January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 **New Year's Day** No Recreation Activities New Year's Day	**2** 10:00- Exercises (MDR) 1:00- Music & Memory (1 & 4) 2:30- Spiritual Sing-A-Long (MRD)	**3** 10:00- Exercises (MDR) 11:00- Brain Games (MDR) 2:30- Murray Larsen (MDR)	**4** 10:00- Fun Friday Exercises (MDR) 1:00- Games (Games Room) 3:00- Crossword Puzzles (4)	**5** 2:00- Swatter Ball (1) 3:00- Pictionary (2)
6 2:00- Coffee & Conversation (1)	**7** 10:00- Exercises (MDR) 1:00- Music & Memory (2 & 3) 2:30- BINGO (MDR)	**8** 10:00- Exercises (MDR) 10:00- Delmar College-Hair/Nails (SIGN-UP WITH RECREATION) 1:00- Cottage Choice (1 & 2) 1:30- Resident Meeting (MDR)	**9** 10:00- Exercises (MDR) 1:00- Music & Memory (1 & 4) 2:30- Pastor Isaac Visit 2:30- Wii Sports (MDR)	**10** 10:00- Exercises (MDR) 11:00- Brain Games (MDR) 2:00- Pastor Ken Church Service (MDR)	**11** 10:00- Fun Friday Exercises (MDR) 12:00- Men's Lunch (B) 1:00- Cottage Choice (3 & 4) 2:30- Sandy Claus (MDR)	**12** 2:00- Button Craft (3 & 4)
13 2:00- Coffee & Conversation (2)	10:00- Exercises (MDR) 11:00- Crafts (2) 2:30- Drumming Circle (MDR)	**15** 10:00- Exercises (MDR) 2:30- PWL Spa (2) 6:30- The Wild Rose Harmonizers (MDR)	**16** 10:00- Exercises (MDR) 1:00- Music & Memory (1) 2:30- Spiritual Sing-A-Long (MRD) 6:00- Colorado Avalanche vs. Ottawa Senators (MDR)	**17** 10:00- Exercises (MDR) 11:00- Brain Games (MDR) 12:00- Lunch & Learn (Conference Room) 1:30- Story Time (3)	**18** 10:00- Fun Friday Exercises (MDR) 2:30- The Price is Right (4) 6:30- Johnson Philips (MDR)	**19** 2:00- Shuffleboard (MDR) 3:00- Brain Games (3)
20 2:00- Coffee & Conversation (3)	**21** 10:00- Exercises (MDR) 1:00- Music & Memory (2 & 3) 2:30- BINGO (MDR)	**22** 10:00- Exercises (MDR) 1:00- Cottage Choice (1 & 2) 2:30- A&W Coffee Outing (SIGN-UP SHEET @ RECEPTION)	**23** 10:00- Exercises (MDR) 1:00- Music & Memory (1 & 4) 2:30- Pastor Isaac Visit 6:00- Washington Capitals vs. Toronto Maple Leafs (MDR)	**24** 10:00- Exercises (MDR) 11:00- Brain Games (MDR) 2:00- Pastor Ken Church Service (MDR)	**25** 10:00- Fun Friday Exercises (MDR) 12:00- Men's Lunch (B) 2:30- Robert Burns Day Celebration (MDR)	**26** 2:00- Crokinole & Crib (Games Room)
27 2:00- Coffee & Conversation (4)	10:00- Exercises (MDR) 1:00- Music & Memory (2 & 3) 2:30- Bring Back Summer Party! (MDR) Australia Day (observed)	**29** 10:00- Exercises (MDR) 11:00- Pictionary (MDR) 2:00- St. Patrick's Visit - Grade 8 Students (MDR)	**30** 10:00- Exercises (MDR) 1:00- Music & Memory (1 & 4) 2:30- Spiritual Sing-A-Long (MRD)	**31** 10:00- Exercises (MDR) 11:00- Brain Games (MDR) 2:30- January Birthday Celebration (MDR)		

POINTS WEST LIVING

Points West Living Red Deer Inc. Phone: 587.457.9245 6950 Taylor Drive Red Deer, AB T4P 0Z7

All programs are subject to change