

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2022

						<p>2:00(C) Movie: "All Together Now"</p> <p>7:00 (C) Movie: "Random Hearts"</p> <p>New Year's Day</p>
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<p>10:30 (C) Hymn Sing</p> <p>2:00 (C) The Sunday Series Murdoch Mysteries S 11 E 7 &amp; 8</p>	<p>Hairdresser Today</p> <p>10:30 (C) Humour Time</p> <p>2:00 (C) DRUM BALL</p> <p>2:30 (C) DRUM BALL</p>	<p>Esthetician Today</p> <p>10:15 (cl) Group Exercises</p> <p>10:20 (C) Fit Minds</p> <p>1:00 (cl) Falls Prevention</p> <p>1:20 (C) Funny Animal Videos</p> <p>2:00 (C) BINGO</p> <p>2:45 (C) BINGO</p>	<p>Shuttle Today</p> <p>Hairdresser Today</p> <p>10:15 (cl) Group Exercises</p> <p>10:30 (C) Armchair Travel: The Patagonia Experience</p> <p>1:00 (cl) Racket Balloon</p> <p>1:30 (sign up) Trip: Scenic Drive</p> <p>1:45 (C) Jeopardy</p> <p>2:30 (C) Documentary: "History 101: Fast Foods, Space Race"</p>	<p>10:20(C) Funny Animal Videos</p> <p>10:15 (cl) Group Exercises</p> <p>10:30 (C) Virtual Tour of Dundurn Castle</p> <p>1:00 (cl) Ball Toss</p> <p>2:00 (C) Spanish Lessons (1) Come learn some basic Spanish Terms</p> <p>3:00 (cl) Colouring Mandalas</p>	<p>Hairdresser Today</p> <p>8:30 (G) Falls Prevention</p> <p>10:15 (cl) Group Exercises</p> <p>10:20 (C) Java Music Club</p> <p>2:00 Mobile Happy Hour</p>	<p>2:00(C) Movie: "My Life"</p> <p>7:00 (C) Movie: "The Lucky One"</p>
2	3	4	5	6	7	8
<p>10:30 (C) Hymn Sing</p> <p>2:00 (C) The Sunday Series Murdoch Mysteries S 11 E 9 &amp; 10</p>	<p>Hairdresser Today</p> <p>10:15 (cl) Group Exercises</p> <p>10:30 (C) Humour Time</p> <p>1:00 (cl) Racket Balloon</p> <p>2:00 (C) DRUM BALL</p> <p>2:30 (C) DRUM BALL</p>	<p>Esthetician Today</p> <p>10:15 (cl) Group Exercises</p> <p>10:20 (C) Fit Minds</p> <p>1:00 (cl) Falls Prevention</p> <p>1:20 (C) Funny Animal Videos</p> <p>2:00 (C) BINGO</p> <p>2:45 (C) BINGO</p>	<p>Hairdresser Today</p> <p>10:15 (cl) Group Exercises</p> <p>10:30 (C) Armchair Travel: Ecuador</p> <p>1:00 (cl) Racket Balloon</p> <p>1:45 (C) Jeopardy</p> <p>2:30 (C) Documentary: "History 101: China/ Plastic"</p>	<p>10:20(C) Funny Animal Videos</p> <p>10:15 (cl) Group Exercises</p> <p>10:30 (C) Best of Carol Burnett Show</p> <p>1:00 (cl) Ball Toss</p> <p>2:00 (C) Spanish Lessons (2): Numbers</p> <p>3:00 (cl) Colouring Mandalas</p>	<p>Hairdresser Today</p> <p>8:30 (G) Falls Prevention</p> <p>10:15 (cl) Group Exercises</p> <p>10:20 (C) Java Music Club</p> <p>2:00 Mobile Happy Hour</p>	<p>2:00(C) Movie: "Sister Act 2"</p> <p>7:00 (C) Movie: "12 Angry Men"</p>
9	10	11	12	13	14	15
