



# 2020 JANUARY ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>TT = Trinity Tower</b>  <b>KT = King Tower</b>  <b>PT = Providence Tower</b>  <b>CT = Covenant Tower</b>  <b>HT = Hope Tower</b>  <b>PeT = Peace Tower</b>  <b>HeH = Heritage Hall</b>  <b>HaH = Harmony Hall</b>  <b>HoH = Horizon Hall</b>  <b>BR = Board Room</b>  <b>GMCP = Grace Manor Chapel</b></p> <p><i>Italics = Special Events/Bus Trips</i>  <u>Underline = Towers Nursing Office</u></p>			<p><b>1</b>  <i>Happy New Year</i></p> <p>10am New Years Day Service</p>	<p><b>2</b>  <u>Denturist</u></p> <p>3:30pm LHIN Exercise Class HoH  4:30pm LHIN Exercise Class HeH</p> <p>6:45pm HCH Ktee Euchre Club HoH</p>	<p><b>3</b></p> <p>9:45am Bus to Superstore CT Entrance</p> <p>10:30am Fun &amp; Fit I HeH  10:30am LHIN Class HeH balcony</p> <p>4pm LHIN Exercise Class HoH</p> <p>7pm Games Night HeH  7pm Games Night KTMR</p>	<p><b>4</b></p> <p>9am PT Coffee Social PTMR</p> <p>10am HT Coffee Social HT  10am KT Coffee Social HoH</p>
<p><b>5</b></p> <p>10am Church Service HeH</p> <p>2pm Coffee Social HaH</p> <p>7pm Church Service HeH</p>	<p><b>6</b></p> <p>10am Catholic Service HeH  10am PcT Coffee Social HoH</p> <p><u>1-3 Chiropractic Clinic</u></p> <p>2pm Bingo HeH</p> <p>4pm LHIN Exercise Class –HeH</p> <p>7pm Klaverjassen PTMR</p> 	<p><b>7</b></p> <p>9:30am Bus to Sobeys CT Entrance  9:30am Growing in Grace Bible Study PTMR  <i>9:30am Trip to Bramalea City Centre</i></p> <p>9:45am Coffee Social HeH  10am Prayer Group HT Library  10:30am Chair Yoga HoH  10:30am Fun &amp; Fit I HeH  12:30pm Bridge KTMR</p> <p><u>B12 Injections:</u>  <u>TT/HT/PT: 1:30 to 2:45 p.m. and</u>  <u>CT/KT/PT: 2:45 to 3:45 p.m.</u></p> <p>2pm CT Coffee Social CT Balcony  2pm Prayer Shawls PTMR</p> <p>3:30pm LHIN Exercise Class HoH  4:30pm LHIN Exercise Class HeH</p> <p>7pm Dutch Hymn Sing HeH</p>	<p><b>8</b></p> <p>9am Busy Hands TTMR  9:30am Heritage Fellowship Bible Study PTMR  9:45am Bus to Superstore CT Entrance</p> <p>10:30am Chapel Service HeH</p> <p><i>2pm GM Special Events Tea HoH</i>  <i>2pm Birthday Party</i></p> <p>1:30pm Cribbage PTMR  2pm TT Coffee Social HeH</p> <p>4pm LHIN Exercise Class HeH</p> <p>7pm Bid Euchre HoH  7pm Chess PTMR</p>	<p><b>9</b>  <u>Denturist</u></p> <p><u>1-4pm Hearing Aid Clinic</u></p> <p>10:30am Movement to Music HoH</p> <p>1pm Line Dancing HoH  2pm Line Dancing+ HoH</p> <p>3:30pm LHIN Exercise Class HoH  4:30pm LHIN Exercise Class HeH</p> <p>6:45pm HCH Ktee Euchre Club HoH</p>	<p><b>10</b></p> <p>9:45am Bus to Superstore CT Entrance</p> <p>10:30am Fun &amp; Fit I HeH  10:30am LHIN Exercise Class HeH balcony</p> <p><i>1:30pm Book Club PTMR</i></p> <p>4pm LHIN Exercise Class HoH</p> <p>7pm Games Night HeH  7pm Games Night KTMR</p>	<p><b>11</b></p> <p>9am PT Coffee Social PTMR</p> <p>10am HT Coffee Social HT  10am KT Coffee Social HoH</p> 

<p><b>12</b> 10am Church Service HeH 2pm Coffee Social Tenant Dinning Room 7pm Church Service HeH</p>	<p><b>13</b> 10am Catholic Service HeH 10am PcT Coffee Social HoH <u>1-3 Chiropractic Clinic</u> 4pm LHIN Exercise Class HeH 7pm Klaverjassen PTMR</p>	<p><b>14</b> 9:30am Growing in Grace Bible Study PTMR 9:45am Coffee Social HeH 10am Prayer Group HT Library 10:30am Chair Yoga HoH 10:30am Fun &amp; Fit I HeH 12:30pm Bridge KTMR 2pm CT Coffee Social CT Balcony 2pm Prayer Shawls PTMR 3:30pm LHIN Exercise Class HoH 4:30pm LHIN Exercise Class HeH 7pm Dutch Hymn Sing HeH</p>	<p><b>15</b> 9am Busy Hands TTMR 9:30am Heritage Fellowship Bible Study PTMR 9:45am Bus to Superstore CT Entrance 10am KT