




Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Legend</p> <p>U = Units</p> <p>UL = Unit Lounge</p> <p>BP = Back Patio</p> <p>ML = Main Lounge</p> <p>AR = Activity Room</p> <p>MF = Main Floor</p>	<p>1. HAPPY NEW YEAR!</p> <p>9:15 New Years Resolutions 2 10:15 Fun & Fitness ML 10:15 Music Therapy 4 11:15 Music Therapy 3rd, 12:00 Games & Giggles ML 2:00 Communion TO 2:15 BINGO ML 2:15 Bedside stretches 3:15 Thumb Ball AR 4:00 Hand Therapy TO 4:00 Relaxation Therapy AR 5:00 Fun & Games ML 7:00 Hot Chocolate Social AR</p>	<p>2.</p> <p>9:15 Music Therapy U 10:15 Sensory Stimulation ML 10:15 Morning Stretch AR 11:15 Manicures 12:00 Games & Giggles ML 2:15 Hand & Finger Dexterity TO 2:15 Ten Pin Bowling ML 2:15 Doll Therapy AR 2:15 Balloon Toss TO 2:15 Bedside Music Therapy 3:15 Board Games U 4:00 Hand Therapy TO 4:00 Friendly visits 4:00 Balloon Toss TO 5:00 Fun & Games ML 7:00 Tea & Toast Social AR 7:00 Music Therapy U</p>	<p>3.</p> <p>9:15 Reminiscing 2, 4 10:15 Fun & Fitness ML 10:15 Morning Stretch AR 10:15 Bedside Music TO 10:15 Doll Therapy TO 11:15 Hand Therapy TO 11:15 Short Stories U 12:00 Games & Giggles ML 2:15 St. Patrick's Roman Catholic Mass ML 2:15 Bedside Stretches TO 2:15 Hand & Finger Dexterity TO 2:15 Relaxation Therapy AR 2:15 Card Games U 3:15 Walking Club MF 3:15 1:1 Short Stories U 4:00 Friendly visits 4:00 Balloon Toss TO 5:00 Fun & Games ML 7:00 Art Therapy AR 7:00 Music Therapy U</p>	<p>4.</p> <p>9:15 Music Therapy 2 10:15 Morning Stretch AR 10:15 Sensory Stimulation ML 11:15 Helping Hands 3rd, 4th 12:00 Games & Giggles ML 2:15 Bedside Music Therapy 2:15 Current Events ML 2:15 Helping Hands AR 2:15 Hand & Finger Dexterity TO 2:15 Balloon Toss TO 3:15 Hindu Prayer AR 3:15 Manicures TO 4:00 Friendly visits 4:00 Hand Therapy TO 4:00 Reading Group ML 5:00 Fun & Games ML 7:00 Card Bingo ML 7:00 Bedside visits TO</p>	<p>5.</p> <p>9:15 Friendly visits U 10:15 Fun & Fitness ML 10:15 Music Therapy 4th 10:15 Helping Hands 3rd 11:15 Word Games 3rd 11:15 Friendly visits 12:00 Games & Giggles ML 2:15 Bedside stretches TO 2:15 Relaxation Therapy AR 2:15 Poetry Club ML 2:15 Music Therapy 3rd 3:15 Doll Therapy TO 3:15 Music Therapy 2 4:00 Balloon Toss TO 4:00 Walking Club MF 4:00 Friendly visits 5:00 Fun & Games ML 7:00 Helping Hands U 7:00 Tyndall Cinema ML</p>	<p>6. EPIPHANY</p> <p>9:15 Music Therapy U 10:15 Hymn Sing ML 10:15 Music And Rhythm 2, 4 11:15 Music and Rhythm 3rd 11:15 Balloon Toss TO 12:00 Games & Giggles ML 2:15 Card Bingo ML 2:15 Hand Therapy TO 2:15 Music Therapy 3rd 2:15 Horse Shoes 4th 3:15 Bedside Stretch TO 3:15 Relaxation Therapy AR 4:00 Balloon toss TO 4:00 Friendly visits 5:00 Fun & Games ML 7:00 Hot Chocolate Social AR</p>
