

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

January 2025

Benevolence Care Centre

Ext. 704 – Rec Therapist
Ext. 705 – Rec aide
Ext. 706 – Rec aide
Benevolence.rectherapy@ppsl.com

Mealtimes:
Breakfast: 8:30am – 9:30am
Lunch: 11:45am – 12:45pm
Dinner: 4:45pm – 5:45pm



Activity Professionals Week

Legend:
LR – Living Room
FR – Family Room
DR – Dining Room
P - Patio
W – West
E – East
(3) – 3rd floor
(2) – 2nd Floor
(M) – Main floor



Chinese New Year (Year of the Snake)

<p>5</p> <p>10:00am 1-1 Communion & Blessing visits 9:30am Mind Joggers (3) 10:30am Winter Word Search(M) 12:45pm Dancercise (2) 1:30pm Ring Toss (3) 2:00pm Active Engagement Visits (M) 3:00pm Good Ol' Days (2)</p>	<p>6</p> <p>9:30am Memory Matching (2) 10:30am Music Appreciation (3) 12:45pm Can You Dig It? (M) 1:30pm News & Views (2) 2:15pm Milestones (3) 5:00pm Balloon Volleyball(2) 6:00pm Water Colour Painting(M) 6:00pm Bible Study Group (2-LRE) 7:00pm Golf Putt (3)</p>	<p>7</p> <p>Take Down Christmas Décor 1:30pm Balloon Volleyball(3) 2:15pm Milestones (M) 3:15pm Manicures (2)</p>	<p>8</p> <p>9:30am Guided Relaxation(3) 10:30am Good Ol' Days (M) 12:45pm 1-1 Visits (2) 2:00pm Milestones (2) 2:15pm Healing Sounds (M) 3:15pm Memory Matching(3) 5:00pm Winter Craft (M) 6:00pm Games Night (2) 7:00pm Humour Group(3)</p>	<p>9</p> <p>9:30am Fun & Fitness (2) 10:30am Dice Games (M) 12:45pm Junk Drawer Detective(3) 2:00pm Hot Chocolate Social(2) 3:30pm Manicures (M)</p>	<p>10</p> <p>10:00am Worship Service (2-LRE) 10:30 Winter Craft (3) 12:45pm Journeys (2) 2:00pm Kids Music Group (M)</p>
<p>12</p> <p>10:00am 1-1 Communion & Blessing visits 9:30am Don't Forget the Lyrics(3) 10:30am Coffee Group(M) 12:45pm Singalong (2) 1:30pm Snowman Competition(3) 2:00pm Active Engagement Visits (2) 3:00pm Dancercise (M)</p>	<p>13</p> <p>9:30am Devotions (2) 10:30am Where in the World?(3) 1:00pm Elementary School Visit (All flrs -DR) 2:00pm Mind Joggers (M) 2:00pm Guided Relaxation (2) 6:00pm Bible Study Group (2-LRE)</p>	<p>14</p> <p>10:00am Catholic Mass (FR) 12:45pm Snowman Competition(M) 1:30pm Where in the World?(2) 1:30pm Resident & Family Council (FR) 2:15pm Dice Games (3) 3:00pm Manicures (M)</p>	<p>15</p> <p>9:30am Reminisce with Senses(3) 10:30am Where in the World?(M) 12:45pm Hymns of Faith (2) 2:00pm Water Colour Painting(2) 2:15pm News & Views (3) 3:00pm 1-1 Visits (M) 5:00pm Card Games (3) 6:00pm Bingo (2) 7:00pm Golf Putt (M)</p>	<p>17</p> <p>9:30am Fun & Fitness (3) 10:30am Winter Word Search(2) 12:45pm Puzzles (M) 2:00pm Hot Chocolate Social(M) 3:30pm Manicures (3)</p>	<p>18</p> <p>10:00am Worship Service (2-LRE) 9:30am Bowling (3) 10:30am Mindful Yoga(M) 12:45pm Healing Sounds (2) 1:30pm Don't Forget the Lyrics(M) 2:15pm Snowman Competition(2) 3:00pm Singalong (3)</p>
