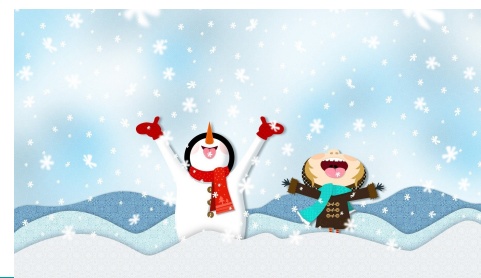


**PHYSIO THERAPY EXERCISE
(ACTIVITY ROOM)**
TUESDAYS 1-2PM & 2-3PM
THURSDAYS 9-10AM & 10-11AM

**January
2016**



**FALLS PREVENTION SESSIONS
(ACTIVITY ROOM)**
TUESDAYS 3-4PM
THURSDAYS 11-12PM

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|--|---|--|--|
| <p><u>LEGEND</u></p> <p>AR-ACTIVITY ROOM LR-LIVING ROOM NH-NURSING HOME</p> | <p>REFRESHMENTS ARE SERVED DAILY IN THE MAIN LOUNGE</p> | <p>CHRIST THE KING CHURCH VISITS EVERY WEDNESDAY EVENING (NH)</p> | <p><u>WEEKLY PET VISITS</u></p> <p>Mondays with Scrappy @ 2:00pm!</p> | | <p>1.</p> | <p>2.</p> <p>10AM-HYMN SING (NH)</p> |
| <p>3.</p> <p>2:15PM-NEW COVENANT CHURCH SERVICE (NH)</p> | <p>4.</p> <p>2PM-RC COMMUNION (NH) 2:30PM- REMOVE CHRISTMAS DECOR (FLOORS)</p> | <p>5.</p> <p>10AM- REMOVE CHRISTMAS DÉCOR (FLOORS) 12PM- CURRENT EVENTS 2PM-PHYSIO + BALANCE CLASS (AR) 2:15PM-KENMUIR BAPTIST CHURCH SERVICE (NF)</p> | <p>6.</p> <p>10AM- GOLF GAME (LR) 11AM- THROWAWAY BINGO (AR) 12PM- KNITTING CLUB (AR) 2:15PM- ST. PATRICK'S ROMAN CATHOLIC MASS (NH)</p> | <p>7.</p> <p>10AM-PHYSIO + BALANCE CLASS (AR) 2PM-PORTUGUESE MASS (NH) 6PM- MOVIE AND SNACKS (LR)</p> | <p>8.</p> <p>HAIR DAY 10AM- BIBLE STUDY (NH) 2PM- CARPET BOWL (LR) 3PM- NAIL CARE (ROOMS)</p> | <p>9.</p> <p>10AM-HYMN SING (NH)</p> |
| <p>10.</p> <p>2:15PM-SALVATION ARMY COMMUNITY CHURCH (NH)</p> | <p>11.</p> <p>2PM-RC COMMUNION (NH) 2:30PM-BINGO (AR) 3:30PM- WATERCOLOR PAINTING (AR)</p> | <p>12.</p> <p><u>10AM- TRIP TO CLOVERDALE MALL</u></p> <p>2PM-PHYSIO + BALANCE CLASS (AR) 2:15PM- MISSISSAUGA CITY BAPTIST CHURCH SERVICE (NH)</p> | <p>13.</p> <p>10AM- GOLF GAME (LR) 11AM- THROWAWAY BINGO 12PM- KNITTING CLUB (AR) 7PM-CHURCH OF GOD (NH)</p> | <p>14.</p> <p>10AM-PHYSIO + BALANCE CLASS (AR) 6PM- MOVIE NIGHT WITH SNACKS (LR)</p> | <p>15.</p> <p>HAIR DAY 2PM- CARPET BOWL (LR) 3PM- NAIL CARE (ROOMS)</p> | <p>16.</p> <p>10AM-HYMN SING (NH) 2PM-NEW LIFE FELLOWSHIP CHURCH OF GOD (NH)</p> |
| <p>17.</p> <p>2:15PM-KINGDOM COVENANT CHURCH SERVICE (NH)</p> | <p>18.</p> <p>2PM-RC COMMUNION (NH) 2:30PM- BINGO (AR) 3:30PM- BUTTON AND FELT CRAFT (AR)</p> | <p>19.</p> <p>10AM- BOOK CLUB (AR) 11AM- CREATIVE WRITING (AR) 12PM- THIS MONTH IN HISTORY (AR) 2PM-PHYSIO + BALANCE CLASS (AR) 2:15PM- CHURCH OF HOLY SPIRIT ANGLICAN SERVICE (NH)</p> | <p>20.</p> <p>10AM- GOLF GAME (LR) 11AM- THROWAWAY BINGO (AR) 12PM- KNITTING CLUB (AR) 7PM- ROSARY (NH)</p> | <p>21.</p> <p>10AM- PHYSIO + BALANCE CLASS (AR) ENTERTAINMENT- MIKE MCCONNELL</p> | <p>22.</p> <p>10AM- BIBLE STUDY (NH) 2PM- TRIP TO TIM HORTON'S (WEATHER PERMITTING) 3PM- NAIL CARE (ROOMS)</p> | <p>23.</p> <p>10AM-HYMN SING (NH)</p> |
| <p>24.</p> <p>2:15PM: APPLE WOOD HEIGHTS GOSPEL (NH)</p> | <p>25.</p> <p>11AM-REISIDENT MANAGEMENT MEETING (AR) 2PM- RC COMMUNIION 2PM- ENTERTAINMENT: FRAZER FRENCH FOR BURN'S DAY! (LR)</p> | <p>26.</p> <p>10AM- BOOK CLUB (AR) 11AM- CREATIVE WRITING (AR) 12PM- HORSERACES (AR) 2:15PM- WESTMINSTER UNITED CHURCH SERVICE (NH)</p> | <p>27.</p> <p><u>10AM- TRIP TO ROCKWOOD MALL</u></p> | <p>28.</p> <p>10AM-PHYSIO + BALANCE CLASS (AR) 6PM- MOVIE AND SNACKS (LR)</p> | <p>29.</p> <p>2PM- BAKING (AR) 3PM- NAIL CARE (ROOMS)</p> | <p>30.</p> <p>10AM- HYMN SING (NH)</p> |
| | <p>31.</p> | | | | | |

January
2016



Tyndall Retirement
Home Recreation
Calendar