





2019 JANUARY ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>TT = Trinity Tower KT = KT PT = Providence Tower CT = Covenant Tower HT = Hope Tower PeT = Peace Tower HeH = Heritage Hall HaH = Harmony Hall HoH = Horizon Hall BR = Board Room GMCP = Grace Manor Chapel</p> <p><i>Italics = Special Events/Bus Trips</i> <u>Underline = Towers Nursing Office</u></p>		<p>1 9:30am Growing in Grace PTMR 9:45am Coffee Social HaH 1pm Bridge KTMR 2pm CT Coffee Social CT Balcony 3:30-4:15pm CCAC Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH 4:30-5:15pm CCAC Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH</p>	<p>2 9am Busy Hands TTMR 9:45am Bus to Superstore CT Entrance 10-11am KT Bible Study KTMR 9:45am Heritage Fellowship Bible Study PTMR <i>2pm Birthday Party HeH</i> 2pm Trinity Tower Coffee Social HaH 1:30pm Art Expression Group TTMR 4-4:45pm CCAC Exercise & Falls Prevention Class –HeH 7pm Chess PTMR 7pm Bid Euchre HoH</p>	<p>3 <u>Denturist</u> <i>12:30pm The January Series GMCP</i> 3:30-4:15pm CCAC Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH 4:30-5:15pm CCAC Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH 6:45pm HCH Ktee Euchre Club HoH 7pm Dutch Hymn Sing HaH 7pm Prayer Group PTMR</p>	<p>4 9:15 Soli Deo Gloria HaH 9:45am Bus to Superstore CT Entrance 10:30-11:15am – CCAC Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HeH balcony <i>12:30pm The January Series GMCP</i> 4-4:45pm CCAC Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH 6:30pm Games Night HaH 7pm Games Night KTMR</p>	<p>5 9:00am PT Coffee Social PTMR 10am HT Coffee Social HT 10am-11:30am KT Coffee Social HoH</p> 
<p>6 10am English Service HeH 2pm Coffee Social HaH 7pm English Service HeH</p> 	<p>7 10am Catholic Service HaH 10am PcT Coffee Social HoH 10am Canadian Reformed Bible Study PTMR <i>12:30pm The January Series GMCP</i> <i>2:30 pm Bingo HaH</i> 4-4:45pm CCAC Exercise & Falls Prevention Class –HeH 7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p>	<p>8 8:30am Tenant Advisory Committee 9:30am Growing in Grace PTMR 9:30am Bus to Sobeyes 9:45am Coffee Social HaH 10:30am Fun & Fitness I HeH <i>12:30pm The January Series GMCP</i> 1pm Bridge KTMR <u><i>B12 Injections:</i></u> <u><i>TT/HT/PT: 1:30 to 2:45 p.m. and</i></u> <u><i>CT/KT/PT: 2:45 to 3:45 p.m.</i></u> 2pm CT Coffee Social CT Balcony 3:30-4:15pm CCAC Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH 4:30-5:15pm CCAC Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH</p>	<p>9 9am Busy Hands TTMR 9:45am Bus to Superstore CT Entrance 10-11am KT Bible Study KTMR 9:45am Heritage Fellowship Bible Study PTMR 10:30am Chapel HaH <i>12:30pm The January Series GMCP</i> <i>2:00pm GM Special Events Tea HoH</i> 2pm Trinity Tower Coffee Social HaH 1:30pm Art Expression Group TTMR 4-4:45pm CCAC Exercise & Falls Prevention Class –HeH 7pm Chess PTMR 7pm Men’s Bible Study KT 103 7pm Bid Euchre HoH</p> 	<p>10 <u>Denturist</u> <i>10:30am Dance Class HeH</i> <i>12:30pm The January Series GMCP</i> <u>1-4pm Hearing Aid Clinic</u> 3:30-4:15pm CCAC Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH 4:30-5:15pm CCAC Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH 6:45pm HCH Ktee Euchre Club HoH 7pm Dutch Hymn Sing HaH 7pm Prayer Group PTMR</p>	<p>11 9:15 Soli Deo Gloria HaH 9:45am Bus to Superstore CT Entrance 10:30-11:15am – CCAC Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HeH balcony <i>12:30pm The January Series GMCP</i> <i>1:30pm Book Club PTMR</i> 4-4:45pm CCAC Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH 6:30pm Games Night HaH 7pm Games Night KTMR</p>	<p>12 9:00am PT Coffee Social PTMR 10am HT Coffee Social HT lounge 10am KT Coffee Social HoH</p> 