<p>7. ORTHODOX CHRISTMAS</p> <p>10:15 Music Therapy 2nd 10:15 Sensory Stimulation ML 10:15 Morning Stretch AR 11:15 Helping Hands 3rd 12:00 Games & Giggles ML 2:15 Grace New Covenant Church ML 2:15 Hand & Finger Dexterity TO 2:15 Art Therapy AR 3:15 Card Games U 4:00 Friendly visits TO 4:00 Doll Therapy TO 5:00 Fun & Games ML 7:00 Music Therapy U</p>	<p>8.</p> <p>9:15 Reminiscing 2 10:15 Sensory Stimulation ML 10:15 Morning Stretch AR 11:15 Helping Hands 3rd, 4th 12:00 Games & Giggles ML 2:00 Communion TO 2:15 BINGO ML 2:15 Christmas Cleanup 4:00 Hand Therapy TO 4:00 Puzzles U 4:00 Friendly visits 5:00 Fun & Games ML 7:00 Reminiscing Social ML 7:00 Relaxation Therapy AR</p>	<p>9.</p> <p>9:15 Short Stories 2,4 10:15 Sensory Stimulation ML 10:15 Morning Stretch AR 10:15 Manicures 11:15 Balloon Toss TO 12:00 Games & Giggles ML 2:15 Mississauga City Baptist Church ML 2:15 1:1 short stories 2:15 Balloon Toss TO 2:15 Hand & Finger Dexterity TO 2:15 Hand Therapy TO 2:15 Current events AR 3:15 Puzzles U 4:00 Walking Club MF 4:00 Doll Therapy TO 4:00 Friendly visits 5:00 Fun & Games ML 7:00 Hot Chocolate Social AR</p>	<p>10.</p> <p>9:15 Reminiscing 2, 4 10:15 Fun & Fitness ML 10:15 Morning Stretch AR 10:15 Bedside Music Therapy 10:15 Hand Therapy TO 11:15 1:1 Short Stories 3, 4 12:00 Games & Giggles ML 2:15 Glamour Club AR 2:15 Sensory Stimulation ML 2:15 Balloon Toss TO 2:15 Hand & Finger Dexterity TO 2:15 1:1 short stories 3:15 Card Games U 3:15 Scenic Tours TO 4:00 Friendly visits 4:00 Balloon Toss TO 4:00 Walking Club MF 5:00 Fun & Games ML 7:00 Travel to 7:00 Music Therapy U</p>	<p>11.</p> <p>9:15 Bedside music 2, 4 10:15 Fun & Fitness ML 10:15 Tim Horton's Social AR 10:15 Manicures 11:15 Helping Hands 3rd, 4th 11:15 Friendly visits 12:00 Games & Giggles ML 2:15 Sing-a-long ML 2:15 Horseshoes 3 2:15 Hand & Finger Dexterity TO 2:15 Bean Bag Toss 2 2:15 Ring Toss 4 3:15 Friendly visits 3:15 Walking Club MF 4:00 Balloon Toss 3 4:00 Friendly visits 4:00 Bedside Music Therapy TO 5:00 Fun & Games ML 7:00 BINGO ML 7:00 Hand & Finger Dexterity</p>	<p>12.</p> <p>9:15 Friendly visits U 10:15 Fun & Fitness ML 10:15 Morning Stretch AR 10:15 Helping Hands 2 10:15 Bedside stretches 3 11:15 Friendly visits 11:15 1:1 Short stories 12:00 Games & Giggles ML 2:15 Crafts AR 2:15 Ten Pin Bowling ML 2:15 Hand Therapy TO 2:15 Doll Therapy TO 2:15 Helping Hands 4 3:00 Chinese Alliance Church ML 4:00 Reading Group ML 4:00 Puzzles 3rd 4:00 Friendly visits 5:00 Fun & Games ML 7:00 Tyndall Cinema ML 7:00 Bedside Visits</p>	<p>13.</p> <p>9:15 Music Therapy U 10:15 Hymn Sing ML 10:15 Sensory Stimulation AR 11:15 Balloon Toss TO 12:00 Games & Giggles ML 2:15 Card Bingo ML 2:15 Hand Therapy TO 2:15 Music Therapy 3rd 3:15 Bedside Stretch TO 4:00 Balloon toss TO 4:00 Friendly visits 5:00 Fun & Games ML 7:00 Discussion Group ML</p>