<p>19</p> <p>10:00am 1-1 Communion & Blessing visits 10:00am Baking (3) 12:45pm Men's Group (2) 1:10pm Coconut Bowling (M) 2:00pm Tropical Bingo (2) 3:00pm Tiki Bird Paintings (3)</p>	<p>20</p> <p>9:30am Tiki Bird Paintings (M) 10:30am Coconut Bowling (2) 12:45pm Healing Sounds (3) 1:10pm Hawaiian Word Search (M) 2:00pm Baking (2) 3:00pm Summer Good Ol' Days (3) 5:00pm AloHA Humour Group(2) 6:00pm Tropical Bingo (3) 7:00pm Men's Group (M) 6:00pm Bible Study Group (2-LRE)</p>	<p>21</p> <p>9:30am Summer Good Ol' Days(M) 10:30am Coconut Bowling (3) 12:45pm Virtual Nature Walk(2) 1:10pm Sensory(3) 2:00pm Tropical Bingo (M) 3:00pm Tiki Bird Paintings (2)</p>	<p>22</p> <p>9:30am Summer Good Ol' Days(2) 10:30am Devotions (M) 12:45pm Dancercise (3) 2:00pm Hawaiian Pizza Making(M) 2:15pm 1-1 Visits (3) 3:00pm Open Activity (2) 5:00pm Dinner Club: Eat Hawaiian Pizzas (M-LRW) 6:00pm Hawaiian Games Night(3) 7:00pm Puzzles (2)</p>	<p>23</p> <p>9:30am Fun & Fitness (2) 10:30am Open Activity (3) 12:45pm Singalong (M) 2:00pm Luau Party w/Hula Hunnies (M-DR)</p>	<p>24</p> <p>10:00am Worship Service (2-LRE) 10:30am Memory Matching(M) 12:45pm Winter Craft (2) 1:30pm Short Stories (3) 2:15pm Hymns of Faith(M)</p>
<p>26</p> <p>10:00am 1-1 Communion & Blessing visits 9:30am Mindful Yoga(3) 10:30am Junk Drawer Detective(2) 12:45pm Sensory (M) 1:30pm Coffee Group (2) 2:15pm Card Games (M) 3:00pm Active Engagement Visits (3)</p>	<p>27</p> <p>9:30am Don't Forget the Lyrics(2) 10:30am Water Colour Painting(3) 12:45pm Just for Kicks (M) 1:30pm Can You Dig It? (2) 2:15pm Spiritual Discussions(3) 3:00pm Open Activity (M) 5:00pm Men's Group (3) 6:00pm Bible Study Group (2-LRE) 6:00pm 1-1 Visits (2)</p>	<p>28</p> <p>9:30am Music Appreciation(M) 10:30am Puzzles (3) 12:45pm Bean Bag Toss(2) 2:00pm Hot Chocolate Social(3) 3:30pm Manicures (2)</p>	<p>29</p> <p>9:30am Devotions (3) 10:30am Do You Hear What I Hear?(M) 12:00pm Lunch Club (3-LRW) 12:45pm Mindful Yoga (2) 2:00pm Bingo (3) 2:15pm Reminisce with Senses(2) 3:15pm 1-1 Visits (M) 5:00pm Balloon Volleyball (3) 6:00pm Music Therapy (2-LRW) 7:00pm Guided Relaxation(M)</p>	<p>30</p> <p>9:30am Fun & Fitness (M) 10:30am Card Games (2) 12:45pm Virtual Nature Walk(3) 1:30pm Celebration of Life (2-LRE) 2:15pm News & Views (M) 3:00pm Meditative Colouring(2)</p>	<p>31</p>

Programs subject to change, see white boards for daily programs