



Gladstone Seniors Residence

January 2019



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--|---|
| <p>Activities may change on daily basis due to weather, cancellations or last minute additions.</p> | | <p>1</p> | <p>2</p> <p>9:20 Walk the Chapel 9:30 Upper body strength 10:00 Friendly Visits 11:00 Rosary</p> <p>2:30 Father Louie</p> | <p>3</p> <p>9:20 Walk the Chapel 9:30 Lower body strength 10:30 Lutheran Church</p> <p>2:00 New Year's Celebrations</p> | <p>4</p> <p>9:20 Walk the Chapel 9:30 Upper body strength</p> <p>2:00 Sing-a-long with Eleanor</p> | <p>5</p> <p>10:00 Walk the Chapel</p> <p>2:00 Meet in the dining room for cards</p> |
| <p>6</p> <p>10:00 Walk the Chapel</p> <p>2:00 Enjoy the Library</p> | <p>7</p> <p>9:20 Walk the Chapel 9:30 Upper body strength 10:00 Friendly Visits</p> <p>2:00 Hangman</p> | <p>8</p> <p>9:20 Walk the Chapel 9:30 Upper body strength</p> <p>2:00 Card Corner</p> | <p>9</p> <p>9:20 Walk the Chapel 9:30 Upper body strength 10:00 Friendly Visits 11:00 Rosary</p> <p>2:00 Regular Bingo</p> | <p>10</p> <p>9:20 Walk the Chapel 9:30 Lower body strength 11:00 St Mary's Church</p> <p>2:00 Nails</p> | <p>11</p> <p>9:20 Walk the Chapel 9:30 Upper body strength</p> <p>2:00 Board Games</p> | <p>12</p> <p>10:00 Walk the Chapel</p> <p>3:00 Coffee Group in Dining room</p> |
| <p>13</p> <p>10:00 Walk the Chapel</p> <p>2:00 Meet in the dining room for cards</p> | <p>14</p> <p>9:20 Walk the Chapel 9:30 Upper body strength</p> <p>2:00 Sing -a- long Pearl</p> | <p>15</p> <p>9:20 Walk the Chapel 9:30 Upper body strength</p> <p>2:00 Card Corner</p> | <p>16</p> <p>9:20 Walk the Chapel 9:30 Upper body strength 10:00 Friendly Visits 11:00 Rosary</p> <p>2:00 Oystrick Brothers</p> | <p>17</p> <p>9:20 Walk the Chapel 9:30 Lower body strength 11:00 St Mary's Church</p> <p>2:00 Bowling</p> | <p>18</p> <p>9:20 Walk the Chapel 9:30 Upper body strength</p> <p>2:00 Boggle (word game)</p> | <p>19</p> <p>10:00 Walk the Chapel</p> <p>2:00 Meet a friend the Shuffleboard table</p> |
| <p>20</p> <p>10:00 Walk the Chapel</p> <p>2:00 Meet a friend the Shuffleboard table</p> | <p>21</p> <p>9:20 Walk the Chapel 9:30 Upper body strength</p> <p>2:00 Craft with Daycare Kids</p> | <p>22</p> <p>9:20 Walk the Chapel 9:30 Upper body strength</p> <p>2:00 Card Corner</p> | <p>23</p> <p>9:20 Walk the Chapel 9:30 Upper body strength 10:00 Friendly Visits 11:00 Rosary</p> <p>2:00 Card Bingo</p> | <p>24</p> <p>9:20 Walk the Chapel 9:30 Lower body strength 11:00 St Mary's Church</p> <p>2:00 Nails</p> | <p>25</p> <p>9:20 Walk the Chapel 9:30 Upper body strength</p> <p>1:30 Painting Class</p> | <p>26</p> <p>10:00 Walk the Chapel</p> <p>2:00 Enjoy the Library</p> |
| <p>27</p> <p>10:00 Walk the Chapel</p> <p>3:00 Coffee Group in Dining room</p> | <p>28</p> <p>9:20 Walk the Chapel 9:30 Upper body strength</p> <p>2:00 Curling</p> | <p>29</p> <p>9:20 Walk the Chapel 9:30 Upper body strength</p> <p>2:00 Birthday Party</p> | <p>30</p> <p>9:20 Walk the Chapel 9:30 Upper body strength 10:00 Friendly Visits 11:00 Rosary</p> <p>2:00 Regular Bingo</p> | <p>31</p> <p>BP/WT</p> <p>11:00 St Mary's Church</p> <p>2:00 Rootbeer Floats in the Chapel</p> | | |