<p>14. ORTHODOX NEW YEAR</p> <p>10:15 Music Therapy 2nd 10:15 Bedside Music TO 10:15 Morning Stretch AR 11:15 Helping Hands 3rd 12:00 Games & Giggles ML 2:15 Salvation Army Church ML 2:15 Hand & Finger Dexterity TO 2:15 Collage Making AR 3:15 Scenic Tours TO 4:00 Friendly visits TO 4:00 Doll Therapy TO 5:00 Fun & Games ML 7:00 Reading Group AR</p>	<p>15:9:15 Reminiscing 2 10:15 Sensory Stimulation ML 10:15 Morning Stretch AR 11:15 Helping Hands 3rd, 4th 12:00 Games & Giggles ML 2:00 Communion TO 2:15 Hand & Finger Dexterity TO 2:15 BINGO ML 2:15 Balloon Toss TO 3:15 Helping hands 2 3:15 Scenic Tours TO 4:00 Hand Therapy TO 4:00 Puzzles U 4:00 Friendly visits 5:00 Fun & Games ML 7:00 Men's Club AR 7:00 Ladies Club ML</p>	<p>16.</p> <p>9:15 Short Stories 2,4 10:15 Fun & Fitness ML 10:15 Morning Stretch AR 10:15 Manicures 10:15 Balloon Toss TO 12:00 Games & Giggles ML 2:15 Church of the Holy Spirt Anglican and Lutheran Church ML 2:15 1:1 short stories 2:15 Balloon Toss TO 2:15 Hand Therapy TO 2:15 Current events AR 3:15 Puzzles U 4:00 Walking Club MF 4:00 Doll Therapy TO 4:00 Friendly visits 5:00 Fun & Games ML 7:00 Hot Chocolate Social AR 7:00 Bedside visits</p>	<p>17.</p> <p>9:15 Reminiscing 2, 4 10:15 Fun & Fitness ML 10:15 Morning Stretch AR 10:15 Bedside Music Therapy 10:15 Hand Therapy TO 11:15 1:1 Short Stories 3, 4 12:00 Games & Giggles ML 2:15 Sensory Stimulation AR 2:15 Bedside visits TO 2:15 Trivia ML 2:15 Hand & Finger Dexterity TO 2:15 Music & Movement 2, 4 3:15 Music & Movement 3 3:15 Scenic Tours TO 4:00 Friendly visits 4:00 Balloon Toss TO 4:00 Walking Club MF 5:00 Fun & Games ML 7:00 Rosary ML 7:00 Music & Movement U</p>	<p>18.</p> <p>9:15 Bedside music 2, 4 10:15 Heritage Museum Presentation ML</p> <p>10:15 Sensory Stimulation AR 10:15 Manicures 10:15 Bedside stretches TO 11:15 1:1 short stories U 11:15 Friendly visits 12:00 Games & Giggles ML 2:15 Horse Races ML 2:15 Relaxation Therapy AR 2:15 Music Therapy U 3:15 Doll Therapy TO 3:15 Walking Club MF 4:00 Balloon Toss 3 4:00 Friendly visits 4:00 Bedside Music Therapy TO 5:00 Fun & Games ML 7:00 BINGO ML 7:00 Hand Therapy U</p>	<p>19.