<p>13 10:00am Remembrance Day Service HeH 2pm Coffee Social HaH 7pm English Service HeH</p>	<p>14 10am Catholic Service HaH 10am PcT Coffee Social HoH 12:30pm <i>The January Series GMCP</i> <u>1-3 Chiropractic Clinic</u> 4-4:45pm CCAC Exercise & Falls Prevention Class –HeH 7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p>	<p>15 9:30am Growing in Grace PTMR 9:45am Coffee Social HaH 12:30pm <i>The January Series GMCP</i> 1pm Bridge KTMR 2pm CT Coffee Social CT Balcony 3:30-4:15pm CCAC Exercise & Falls Prevention Class HeH 4:30-5:15pm CCAC Exercise & Falls Prevention Class HeH 7:30pm <i>Entertainment: Te Deum Laudemus HeH</i></p>	<p>16 9am Busy Hands TTMR 9:45am Bus to Superstore CT Entrance 10-11am KT Bible Study KTMR 9:45am Heritage Fellowship Bible Study PTMR 10:30am Chapel HaH 12:30pm <i>The January Series GMCP</i> 1:30pm Cribbage PTMR 2pm Trinity Tower Coffee Social HaH 1:30pm Art Expression Group TTMR 4-4:45pm CCAC Exercise & Falls Prevention Class –HeH 7pm Chess PTMR 7pm Men’s Bible Study KT 103 7pm Bid Euchre HoH</p>	<p>17 <u>Denturist</u> 12:30pm <i>The January Series GMCP</i> 2pm <i>Speaker’s Forum: World Renew HaH</i> 3:30-4:15pm CCAC Exercise & Falls Prevention Class –HoH 4:30-5:15pm CCAC Exercise & Falls Prevention Class – HeH 6:45pm HCH KTEE Euchre Club HoH 7pm Dutch Hymn Sing HaH 7pm Prayer Group PTMR</p>	<p>18 9:15 Soli Deo Gloria HaH 9:30am-3:30pm <i>Vendor: Asiri’s Treasures HH</i> 9:45am Bus to Superstore CT Entrance 10:30am Fun & Fitness I HeH 10:30-11:15am CCAC Exercise & Falls Prevention Class – HeH balcony 12:30pm <i>The January Series GMCP</i> 2pm <i>FM Dessert Social HaH</i> 4-4:45pm CCAC Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH 6:30pm Games Night HaH 7pm Games Night KTMR</p>	<p>19 9:00am PT Coffee Social PTMR 10am HT Coffee Social HT lounge 10am KT Coffee Social HoH</p>
<p>20 10am English Service HeH 2pm Coffee Social HaH 7pm English Service HeH</p> 	<p>21 10am Catholic Service HaH 10am PcT Coffee Social HoH 10am Canadian Reformed Bible Study PTMR 12:30pm <i>The January Series GMCP</i> 2:30 pm <i>Bingo HaH</i> <u>1-3 Chiropractic Clinic</u> 4-4:45pm CCAC Exercise & Falls Prevention Class –HeH 7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p>	<p>22 9:30am Growing in Grace PTMR 9:30am Bus to Sobeys 9:45am Coffee Social HaH 10:30am Fun & Fitness I HeH 12:30pm <i>The January Series GMCP</i> 1pm Bridge KTMR <u>1-3pm Mobility Maintenance Clinic</u> 2pm CT Coffee Social CT Balcony 3:30-4:15pm CCAC Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HeH 4:30-5:15pm CCAC Exercise & Falls Prevention Class HeH</p>	<p>23 9am Busy Hands TTMR 10am-3:30pm <i>Vendor: Nelly’s Shoes HeH</i> 9:45am Bus to Superstore CT Entrance 9:45am Heritage Fellowship Bible Study PTMR 10-11am KT Bible Study KTMR 10:30am Chapel HaH 12:30pm <i>The January Series GMCP</i> 1:30pm Cribbage PTMR 2pm Trinity Tower Coffee Social HaH 1:30pm Art Expression Group TTMR 4-4:45pm CCAC Exercise & Falls Prevention Class –HoH 7pm Chess PTMR 7pm Men’s Bible Study KT 103 7pm Bid Euchre HoH</p>	<p>24 <u>Denturist</u> 9am Bus Trip: <i>Ripley’s Aquarium CT Entrance</i> <u>1-4pm Hearing Aid Clinic</u> 3:30-4:15pm CCAC Exercise & Falls Prevention Class – Stretch n’ Strength HoH 4:30-5:15pm CCAC Exercise & Falls Prevention Class – Stand Strong HoH 6:45pm HCH KTEE Euchre Club HoH 7pm Dutch Hymn Sing HaH 7pm Prayer Group PTMR</p>	<p>25 9:15 Soli Deo Gloria HaH 9:45am Bus to Superstore CT Entrance 10:30am Fun & Fitness I HeH 10:30-11:15am CCAC Exercise & Falls Prevention Class –HeH balcony 4-4:45pm CCAC Exercise & Falls Prevention Class –HeH balcony 6:30pm Games Night HaH 7pm Games Night KTMR</p>	<p>26 9:00am PT Coffee Social PTMR 10am HT Coffee Social HT lounge 10am KT Coffee Social HoH</p>
<p>27 10am English Service HeH 2pm Coffee Social HaH 7pm English Service HeH</p>	<p>28 10am Catholic Service HaH 10am PcT Coffee Social HoH <u>1-3 Chiropractic Clinic</u> 2pm <i>Speaker’s Forum: Indwell HaH</i> 4-4:45pm CCAC Exercise & Falls Prevention Class –HeH 7pm Klaverjassen HaH 7pm- Prayer Group PTMR</p>	<p>29 9:30am Growing in Grace PTMR 9:45am Coffee Social HaH 10:30am Fun & Fitness I HeH 1pm Bridge KTMR <u>1:30pm Parkinson’s Support Group HaH</u> 2pm CT Coffee Social CT Balcony 3:30-4:15pm CCAC Exercise & Falls Prevention Class – STRETCH N’KRACHT – Stretch n’ Strength HoH 4:30-5:15pm CCAC Exercise & Falls Prevention Class HeH</p>	<p>30 9am Busy Hands TTMR 9:45am Bus to Superstore CT Entrance 9:45am Heritage Fellowship Bible Study PTMR 10-11am KT Bible Study KTMR 10:30am Chapel HaH 1:30pm Cribbage PTMR 1:30pm Art Expression Group TTMR 4-4:45pm CCAC Exercise & Falls Prevention Class –HeH balcony 7pm Chess PTMR 7pm Men’s Bible Study KT 103</p>	<p>31 <u>Denturist</u> 3:30-4:15pm CCAC Exercise & Falls Prevention Class – Stretch n’ Strength HoH 4:30-5:15pm CCAC Exercise & Falls Prevention Class – Stand Strong HoH 6:45pm HCH KTEE Euchre Club HoH 7pm Dutch Hymn Sing HaH 7pm Prayer Group PTMR</p>		