<p>10:30 (C) Hymn Sing</p> <p>2:00 (C) The Sunday Series Murdoch Mysteries S 11 E 11 &amp; 12</p>	<p>Shuttle Today</p> <p>Hairdresser Today</p> <p>10:15 (cl) Group Exercises</p> <p>11:00 (C) Humour Time</p> <p>1:00 (cl) Racket Balloon</p> <p>1:30 (Sign Up) Trip: Escarpment Scenic Drive</p> <p>2:00 (C) DRUM BALL</p> <p>2:30 (C) DRUM BALL</p> <p>Martin Luther King Jr. Day</p>	<p>Esthetician Today</p> <p>10:15 (cl) Group Exercises</p> <p>10:20 (C) Fit Minds</p> <p>1:00 (cl) Falls Prevention</p> <p>1:20 (C) Funny Animal Videos</p> <p>2:00 (C) BINGO</p> <p>2:45 (C) BINGO</p>	<p>Shuttle Today</p> <p>Hairdresser Today</p> <p>10:00 (sign Up) Escarpment Scenic Drive</p> <p>10:30 Armchair Travel: Trans-Siberian by Private Train</p> <p>10:15 (cl) Group Exercises</p> <p>1:00 (cl) Racket Balloon</p> <p>1:45 (C) Jeopardy</p> <p>2:30 (C) Documentary: "Seaspiracy"</p>	<p>10:15 (cl) Group Exercises</p> <p>10:30 (C) Virtual Lincoln Alexander presentation</p> <p>1:00 (cl) Ball Toss</p> <p>2:00 (C) Spanish Lessons (3): Who, what, where, when how?</p> <p>3:00 (cl) Colouring Mandalas</p>	<p>LINCOLN ALEXANDER DAY</p> <p>Hairdresser Today</p> <p>8:30 (G) Falls Prevention</p> <p>10:15 (cl) Group Exercises</p> <p>10:20 (C) Java Music Club</p> <p>2:00 Mobile Happy Hour</p>	<p>2:00(C) Movie: "The Razors Edge"</p> <p>7:00(C) Movie: "Wizard of Oz"</p>
16	17	18	19	20	21	22
<p>10:30 (C) Hymn Sing</p> <p>2:00 (C) The Sunday Series Murdoch Mysteries S 11 E 13 &amp; 14</p> <p>Activity Professionals Week</p>	<p>Shuttle Today</p> <p>Hairdresser Today</p> <p>10:00 (Sign Up) Trip: Scenic Drive</p> <p>10:30 (C) Humour Time</p> <p>10:15 (cl) Group Exercises</p> <p>1:00 (cl) Racket Balloon</p> <p>2:00 (C) DRUM BALL</p> <p>2:30 (C) DRUM BALL</p>	<p>Esthetician Today</p> <p>ROBBIE BURNS DAY</p> <p>10:15 (cl) Group Exercises</p> <p>10:20 (C) Fit Minds</p> <p>1:00 (cl) Falls Prevention</p> <p>1:20 (C) Funny Animal Videos</p> <p>2:00 (C) Robbie Burns Party with Musical Guest Ken Lighthouse</p>	<p>Hairdresser Today</p> <p>10:15 (cl) Group Exercises</p> <p>10:30 (C) Animal of Australia</p> <p>1:00 (cl) Racket Balloon</p> <p>1:30 (sign Up) Scenic Drive</p> <p>1:45 (C) Jeopardy</p> <p>2:30 (C) Documentary: "Full Story of Australia"</p> <p>Australia Day (observed)</p>	<p>10:15 (cl) Group Exercises</p> <p>10:30 (C) Music Appreciation: Traditional Scottish Music</p> <p>1:00 (cl) Ball Toss</p> <p>2:00 (C) Spanish Lessons (4) Review &amp; Practice</p> <p>3:00 (cl) Colouring Mandalas</p>	<p>Hairdresser Today</p> <p>8:30 (G) Falls Prevention</p> <p>10:15 (cl) Group Exercises</p> <p>10:20 (C) Java Music Club</p> <p>2:00 (cl) Musical Entertainer Kent MacMillan</p>	<p>2:00(C) Movie: "Miracle in the Rain"</p> <p>7:00 (C) Movie: "Ladies In Black"</p>
23	24	25	26	27	28	29
<p>10:30 (C) Hymn Sing</p> <p>2:00 (C) The Sunday Series Murdoch Mysteries S 11 E 15 &amp; 16</p>	<p>Shuttle Today</p> <p>Hairdresser Today</p> <p>10:00 (Sign Up) Trip: Scenic Drive</p> <p>10:15 (cl) Group Exercises</p> <p>10:30 (C) Humour Time</p> <p>1:00 (cl) Racket Balloon</p> <p>2:00 (C) Town Hall Meeting</p> <p>3:00 (C) DRUM Ball</p> <p>3:30 (C) DRUM BALL</p>					
30	31					