</p> <p>9:15 Friendly visits U 10:15 Fun & Fitness ML 10:15 Morning Stretch AR 10:15 Helping Hands 11:15 Bedside stretches 11:15 Friendly visits 12:00 Games & Giggles ML 2:15 Baking AR 2:15 Ten Pin Bowling ML 2:15 Hand Therapy TO 2:15 Doll Therapy TO 4:00 Bedside Music Therapy TO 4:00 Puzzles 3rd 4:00 Friendly visits 5:00 Fun & Games ML 7:15 Social Club with Kennv Joseph ML</p>	<p>20.</p> <p>9:15 Music Therapy U 10:00 Hymn Sing ML 10:15 Ring Toss 4 10:15 Bean Bag Toss 3 11:15 Balloon Toss TO 12:00 Games & Giggles ML 2:15 New Life Fellowship Church of God ML 2:15 Bean Bag Toss 2nd 2:15 Bedside visits 2:15 Manicures 3:15 Hand & Finger Dexterity TO 3:15 Friendly visits 4:00 Relaxation Therapy AR 4:00 Doll Therapy TO 5:00 Fun & Games ML 7:00 Tyndall Cinema ML</p>

January
2018



Tyndall Seniors
Village
Recreation Calendar
Part ONE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>21.</p> <p>9:15 Reminiscing 2 10:15 Tea Social AR 10:15 Sensory Stimulation ML 11:15 Hand & Finger Dexterity TO 12:00 Games & Giggles ML 2:15 Kingdom Covenant ML 2:15 Puzzles U 2:15 Balloon Toss TO 3:15 Scenic Tours 3:15 Hand Therapy TO 4:00 Friendly visits 4:00 Manicures 5:00 Fun & Games ML</p> <p>7:00 Discussion Group AR</p>	<p>22.</p> <p>9:15 Music Appreciation 2 10:15 Morning Stretch AR 10:15 Fun & Fitness ML 10:15 Music Therapy 4th 11:15 Current Events 3 11:15 Helping Hands U 12:00 Games & Giggles 12:30 KFC Take out Lunch (sign up) 2:00 Communion TO 2:15 Hand Therapy TO 2:15 Hand & Finger Dexterity TO 2:15 BINGO ML 3:15 Music Appreciation 4th 3:15 Bedside Music Therapy 4:00 Reading Group ML 4:00 Balloon Toss TO 4:00 Friendly visits 5:00 Fun & Games ML 7:00 Men's' Club 7:00 Ladies Club</p>	<p>23.</p> <p>9:15 Reminiscing 2, 4 10:15 Sensory Stimulation ML 10:15 Morning Stretch AR 10:15 Bedside stretch TO 11:15 Walking Club 11:15 Helping hands U 12:00 Games & Giggles 2:15 Church of the Holy Spirit Anglican Service ML 2:15 Music Therapy U 2:15 Scenic Tours 2:15 Relaxation Therapy AR 3:15 Reading Group ML 3:15 Hand Therapy TO 4:00 Doll Therapy TO 4:00 Walking Club MF 4:00 Friendly visits 5:00 Fun & Games ML 7:00 Hot Chocolate Social AR</p>	<p>24.</p> <p>9:15 Music Therapy 2, 4 10:15 Sensory Stimulation ML 10:15 Bedside stretches TO 10:15 Morning Stretch AR 11:15 Friendly visits 3, 4 12:00 Games & Giggles 1:15 Activity Dept., Meeting 3:15 Thumb Ball ML 3:15 Scenic Tours TO 4:00 Helping Hands U 4:00 1:1 short stories 3, 4 4:00 Friendly visits 5:00 Fun & Games ML 7:00 Music & Movement U 7:00 Word Games ML</p>	<p>25. ROBBIE BURN'S DAY 9:15 Music Appreciation 2 10:15 Resident Council Meeting ML 10:15 Manicures TO 10:15 Bean Bag Toss 3 10:15 Morning Stretch AR 11:15 Bedside Music Therapy 11:15 Helping Hands U 12:00 Games & Giggles 2:15 Travel to Scotland for Robbie Burn's Day 2:15 Balloon Toss TO 2:15 Short Stories 2 2:15 Music and movement 4 2:15 Friendly visit 3:15 Hand & Finger Dexterity TO 3:15 Ring Toss 2nd 3:15 Bean Bag Toss 4 4:00 Reading Group ML 4:00 Hand Therapy TO 4:00 Walking Club MF 5:00 Fun & Games 7:00 Card BINGO ML 7:00 Relaxation Therapy AR</p>	<p>26.