Bible Study KTMR 10:30am Chapel Service HeH 1:30pm Art Expression Group TTMR 1:30pm Cribbage PTMR 2pm TT Coffee Social HeH 4pm LHIN Exercise Class HeH 7pm Bid Euchre HoH 7pm Chess PTMR</p>	<p><b>16</b> <u>Denturist</u> <i>11:30am Bus to Mandarin</i> 1pm Line Dancing HoH 2pm Line Dancing+ HoH 3:30pm LHIN Exercise Class HoH 4:30pm LHIN Exercise Class HeH 6:45pm HCH Ktee Euchre Club HoH</p>	<p><b>17</b> 9:45am Bus to Superstore CT Entrance 10:30am Fun &amp; Fit I HeH 10:30am LHIN Exercise Class HeH balcony 4pm LHIN Exercise Class HoH 7pm Games Night HeH 7pm Games Night KTMR</p>	<p><b>18</b> 9am PT Coffee Social PTMR 10am HT Coffee Social HT 10am KT Coffee Social HoH</p>
<p><b>19</b> 10am Church Service HeH 2pm Coffee Social Tenant Dinning Room 7pm Church Service HeH</p>	<p><b>20</b> 10am Catholic Service HeH 10am PcT Coffee Social HoH <u>1-3 Chiropractic Clinic</u> 2pm Bingo HeH 4pm LHIN Exercise Class HeH 7pm Klaverjassen PTMR</p> 	<p><b>21</b> 9:30am Bus to Sobeys CT Entrance 9:30am Growing in Grace Bible Study PTMR 9:45am Coffee Social HeH 10am Prayer Group HT Library 10:30am Chair Yoga HoH 10:30am Fun &amp; Fit I HeH 12:30pm Bridge KTMR <u>1-3pm Mobility Maintenance Clinic</u> 2pm CT Coffee Social CT Balcony 2pm Prayer Shawls PTMR 3:30pm LHIN Exercise Class HoH 4:30pm LHIN Exercise Class HeH 7pm Dutch Hymn Sing HeH</p>	<p><b>22</b> 9am Busy Hands TTMR 9:30am Heritage Fellowship Bible Study PTMR 9:45am Bus to Superstore CT Entrance 10am KT Bible Study KTMR 10:30am Chapel Service HeH 1:30pm Art Expression Group TTMR 1:30pm Cribbage PTMR 2pm TT Coffee Social HeH 4pm LHIN Exercise Class –HoH <i>5:55pm Bus Trip: Andre Rieu in Theatres CT Entrance</i> 7pm Bid Euchre HoH 7pm Chess PTMR</p>	<p><b>23</b> <u>Denturist</u> <i>10am Nelly's Shoes HeH</i> 10:30am Movement to Music HoH <u>1-4pm Hearing Aid Clinic</u> 1pm Line Dancing HoH 2pm Line Dancing+ HoH 3:30pm LHIN Exercise HoH 4:30pm LHIN Exercise Class HeH 6:45pm HCH Ktee Euchre Club HoH</p>	<p><b>24</b> 9:45am Bus to Superstore CT Entrance 10:30am Fun &amp; Fit I HeH 10:30am LHIN Exercise Class HeH balcony 4pm LHIN Exercise Class HoH 7pm Games Night HeH 7pm Games Night KTMR</p>	<p><b>25</b> 9am PT Coffee Social PTMR 10am HT Coffee Social HT 10am KT Coffee Social HoH</p> 
<p><b>26</b> 10am Church Service HeH 2pm Coffee Social Tenant Dinning Room 7pm Church Service HeH</p> 	<p><b>27</b> 10am Catholic Service HeH 10am PcT Coffee Social HoH <u>1-3 Chiropractic Clinic</u> 2pm Bingo HeH 4pm LHIN Exercise Class HeH 7pm Klaverjassen PTMR</p>	<p><b>28</b> 9:30am Growing in Grace Bible Study PTMR 9:45am Coffee Social HeH 10am Prayer Group HT Library 10:30am Chair Yoga HoH 10:30am Fun &amp; Fit I HeH 12:30pm Bridge KTMR <u>2pm Parkinson Support Group HeH</u> 2pm CT Coffee Social CT Balcony 2pm Prayer Shawls PTMR 3:30pm LHIN Exercise Class HoH 4:30pm LHIN Exercise Class HeH 7pm Dutch Hymn Sing HeH</p>	<p><b>29</b> 9am Busy Hands TTMR 9:30am Heritage Fellowship Bible Study PTMR 9:45am Bus to Superstore CT Entrance 10am KT Bible Study KTMR 10:30am Chapel Service HeH 1:30pm Art Expression Group TTMR 1:30pm Cribbage PTMR 2pm TT Coffee Social HeH 4pm LHIN Exercise Class –HoH 7pm Bid Euchre HoH 7pm Chess PTMR</p>	<p><b>30</b> <u>Denturist</u> 1pm Line Dancing HoH 2pm Line Dancing+ HoH 3:30pm LHIN Exercise Class HoH 4:30pm LHIN Exercise Class HeH 6:45pm HCH Ktee Euchre Club HoH</p>	<p><b>31</b> 9:45am Bus to Superstore CT Entrance 10:30am Fun &amp; Fit I HeH 10:30am LHIN Exercise Class HeH balcony 4pm LHIN Exercise Class HoH 7pm Games Night HeH 7pm Games Night KTMR</p>	