

Sunday

Monday

Tuesday

Wednesday




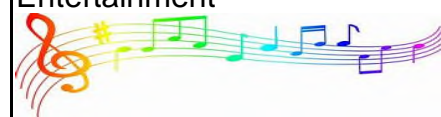



Thursday

Friday

Saturday

January 2025

Wexford Creek 1st Floor Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1:30 pm – Chair Exercise 2:30 pm – Word Games New Year's Day	2 9:30 am – New Years Resolutions 1:30 pm – Arm Chair Travel	3 10 am – Walking Program 10:30 am – Cognitive Games 1 pm – Snoezelen Experience	4 10 am – Morning Mingle (1 st & 2 nd) 2:45 pm – Afternoon Games
5 2:15 pm – Bingo 	6 9:20 am – Walking Program 10 am – Chair Exercise 11 am – News on the Go 3 pm – Billiards	7 9:30 am – Fresh Air Strolls 1:30 pm – Java Music Club	8 10 am – Brain Games 	9 10:30 am – Catholic Mass 	10 10:30 am – Musical Entertainment  2:30 pm – Brain Game	11 10 am – Morning Mingle (1 st & 2 nd)
12 1:15 pm – Montessori Program 2:15 pm – Bingo	13 9:20 am – Fresh Air Strolls 10 am – Chair Exercise 11 am – News on the Go 3pm - Billiards	14 10 am – Short Stories 1:30 pm – Baptist Hymn Sing 2:45 pm – Walking Program	15 3 pm – Coffee & Connection	16 9:30 am – Active Game 10:30 am – Resident Council Meeting 1:30 pm – Memory Lane	17 9 am – Trips to the Tuck Shop 10:15 am - Student Visit	18 10 am – Morning Mingle (1 st & 2 nd) 2:45 pm – Afternoon Games
19 2:15 pm – Bingo  Activity Professionals Week	20 9:20 am – Walking Programs 10 am – Chair Exercise 11 am – News on the Go 3pm - Billiards Martin Luther King Jr. Day	21 9:30 am – Fresh Air Strolls 1:30 pm – Java Music Club 2:45 pm – Short Stories 6 pm – After Dinner Games	22 10 am – Cognitive Game s 2:45 pm – Birthday Party 	23 10 am – Active Game 11 am – Memory Lane	24 9 am – Trips to the Tuck Shop 10 am – Walking Program 11 am – Histories and Mysteries	25 10 am – Morning Mingle (1 st & 2 nd)
26 1:15 pm – Montessori Program 2:15 pm – Bingo Australia Day (Observed)	27 9:20 am – Fresh Air Strolls 10 am – Chair Exercise 11 am – News on the Go 1 pm – Sing Along 3pm - Billiards	28 10 am – Short Stories 1:30 pm – Java Music Club	29 10 am – Brain Game  Chinese New Year (Year of the Snake)	30 10 am – Active Game 11 am – Memory Lane 1:15 pm – Magazine Cart	31 9 am – Trips to the Tuck Shop 9:30 am – Snoezelen Experience 1:15 pm – Fresh Air Strolls	