</p> <p>9:15 Reminiscing 2,4 10:15 Fun & Fitness ML 10:15 Movement & Music 3rd 10:15 Sensory Stimulation AR 10:15 Bedside visit TO 11:15 Helping Hands U 11:15 Puzzles U 12:00 Games & Giggles ML 2:15 Hand & Finger Dexterity 2:15 Jeopardy ML 2:15 Balloon Toss TO 2:15 Card Games U 2:15 Doll Therapy 3 3:15 Scenic Tours 3:15 Hand Therapy TO 4:00 Bedside visits 4:00 Friendly visits TO 4:00 Walking Club MF 5:00 Fun & Games 7:00 Tyndall Cinema ML 7:00 Helping Hands U</p>	<p>27.</p> <p>9:15 Music Therapy 2 10:00 Hymn Sing ML 10:15 Collage Making AR 11:15 Name that tune 3rd 12:00 Games & Giggles 2:15 Relaxation Therapy AR 2:15 Ten Pin Bowling ML 3:15 Card Games 3rd 4:00 Friendly visits 5:00 Fun & Games</p>
<p>28.</p> <p>9:15 Sounds of Nature 2 10:15 Music Therapy ML 10:15 Reading Group AR 11:15 Current Events 3, 4 12:00 Games & Giggles 2:15 Doll Therapy TO 2:30 Applewood Heights Gospel Hall ML 3:15 Current Events AR 4:00 Friendly visits 5:00 Fun & Games ML</p>	<p>29.</p> <p>9:15 Music Therapy U 10:15 Fun & Fitness ML 10:15 Glamour Club AR 10:15 Music & Movement 3 11:15 Helping Hands 3rd 11:15 Bedside Music 4 12:00 Games & Giggles 2:00 Communion TO 2:15 BINGO ML 2:15 Sensory Stimulation AR 2:15 Hand Therapy TO 3:15 Walking Club MF 3:15 Bedside Stretches To 4:00 Friendly visits TO 4:00 Balloon Toss TO 5:00 Fun & Games ML 7:00 Sing-a-long ML 7:00 Bedside Music TO</p>	<p>30.</p> <p>9:15 Music Therapy 2,4 10:15 Morning Stretch AR 10:15 Sensory Stimulation ML 10:15 Walking Club MF 11:15 Helping Hands 3rd, 4th 11:15 Bedside visits 12:00 Games & Giggles 2:15 Name that Face Biography ML 2:15 Bedside visit TO 2:15 Music & Movement 4 2:15 Hand Therapy 3:15 Reading Group ML 3:15 Scenic Tours 4:00 Friendly visits TO 4:00 1:1 short Stories 5:00 Fun & Games ML 7:00 Hot Chocolate & Fireside Stories ML 7:00 Music & Movement 3</p>	<p>31.</p> <p>9:15 Reminiscing 2, 4 10:15 Fun & Fitness ML 10:15 Morning Stretch TO 10:15 Music & Movement 3rd 10:15 Bedside Stretches TO 11:15 Balloon Toss TO 11:15 Ring Toss 3rd 12:00 Games & Giggles 2:15 Monthly Birthday Party with Bill Dearling ML 4:00 Helping Hands U 4:00 1:1 short stories 4:00 Friendly visits 5:00 Fun & Games ML 7:00 Music Therapy U 7:00 Travel to...</p>	 <p>©gnurf * illustrationsOf.com/93476</p>		

January
2018



Tyndall Seniors
Village
Recreation Calendar
Part TWO