Legend:  
 (cl)-Café/ Lounge  
 (C)- The Cottage  
 (G)- Gym

Programs are currently limited to 10 people per program. Please arrive early to avoid disappointment

## SPRING INTO WELLNESS EXERCISE PROGRAM

TIME	MON	TUES	WED	THURS	FRI
8:30AM-9:30AM					Falls Prevention
10:15AM-10:45AM	General Exercise	General Exercise	General Exercise	General Exercise	General Exercise
10:50-11:30AM	General Exercise	General Exercise	General Exercise	General Exercise	General Exercise
1:00PM-2:00PM	Racket Balloon	Falls Prevention	Racket Balloon	Ball Toss	
2:00PM-3:00PM			Tai Chi/Seated Yoga		

### January Pun

- Geology rocks but Geography is where it's at!
- Can February March? No, but April May.
- Need an ark to save two of every animal? I noah guy.
- I don't trust stairs because they're always up to something.
- My grandpa has the heart of the lion and a lifetime ban from the zoo.
- A man sued an airline company after it lost his luggage. Sadly, he lost his case.
- I lost my mood ring and I don't know how to feel about it!

### BRAIN CHALLENGE

#### **Name 3**

1. Sections of the newspaper
2. Carnival Snacks
3. Bridges
4. Parades
5. Kitchen appliances
6. Pasta dishes
7. Reindeer
8. Canadian Provinces
9. Types of Hats
10. Road Signs
11. Things in a:
  - a. Sewing Kit
  - b. Baby Bag
  - c. Hockey Bag
  - d. First Aid Kit
  - e. Toolbox

# JANUARY

## Beginning at the End with "Z"

"New year, new me" is a common refrain on January 1. The start of a new year often presents the opportunity for a restart. You know what that means: dreaded new year's resolutions. Some promise to start healthy habits like eating right and exercising. Others open new bank accounts or resolve to save more money. The boldest decision-makers might embark on life-changing journeys: a move to a new city, having a baby, or opening a new business. But not everybody wants a new beginning. In fact, some want just the opposite. Zack, Zoe, and Zeke might remind you that January 1 is Z Day, a day to ditch beginnings altogether and start at the end. So many things in life are organized according to the alphabet, leaving those with Z names waiting until the end for their opportunity to shine. Sure, today is a day to give Zane and Zelda a little extra attention, but it is also a day to reverse your order of thinking. Instead of prioritizing the usual resolutions, give some attention to the items at the bottom of the list, the stuff

# Z

that so often gets ignored, like trying a new hobby, donating your wedding dress to Goodwill, or even cleaning the garage.

If you find resolutions to be a chore, have no fear: January 17 is Ditch New Year's Resolutions Day. After keeping up the charade for a couple of weeks, exercising when you don't want to, and eating healthful but unappetizing foods, this is a day to be honest with yourself if you've set unrealistic or unattainable goals. Skip the workout, grab a bowl of ice cream, and retool your resolutions to make them more manageable and enjoyable! January wasn't always a month for new beginnings. January and February were the last months to be added to the calendar and originally fell after December. It wasn't until 1752 that England officially declared January 1 its new New Year's Day.