









| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|--|---|--|---|--|--|--|
| <p>11:00 (C) Hymn Sing 1</p> <p>HAPPY NEW YEAR!</p> <p>2:00 (C) (P) "Who's Line is it Anyways"</p> <p><small>New Year's Day</small></p> | <p>11:00 (C) (P) Music Appreciation: Story of Fleetwood Mac 2</p> <p>1:00 (cl) Racket Balloon</p>  <p>2:00 (C) DRUM BALL</p> | <p>Esthetician Today 3</p> <p>9:00 (fl) Dog visits with Hank and Linnea</p> <p>11:00 (C) Train your Brain</p> <p>1:20 (C) Funny Animal Videos</p>  <p>2:00 (C)</p> <p>3:00 (L) Reading with Jim</p> | <p>Shuttle Today Hairdresser Today 4</p> <p>11:00 (C) Technology Assistance</p> <p>1:00 (cl) Racket Balloon</p> <p>1:30 (sign Up) Trip: Westcliff Mall: Dollarama, Rexall,</p> <p>2:00 (C) Jeopardy Style Trivia</p> <p>3:00 (C)(P) Documentary: "Blue Collar Comedy Tour"</p> <p>3:00 Dog visit with Scott & Lily</p> | <p>10:15 (cl) General Exercises 5</p> <p>11:00 (C) Seated Dance Class</p> <p>1:00 (cl) Ball Toss</p> <p>2:00 (C) Yearly Goal Setting!</p> <p>3:00 (C) Meditation Session</p> | <p>Shuttle Today Hairdresser Today 6</p> <p>10:30 (C) Java Music Club</p> <p>2:00 (cl) Happy Hour with Musical Entertainer Ken Lighthouse</p> | <p>10:15 (C) Musical Performance & Sing Along with Nathalia 7</p> <p>2:00(C)(P) Movie: "Dog"</p> <p>7:00 (C)(P) Movie: "Uncharted"</p> | |
| <p>11:00 (C) Hymn Sing 8</p> <p>Private Event</p> | <p>Shuttle Today Hairdresser Today 9</p> <p>10:00 (Sign Up) trip: Winners</p> <p>11:00 (C) (P) Music Appreciation: McCartney Now & Then</p> <p>1:00 (cl) Racket Balloon</p> <p>2:00 (C) DRUM BALL</p> | <p>Esthetician Today 10</p> <p>9:00 (fl) Dog visits with Hank and Linnea</p> <p>11:00 (C) Train your Brain</p> <p>1:20 (C) Funny Animal Videos</p>  <p>2:00 (C)</p> <p>3:00 (L) Reading with Jim</p> | <p>Shuttle Today Hairdresser Today 11</p>  <p>11:00 (C) Technology Assistance</p> <p>1:00 (cl) Racket Balloon</p> <p>1:00 (sign Up) Flamboro Casino</p> <p>2:00 (C) Jeopardy Style Trivia</p> <p>3:00 (C)(P) Doc "The Secret Life Of the Cruise"</p> <p>3:00 Dog visit with Scott & Lily</p> | <p>12</p>  <p>10:15 (cl) General Exercises</p> <p>11:00 (C) Seated Dance Class</p> <p>1:00 (cl) Ball Toss</p> <p>3:00 (C) Meditation Session</p> | <p>Hearing Clinic Hairdresser Today 13</p> <p>10:30 (C) Java Music Club</p> <p>2:00 (cl) Happy Hour with Musical Entertainer Kim Atkins</p> | <p>10:15 (C) Musical Performance & Sing Along with Nathalia 14</p> <p>2:00(C)(P) Movie: "Freedom Writers"</p> <p>7:00 (C)(P) Movie: "Father Stu"</p> | |
| <p>11:00 (C) Hymn Sing 15</p> <p>2:00 (C)(P) "Mr. Bean Ep 1 & 2"</p> | <p>Shuttle Today Hairdresser Today 16</p> <p>10:00 (sign Up) Shoppers Drug Mart</p> <p>11:00 (C) Music Appreciation: Shania Twain: Empowerment</p> <p>1:00 (cl) Racket Balloon</p> <p>2:00 (C) DRUM BALL</p> <p>3:30 (C) Glamour Gals Visit!</p> <p><small>Martin Luther King Jr. Day</small></p> | <p>Esthetician Today 17</p> <p>9:00 (fl) Dog visits with Hank and Linnea</p> <p>11:00 (C) Train your Brain</p> <p>1:20 (C) Funny Animal Videos</p>  <p>2:00 (C)</p> <p>3:00 (L) Reading with Jim</p> <p>3:15 (C) Meditation Session</p> | <p>Shuttle Today Hairdresser Today 18</p> <p>10:00 (sign up) Walmart</p> <p>1:00 (cl) Racket Balloon</p> <p>2:00 (C) Jeopardy Style Trivia</p> <p>3:00 (C) (P) Documentary "Alan Jackson-Small Town Southern Man"</p> <p>3:00 Dog visit with Scott & Lily</p> | <p>19</p> <p>10:15 (cl) General Exercises</p> <p>11:00 (C) Seated Dance Class</p> <p>1:00 (cl) Ball Toss</p> <p>2:00 Wine, Cheese & Classics Showing of "Care Free"</p> | <p>Shuttle Today Hairdresser Today 20</p> <p>10:30 (C) Java Music Club</p> <p>2:00 (cl) Happy Hour with Musical Entertainer Paula French</p> | <p>Lincoln Alexander Day 21</p> <p>10:15 (C) Musical Performance & Sing Along with Nathalia</p> <p>1:00 (C) Documentary: Lincoln Alexander</p> <p>2:00 (C) (P) Movie: "Chicago"</p> <p>7:00 (C) (P) Movie: "Prince Grace"</p> | |
| <p>11:00 (C) Hymn Sing 22</p> <p>2:00 (C)(P) "Mr.Bean Ep 3 &4"</p> <p><small>Chinese New Year (Year of the Rabbit)</small></p> | <p>Shuttle Today Hairdresser Today 23</p> <p>10:00 (Sign Up) Trip: Scenic Drive</p> <p>11:00 (C) Music Appreciation: Tennessee Whiskey Dean Dillon Story</p> <p>1:00 (cl) Racket Balloon</p> <p>2:00 (C) DRUM BALL</p> <p><small>Activity Professionals Week</small></p> | <p>Esthetician Today 24</p> <p>9:00 (fl) Dog visits with Hank and Linnea</p> <p>11:00 (C) Train your Brain</p> <p>1:20 (C) Funny Animal Videos</p>  <p>2:00 (C)</p> <p>3:00 (L) Reading with Jim</p> | <p>Shuttle Today Hairdresser Today 25</p> <p>HAPPY ROBBIE BURNS DAY</p> <p>10:00 (sign Up) Cambridge Butterfly Conservatory</p> <p>1:00 (cl) Racket Balloon</p> <p>2:00 (C) Jeopardy Style Trivia</p> <p>3:00 (C) (P) Documentary: "Robbie Burns- the Peoples Poet"</p> <p>3:00 Dog visit with Scott & Lily</p> | <p>26</p> <p>10:15 (cl) General Exercises</p> <p>11:00 (C) Seated Dance Class</p> <p>1:00 (cl) Ball Toss</p> <p>1:30 (C) Technology Assistance</p> <p>2:00 (cl) Colouring Mandalas</p> <p>3:15 (C) Meditation Session</p> <p><small>Australia Day (observed)</small></p> | <p>Hairdresser Today 27</p> <p>10:30 (C) Java Music Club</p> <p>2:00 (cl) Happy Hour with Musical Entertainer Zac Erickson</p> | <p>10:15 (C) Musical Performance & Sing Along with Nathalia 28</p> <p>2:00(C)(P) Movie: "Mall Cop"</p> <p>7:00 (C)(N) Movie: "Paul Blart Mall Cop 2"</p> | |
| <p>11:00 (C) Hymn Sing 29</p> <p>2:00 (C)(N) "Mr. Bean Ep 5 &6"</p> | <p>Shuttle Today Hairdresser Today 30</p> <p>11:00 (C) Best Singing Auditions of All 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>Esthetician Today 31</p> <p>9:00 (fl) Dog visits with Hank and Linnea</p> <p>11:00 (C) Train your Brain</p> <p>1:20 (C) Funny Animal Videos</p>  <p>2:00 (C)</p> <p>3:00 (L) Reading with Jim</p> <p>3:15 (C) Meditation Session</p> | <h1>January 2023</h1> | | | | |

