

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday


Saturday


January 2025


Sprucewood Place




1:15pm Devotions (104) 
 2:30pm Badminton (201)
 3:30pm Karaoke (DR)
 6:15pm Manicures (301)
 7:45pm Active Engagement Visits 

2:15pm Fun & Fitness (201)
 3:00pm Meditative Colouring (301)
 4:00pm Axe Throw (201)
 6:15pm **Bingo (DR)**
 7:45pm Active Engagement Visits 


10:00am Seated Yoga (201)
 11:00am Billiards (301)
 11:00am Gratitude Journaling (DR)
 3:00pm **Painting Afternoon (301)**
 6:15pm Guided Relaxations (201)
 7:30pm Board Games (Guess Who?) (DR) 

10:00am Virtual Catholic Mass (DR)
 1:15pm Puzzling Group (301)
 2:30pm Karaoke (DR)
 3:30pm **Ladies Group (DR)**
 4:15pm 1-1s 

10:00am Fun & Fitness (201)
 11:00am Billiards (301)
 1:15pm 1-1s
 2:00pm Cribbage (DR) 
 3:00pm Name that Tune (DR)
 6:15pm Ladder Golf (201)
 7:30pm Meditative Colouring (301) 

2:00pm **Maryann's Goodbye Special Snack**
 2:30pm Seated Yoga (201)
 3:30pm Music Appreciation (DR)
 6:15pm **Bingo (DR)**
 7:30pm Active Engagement Visits 


1:15pm **Baking Group (104)**
 3:00pm Dice Games (104)
 6:15pm **Movie Night (DR)**
 7:45pm 1-1s 

1:15pm Spiritual Reflections (104) 
 2:00pm Famous Faces (104)
 3:30pm Jeopardy (DR)
 6:15pm Billiards (301)
 7:45pm Name that Tune (DR)

Hawaiian Week 13
 11:00am Fun & Fitness (201)
 1:15pm Dice Games (301)
 2:00pm Badminton (201)
 3:30pm **Coconut Bowling (201)**
 6:15pm **Bingo (DR)**
 7:45pm Active Engagement Visits 

Hawaiian Week 14
 10:00am Famous Faces (301)
 11:00am Devotions (104)
 1:15pm Memory Matching (301)
 2:00pm **Luau Party ft. Hawaiian Dancers (DR)**
 6:15pm Music Appreciation (DR)
 6:30pm Axe Throw (201)
 7:30pm Open Activity (DR)

Hawaiian Week 15
 10:00am Virtual Catholic Mass (DR)
 11:00am Word Games (DR)
 1:15pm Famous Faces (201)
 2:30pm **Craft (Hawaiian) (301)**
 3:30pm **Men's Group (DR)**
 6:15pm Karaoke (DR)
 7:30pm Creative Doodle (104)


Hawaiian Week 16
 10:00am Seated Yoga (201)
 11:00am Do You Hear What I Hear? (301) 
 2:00pm Colouring - Hawaiian (301)
 3:30pm **Card/Board Game Social (DR)**
 4:45pm **Supper Group (104)**
 6:15pm Name that Tune (DR)
 7:15pm Billiards (301)

Hawaiian Week 17
 1:15pm Gratitude Journaling (104)
 2:30pm Indoor Walking Group (Lobby)
 3:30pm Ladder Golf (201)
 6:15pm **Bingo (DR)**
 7:45pm Active Engagement Visits 

18
 1:15pm **Baking Group (104)**
 3:00pm Dancercise (201)
 4:00pm Calm Your Mind (104)
 6:15pm **Movie Night (DR)**
 7:30pm Trivia (104) 

1:15pm Bible Readings (104) 
 2:30pm Billiards (301)
 3:15pm Dice Games (104)
 4:30pm **Supper Group (104)**
 6:30pm Music Appreciation (DR)
 7:45pm Board Games (DR) 
 Activity Professionals Week

10:00am Fun & Fitness (201)
 11:00am Hymn Sing (301)
 2:15pm Virtual Tour (DR)
 3:00pm **National Popcorn Day (DR)**
 6:15pm **Bingo (DR)**
 7:45pm Active Engagement Visits 

10:00am Seated Yoga (201)
 11:00am Meditative Colouring (301)
 1:15pm Memory Matching (301)
 2:00pm Board Games (301)
 2:15pm Bowling (201)
 2:30pm **Your Voice Meeting (DR)**
 3:00pm **Craft (301)**
 6:15pm Open Activity (DR)
 7:30pm Guided Relaxations (104)
 7:45pm Active Engagement Visits 

10:00am Virtual Catholic Mass (DR)
 11:00am Word Games (DR)
 1:15pm Axe Throw (201)
 2:00pm Scattergories (301)
 3:30pm **Ladies Group (DR)**

10:00am Watercolour Painting (301)
 11:00am Devotions (301)
 1:15pm Indoor Walking Group (Lobby)
 2:00pm Junk Drawer Detective (301)
 3:00pm 1-1s
 3:30pm Musical Instruments (301) 

10:00am Fun & Fitness (201)
 11:00am Billiards (301)
 1:15pm Cribbage (104)
 2:00pm **Milestones (DR)** 
 3:30pm Karaoke (DR)
 6:15pm **Bingo (DR)**
 7:30pm Guess Who? (104) 

25
 1:15pm **Baking Group (104)**
 3:00pm Memory Matching
 4:00pm Calm Your Mind (104)
 6:15pm **Documentary (DR)**
 7:30pm Ladder Golf (201) 



1:15pm Spiritual Reflections (104) 
 2:15pm 1-1s
 3:30pm Indoor Walking Group (Lobby)
 4:30pm **Supper Group (104)**
 6:15pm Good 'Ol Days (104)
 7:30pm Cribbage (DR) 
 Australia Observed

10:00am Dancercise (201) **27**
 11:00am Hymn Sing (301)
 1:15pm Creative Doodle (104)
 2:30pm Karaoke (DR)
 3:30pm Junk Drawer Detective (301)
 6:15pm **Bingo (DR)**
 7:45pm Active Engagement Visits

10:00am Guided Relaxations (201) **28**
 11:00am Billiards (301)
 2:00pm Manicures (301)
 2:15pm Ladder Golf (201)
 3:00pm **Library Program (DR)**
 6:15pm Open Activity (DR)
 7:45pm 1-1s 

10:00am Virtual Catholic Mass (DR) **29**
 11:00am Dice Games (DR)
 1:15pm Healing Sounds (104)
 2:00pm Word Games (DR)
 3:30pm **Men's Group (DR)**
 6:15pm Junk Drawer Detective (104)
 7:30pm Active Engagement Visits
 Chinese New Year (Year of the Snake)

10:00am Fun & Fitness (201) **30**
 11:00am Mad Libs (301)
 2:30pm **Board/Card Game Social (DR)**
 3:30pm Ring Toss (201)
 6:15pm **Virtual Concert (DR)**
 7:45pm Open Activity (DR) 

10:00am Seated Yoga (201) **31**
 11:00am Bible Readings (104)
 1:15pm Name that Tune (DR)
 2:00pm Meditative Colouring (301)
 3:30pm Cribbage (DR)
 6:15pm **Bingo (DR)**
 7:45pm 1-1s 

LOCATIONS:
 DR – Dining Room
 O – Outside
 104, 201, 301 - Rooms

MEALTIMES
FIRST SITTING **SECOND SITTING**
 Breakfast 8:00-8:40am 8:50-9:30am
 Lunch 11:45am-12:25pm 12:35-1:15pm
 Supper 4:45-5:25pm 5:35-6:15pm

Programs are subject to change, please see whiteboards for daily activities.