








Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy New Year! 1 10:30 Sunday Worship Service 2:30 Balloon Badminton 3:15 2023 Happenings 6:15 NYE Firework Show! <small>New Year's Day</small>	10:30 Exercise 2 2:30 Helping Hands 3:30 Friendly Visits 7:00 Jeopardy	10:30 Balloon Badminton 2-3 Residents' Council 2:30 Therapeutic Touch 3:30 Winter Pathways 7:00 Bingo Night!	10:30 Bible Study 4 2:30 <i>Visits with Floyd!</i> 3:30 Beauty Break 7:00 Wheel of Fortune	10:00 Exercise 5 11:00 Helping Hands 2:30 Short Story Readings 3:30 Charades 7:00 Bingo Night!	10:15 Catholic 6 Rosary Group 11:15 Move n' Groove 2:30 <i>Visits with Floyd!</i> 3:30 Friendly Visits 7:00 Scattogories	10:30 What's in the Bag? 2:30 Famous Faces
10:30 Sunday 8 Worship Service 11:00 Gospel Hour 2:30 From A to Z!	10:30 Exercise 9 2:30 Breaking Bread 3:30 Lookin' Good 7:00 Make Your Point	10:30 Sit n' Stretch 10 2:30 Hangman 3:30 Beauty Break 7:00 Bingo Night!	10:00 Bible Study 11 11:00 Ring Toss Swiss Chalet Lunch! 2:30 <i>Visits with Floyd!</i> 3:30 Hand Massages 7:00 Apples to Apples	10:30 Tunes with Sandra! 12  2:30 Exercise 3:30 Aromatherapy 7:00 Bingo Night!	10:15 Catholic 13 Rosary Group 2:00- 4:00 Movie Screening: Grease!  7:00 Make Your Point!	10:30 Ladderball 14 2:30 Reading Group 3:15 Friendly Visits 6:15 Pictionary!
10:30 Sunday 15 Worship Service 2:30-3:30 Martin's Melodies!  6:15 Sing-A-Long	Beat the Blues! 16 10:00 Beat the Blues; Children's' Concert!  2:30 Blue Monday Trivia 3:30 Sing- A- Long 7:00 Star of the Month... Martin Luther King! <small>Martin Luther King Jr. Day</small>	10:30 Movie Morning 17 2:30-3:30 Java Music Club: Blue Monday!  7:00 Bingo Night!	10:00 Bible Study 18 11:00 Pickles to Penguins 2:30 <i>Visits with Floyd!</i> 3:30 Tetherball 7:00 Winter Slideshow	10:00 Exercise 19 11:00 Ladderball 2:30 Sing-A-Long 3:30 Manicures 7:00 Bingo Night!	10:15 Catholic 20 Rosary Group 11:15 Morning Stretches 2:30 <i>Visits with Floyd!</i> 3:30 Friendly Visits 7:00 How Many Words?	10:30 Ball Toss 21 2:30 Where in the World?
Happy Chinese New 22 Year! 10:30 Sunday Worship Service 11:00 Hymn Hour! 2:30-4:00 Chinese New Year Treats! <small>Chinese New Year (Year of the Rabbit)</small>	Trip to Mandarin! 23 10:30 Exercise 2:30 Meditation Monday 7:00 Where in the World? <small>Activity Professionals Week</small>	10:30 Balloon 24 Badminton 2:30 Shake Loose A Memory! 3:30 Therapeutic Touch 7:00 Bingo Night!	Robbie Burns Day! 25 10:00 Bible Study 11:00 <i>Visits with Floyd!</i> 2:30 – 3:30 Scottish Shortbread & Tea Tasting! 7:00 Trivia & Tartans	10:30 Tunes with Sandra! 26  2:30 Exercise 3:30 Hand Massages 7:00 Bingo Night! <small>Australia Day (observed)</small>	10:15 Catholic 27 Rosary Group 11:15 Move n' Groove 2:30 <i>Visits with Floyd!</i> 3:30 Friendly Visits 7:00 Name, Place, Animal	10:30 Bean Bag Toss 28 2:30 Colouring Pages 3:15 Hand Massages 6:15 Shake Loose A Memory!
10:30 Sunday 29 Worship Service 2:30 Tetherball 3:15 Hand Massages 6:15 Wintertime Word Games!	10:30 Exercise 30 2:30 Breaking Bread 3:30 Mix n' Matchin 7:00 Canvas Paintings	10:30 Sit n' Stretch 31 2:30- 3:30 Birthday Party!  7:00 Bingo Night!	<h1>January 2023</h1> <h2>Welcome to the East Wing Calendar!</h2>			

Programs may be subject to change if required.