Spring Into Wellness Exercise Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|-----------------|--------------------|-----------------|-----------------|--------------------|
| 8:30 | | | | | Falls Prevention |
| 10:15-11:00 | Group Exercises | Group Exercises | Group Exercises | Group Exercises | Group Exercises |
| 11:00-11:45 | Seated Boxing | Advanced Exercises | Tai Chi | Hand Therapy | Advanced Exercises |
| 1:00-2:00 | Racket Balloon | Falls Prevention | Racket Balloon | Ball Toss | |
| 2:00-3:00 | | | Hip & Knee | | |

JANUARY



Caroline Place
Retirement Residence

**GET REWARDED
RECEIVE A \$500 CREDIT**



**When You Refer a
Relative, Friend or Client.
Get Rewarded for Your
Referrals.**

Introduce someone to
CAROLINE PLACE and when
they move in we'll give YOU
\$500 to say "Thank You" *

*** Terms and Conditions:**

Applicable towards month-to-month leasing only. One referral fee per individual move-in. Nontransferable. Referral fee paid following 3 months residency.

**\$500
Referral Program
for You!**



BRAIN GAME:

Name 3 of the following

1. Warm Clothing
2. Types of cars
3. New years resolutions
4. Ways to lose weight
5. Girls Names Start With S
6. Sources of Power
7. Types of Technology
8. Types of Hats
9. Mountains
10. Football Teams
11. Sports Balls
12. Bad Habits
13. Opera Singers
14. Hockey Players
15. Winter Sports
16. Types of Pasta
17. Types of Soup
18. Root Vegetables
19. Football Fouls
20. Warm Getaways
21. Comfort Foods

Foot Care Doctor

Please note as of March 2023 Foot care pricing will raise from \$35 to \$40. Please book appointments through the front desk.