

January Harmony House

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tuesday & Thursday Devotions Ch.990 10am Catholic Mass Tuesday at 10am In The Chapel Tuesday & Thursday Spiritual Visits		All group activities are subject to be modified into 1:1 visits according to Public Health Directives		Calendar Visits 1 9:30-11:00 -Physio Moves -Bible Study -Snap & Fold 1:00-3:00 - Strolls	2 9:30-11:00 -Chair Zumba -Coloring Circle 1:00-3:00 	3 9:30-11:00 -Chair Zumba -Snap & Fold -Feathered Friends 1:00-3:00 Family Feud
4 9:30-11:00 -Church Service -Communion -Snap & Fold 1:00-7:00 Snack Circle	5 9:30-11:00 -Chair Zumba -Snap & Fold 1:00-3:00 -Manicure Spa	6 9:30-11:00 -Catholic Mass -Snap & Fold -Active Games 1:00-3:00 Chapel Service 1:1 visits	7 9:30-11:00 -Chair Zumba -Snap & Fold 1:00-3:00 -Music & Relaxation Men's Club	8 9:30-11:00 -Physio Moves -Bible Study 1:00-7:00 -Movement with Sheila -Word Game -Strolls	9 9:30-11:00 -Chair Zumba -Snap & Fold 1:00-3:00 -Coloring circle -Hymn Sing	10 9:30-11:00 -Chair Zumba -Snap & Fold -Dominoes 1:00-3:00 Connect Four
11 9:30-11:00 -Church Service -Snap & Fold 1:00-7:00 - Puzzle Time -Church Service	12 12:00-7:00 -Chair Zumba -Snap & Fold -Table Games -Musical Melodies	13 9:30-11:00 -Catholic Mass -Word Game -Snap & Fold 1:00-3:00 Chapel Service	14 9:30-11:00 -Chair Zumba -Snap & Fold 1:00-7:00 Baking Club Men's Club	15 9:30-11:00 -Music & Relaxation -Physio Moves -Bible Study 1:00-3:00 -Strolls	16 9:30-11:00 -Chair Zumba -Snap & Fold 1:00-3:00 -Hymn Sing -Painting pictures	17 12:00-7:00 -Chair Zumba -Snap & Fold -Badminton -Table Games -Musical Melodies
18 9:30-11:00 -Church Service -Snap & Fold 1:00-7:00 -Balloon Tennis -Church Service	19 9:30-11:00 -Fun & Fitness -Snap & Fold -Music & Relaxation 1:00-3:00 -Strolls	20 9:30-11:00 -Catholic Mass -Snap & Fold -Active Games 1:00-3:00 -Chapel Service	21 9:30-11:00 -Chair Zumba -Snap & Fold -Word Games 1:00-3:00 -Men's Club	22 9:30-11:00 -Physio Moves -Bible Study 12:00-8:00 -Strolls	23 9:30-11:00 -Chair Zumba -Snap & Fold 1:00-7:00 -Hymn Sing Relaxing Hands	24 9:30-11:00 -Chair Zumba -Snap & Fold -Dominoes 1:00-3:00 -Table Games
25 9:30-11:00 -Church Service -Snap & Fold 1:00-7:00 - Toronto Maple -Church Service	26 9:30-11:00 -Active Games -Snap & Fold 1:00-3:00 -Resident Council H-H 2S -Music & Relaxation	27 9:30-11:00 -Catholic Mass -Snap & Fold -Active Games 1:00-3:00 -Chapel Service -1:1 visits	28 9:30-11:00 -Chair Zumba -Snap & Fold -Word Games 1:00-7:00 -Baking Club Men's Club	29 9:30-11:00 -Physio Moves -Bible Study 1:00-3:00 -Artful Moments -Manicure Spa	30 9:30-11:00 -Chair Zumba -Snap & Fold 1:00-3:00 -Hymn Sing	31 12:00-7:00 -Chair Zumba -Snap & Fold -Badminton -Table Games -Piano Recital

Lifestyle & Leisure Moments

Feathered Friends
3rd

Mobility Movements
With Sheila 8th

Resident Council 26th

Life Enrichment Glossary

Snap & Fold (with Shirley F., Starr & Jean)- Folding of Clothes Protector

Loops & Laughs Club (with Tina & Company)- Knitting, Crocheting or Embroidery

Breakfast Club (with Shirley W.)-Calendar Discussion, Resident Spotlight, News & Views

The Reading Club (with Jean & Magda)- Ties That Binds, Culture Change Chronical, Daily Bread, Daily Chronicle

The Cookie Jar Club (with Johnny or Florence)-Baking (Cupcakes, Cookie, Cake)

Artful Moment - Fall Coloring Pages, Water Painting, Canvas Painting, Arts & Craft

Scrapbooking- (Residents making their own Photo Books)

Green Thumbs (with Jolly)- Care of Neighborhood Plants

Music Melody- Sing Along, Karaoke, Drumming Circle, Piano Playing, Playing an Instrument

Music & Relaxation- (Items on Snoezelen Cart or Activity Bins)

Virtual Games-Tovertafel or Obie, Virtual Headset, iPad

Chair Zumba-Exercise, ROM

Active Games-Balloon Tennis, Ball Toss, Badminton, Balloon Toss, Skee Ball, Parachute

Table Games-Ludo, Snake & Ladder, Card Games, Ring Toss, Dice Game, Dominoes, Bingo