:00 (cl) Racket Balloon 3:00 (cl) Euchre</p>	<p>17 Hairdresser Today  10:30 (C) Bible Study with Chaplain Homer 11:00 (cl) Humour Time 2:00 (C) Hamilton Philharmonics Abigail Richardson-Schulte Talk on Johann Christian Bach 3:00 (cl) Snakes and Ladders</p>	<p>18 Hairdresser Today  10:30 (C) Java Music Club 1:30 (C) Seated Pilates 3:00 (cl) Happy Hour With Jan Denk</p>	<p>19 Saturday Brain Games available at the Front Desk 10:00 (fl) Visit with St. Johns Therapy Dog Hank 11:00 (cl) Euchre 1:00 (cl) Balloon Rackets 2:00 (C) Afternoon Movie: "The Family Man" 7:15 (C) Movie: "Coming to America"</p>
 <p>2:00 (C) Sunday Series: When Calls The Heart S03 Episode 9 & 10</p>	<p>28 Shuttle Today Hairdresser Today 1:00 (cl) Racket Balloon  2:00 (C) Resident Council Meeting 3:00 (cl) Cookie/Coffee social 4:00 (fl) SJT Dog Visit (Lily & Scott) *NEW*6:30 (cl) Wine Social Australia Day (observed)</p>	 <p>11:00 (C) Music Appreciation: Diana Ross 1:15 (C) Funny Animals 2:00 (C) BINGO 3:00 (cl) By Request Music Hour 7:00 (C) Toastmasters</p>	<p>30 Shuttle Today Esthetician Today  11:00 (cl) Humour Time! 1:30 (sign up) Scenic Drive 2:00 (C) Wine, Cheese and Classics! Showing of "The Gay Divorcee" 3:00 (cl) Racket Balloon 3:00 (cl) Euchre</p>	<p>31 Hairdresser Today  10:30 (C) Bible Study with Chaplain Homer 11:00 (cl) Finishing Lines 2:00 (MAC) Art Class 2:00 (C) Ipad-AgeOn Course pre-register lesson 2/6</p>	<p>26 Saturday Brain Games available at the Front Desk 10:00 (fl) Visit with St. Johns Therapy Dog Hank 11:00 (cl) Euchre 1:00 (cl) Balloon Rackets 2:00 (C) Afternoon Movie: "Shawshank Redemption" 7:15 (C) Movie: "Only You"</p> <p>Legend: (cl)- Café/ Lounge (C)- The Cottage (MAC)- Market Activity Room Rm 216</p>	

WELLNESS CLASSES

ALL ARE WELCOME

	Monday	Tuesday	Wednesday	Thursday	Friday
8:45-9:45					Better Balance (gym)
10:15-11:00	Group Exercises	Group Exercises	Group Exercises	Group Exercises	Group Exercises
11:15-12:00		Tai Chi/Breathe Right	Hand Therapy	Tai Chi/Breathe Right	Hand Therapy
1:00-2:00	Sit To Be Fit	Fewer Falls (gym)	Pedaling Class (gym)		
2:00-3:00	Hip and Knee Therapy (gym)		Hip and Knee Therapy (gym)		
3:00-4:00			Sit To Be Fit		

Classes Are In The Café Unless Posted Otherwise

NEW Social Starting This Month!



Join us Monday Evenings at 6:30PM in the Café for Wine Paired with conversation and a bit of music!



On Thursday January 17th
Come listen to
Hamilton Philharmonic
Orchestras Composer-in-
residence

Abigail Richardson-Schulte Talk
on Johann Christian Bach.

Talk starts at 2:00PM
In the Cottage



Physiotherapy isn't just for the injured

You may have never thought you needed physiotherapy but with the right assessment and treatment, you may experience great changes in your physical being.

We wanted to discuss the benefits that physiotherapy can offer you. In case you're unsure, physiotherapy is a health care service that isn't just for injured folks, it can also help patients restore and/or maximize their mobility. Studies show that physical therapy helps older adults better cope with pains, improve cardiovascular circulation, reduce the risk of developing diabetes, preserve your muscular strength and even improve coordination and balance.

Physiotherapy automatically makes sense following an injury or diagnosis of a serious disease because there is a clear goal of restoring your movement. In some cases, for example, such as hip replacement procedure, a physiotherapist may be assigned to your healthcare team to support your rehabilitation.

On the other hand, physiotherapy can also be a service that aids in maintaining flexibility and movement or preventing the loss of mobility. Your assessment and treatment can even provide a look at what potential problems before they cause a serious injury.

Lifemark Seniors Wellness offers a wide range of physiotherapy services including prescribed exercise programs, fall prevention, and help with determining eligibility of assistive devices.

During your first physiotherapy session, a physiotherapist (PT) will spend much of the time getting to know you, understanding your medical history, learning your daily habits, evaluating your strength and mobility and any concerns you have. From there, the PT will work on a personalized treatment plan to meet your needs which may include therapeutic exercises or massage and manual therapy.

For more information on our physiotherapy services, contact Barbara at 647 472 3439.