Please note this calendar may be subject to change

Sunday

Monday

Tuesday

Wednesday






Thursday

Friday

Saturday

January 2025

Wexford Creek 2nd Floor Recreation Calendar

			1 1:30 pm – Chair Exercise New Year's Day	2 2:45 pm – Java Music Club 	3 9:30 pm – New Years Resolutions 10:15 am – Fresh Air Strolls	4 10 am – Morning Mingle (1 st & 2 nd)
5 10:30 am – Sunday Morning Connection 1:15 pm – Montessori Program	6 9:30 am – Fresh Air Strolls 10 am – Brain Games 1 pm – Sing Along	7 9:30 am – Walking Program 11 am – Magazine Cart 2:45 pm – Armchair Travel	8 10 am – Bingo 11 am – Small Group Chair Exercise	9 10:30 am – Catholic Mass 	10 9 am – Trip to the Tuck Shop 10:30 am – Walking Program 1:15 am – Brain Game	11 10 am – Morning Mingle (1 st & 2 nd) 2:45 pm – Afternoon Social
12 10:30 am – Sunday Morning Connection	13 9:20 am- Walking Program 10 am – Brain Games 1 pm – Hymn Sign	14 11 am – Magazine Cart 2:45 pm – Walking Program	15 10 am – Bingo 12:45 pm – News on the Go 	16 10 am – Active Games 11 am – Residnet Council Meeting 3 pm – Java Music Club	17 9 am – Trip to the Tuck Shop 10:15 am – Student Visit	18 10 am – Morning Mingle (1 st & 2 nd)
19 10:30 am – Sunday Morning Connection 1:15 pm – Montessori Program Activity Professionals Week	20 9:20 am- Fresh Air Strolls 10 am – Brain Games 1 pm – Sing Along Martin Luther King Jr. Day	21 9:30 am – Walking Program 11 am – Active Game 	22 10 am – Bingo 11 am – Magazine Cart 12:45 pm – News on the Go 1:30 pm - Short Stories	23 10 AM – Active Games 11 am – Memory Lane 3:15 pm – Movement to Music	24 9 am – Trip to the Tuck Shop 10:30 am – Walking Program 10:30 pm – Brain Games 2 pm – Musical Entertainment	25 10 am – Morning Mingle (1 st & 2 nd) 2:45 pm – Afternoon Social
26 10:30 am – Sunday Morning Connection Australia Day (Observed)	27 9:20 am- Walking Program 10 am – Brain Games 	28 11 am – Active Game	29 10 am – Bingo 11 am – Magazine Cart 12:45 pm – News on the Go Chinese New Year (Year of the Snake)	30 10 am – Active Games 11 am – Memory Lane 3 pm – Java Music Club	31 9 am – Trip to the Tuck Shop 11 am – Histories and Mysteries 1:15 pm – Fresh Air Stroll 2:30 pm – Birthday Party	

Please note this calendar may be subject to change

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025

Wexford Creek Cottages' Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9 am - New Year's Day Celebration (C1, C2,C3) New Year's Day	2 9 am – Sit & Be Fit (C3) 10 am – Resident's Corner (C2) 11 am – Table Games (C1)	3 9 am – Memory Lane (C3) 1:15 pm – Memory Lane (C1) 2:30 pm – Java Music Club (C2)	4 1 pm - Bocce (C2) 
5 10:30 am – Sit and Be Fit (C1) 1:15 pm – Montessori (C3) 2 pm - Montessori (C2)	6 10:30 am – Active Game (C2) 1:15 pm – Active Games (C3) 2 pm – Brain Games (C1) 	7 9 am – Resident's Corner (C3) 1:15 pm – Bocce (C2) 3 pm – Resident's Corner (C1)	8 9 am – Resident's Corner (C2) 10:30 am – Catholic Mass 1:45 pm – Table Games (C1) 3:30 pm – Sit & Be Fit (C3)	9 9 am – Java Music Club (C3) 	10 1 pm – Resident's Corner (C1) 2 pm – Resident's Corner	11 1 pm - Bocce (C2)
12 10:30 am – Sit and Be Fit (C1) 1:15 pm – Montessori (C3) 2 pm - Montessori (C2)	13 10:30 am – Active Game (C2) 1:15 pm – Ball Games (C3) 2 pm – Brain Games (C1)	14 10 am – Arts & Crafts (C3) 1:15 pm – Arts & Crafts (C1)	15 10:30 am – Resident Council Meeting 11 am – Arts & Crafts (C2)	16 10:30 am – Resident Council Meeting 11 am – Arts & Crafts (C2)	17 1:15 pm – Memory Lane (C1) 1:15 pm – Movement to Music (C3) 2:30 pm – Java Music Club (C2)	18 1 pm - Bocce (C2) 
19 10:30 am – Sit and Be Fit (C1) 1:15 pm – Montessori (C3) 2 pm - Montessori (C2) Activity Professionals Week	20 10:30 am – Active Game (C1) 1:15 pm – Ball Games (C3) 2 pm – Brain Games (C2) 2:15 – Artist Corner (C1) Martin Luther King Jr. Day	21 10 am – Artist Corner (C3) 1:15 pm – Bocce (C2)	22 9 am – Sit & Be Fit (C3) 10 am – Resident's Corner (C2) 1 pm – 3 pm – Musical Entertainment (C1, C2, C3) 	23 10 am – Resident's Corner (C2) 1 pm – 3 pm – Musical Entertainment (C1, C2, C3) 	24 10 am – Java Music Club (C3) 1:15 pm – Java Music Club (C1) 2:30 pm – Music Program (C2)	25 1 pm - Bocce (C2)
26 10:30 am – Sit and Be Fit (C1) 1:15 pm – Montessori (C3) 2 pm - Montessori (C2) Australia Day (Observed)	27 10:30 am – Active Game (C1) 1:15 pm – Active Games (C3) 2 pm – Brain Games (C2) 2:15 – Artist Corner (C1)	28 10 am – Artist's Corner 1:30 pm – Birthday Parties (C1, C2, C3)  Chinese New Year (Year of the Snake)	29 9 am – Sit & Be Fit (C3) 10 am – Resident's Corner (C2) 11 am – Table Games (C1)	30 9 am – Sit & Be Fit (C3) 10 am – Resident's Corner (C2) 11 am – Table Games (C1)	31 10 am – Memory Lane (C3) 1:15 pm – Memory Lane (C1) 	

Please note this calendar may be subject to change

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

January 2025

Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Happy New Year! New Year's Day	2 <u>Shawn's Away Today</u> 2pm – Games Hour - 2 nd Floor	3 10:15 – “2025” Puzzles - PDR 2pm - Bean Bag Toss - 2 nd Floor	4 Saturday Ideas To Do ↓
5 6:30- CRIB & CARDS - PDR	6 10:30 – Sit & Be Fit – 2 nd Floor 2pm – BINGO! – 2 nd Floor	7 10:15 – Brain Games - PDR 1:30- Shopping Trip to Woodgrove Center *Sign up list at reception	8 10:30 – Fitness with Bev – 2 nd Floor 2pm – Resident Town Hall Meeting & Hot Chocolate Social - Dining Room	9 10am - Food Committee Meeting-Dining Room 2pm- Horseracing - 2 nd Floor	10 10:15 – News & Views with Shawn – 2 nd Floor 2pm- Happy Hour ☺ - Dining Room	11 LIBRARY PUZZLES WALKS
12 6:30- CRIB & CARDS - PDR	13 10:30 – Sit & Be Fit – 2 nd Floor 2pm – BINGO! – 2 nd Floor	14 11:30 Lunch Outing to The Pantry Restaurant *Sign up list at reception 1:30- Stitch 'n B*tch - 2 nd Floor	15 10:30 – Fitness with Bev – 2 nd Floor 2pm- Brechin Church Hymn Sing - Chapel	16 10:15 – Winter Walk with Shawn 2pm – Book Club with a Twist - PDR	17 10:00 Games & Chat with Students from Nanaimo Christian School – 2 nd Floor 2pm – Nanaimo History Chat – 2 nd Floor	18 CARDS SCRABBLE CANUCKS HOCKEY
19 6:30- CRIB & CARDS - PDR <small>Activity Professionals Week</small>	20 10:30 – Sit & Be Fit – 2 nd Floor 2pm – BINGO! – 2 nd Floor <small>Martin Luther King Jr. Day</small>	21 10:15 – Brain Games - PDR 2pm Giant Crossword - PDR	22 10:30–Fitness with Bev – 2 nd Floor 2pm – Birthday Tea with the K-Tones - Dining Room 	23 4:30 Dinner Outing To The Bold Knight *Sign up list at reception	24 10:15 Trivia - 2 nd Floor 2pm - Bean Bag Toss - 2 nd Floor	25 <u>Robbie Burns Day</u> 
26 6:30- CRIB & CARDS - PDR <small>Australia Day (Observed)</small>	27 10:30 – Sit & Be Fit – 2 nd Floor 2pm – BINGO! – 2 nd Floor	28 10:15 – Brain Games - PDR 1:30- Stitch 'n B*tch - 2 nd Floor	29 10:30–Fitness with Bev – 2 nd Floor 2:00 – Rick Steve's “Spain” - Dining Room <small>Chinese New Year (Year of the Snake)</small>	30 10:15 – Everything “Alice in Wonderland” - PDR 2pm- Horseracing - 2 nd Floor	31 10:15 – News & Views with Shawn – 2 nd Floor 2pm- Happy Hour ☺ - Dining Room	