

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2021

## Day and Stay Day and Afternoon Programs

**1** **Happy New Year**  
**Centre Closed**

New Year's Day

9:00 What's New **2**  
9:30 Guess the Answer  
10:00 Bean Bag Toss  
1:00 Fun & Fitness  
2:00 Penny Snatch

**3** [Sleep Appreciation Day](#)  
9:00 What's New  
9:30 Sleep Word Probe  
10:00 Making a Dream Catcher  
1:00 Relaxing Stretches  
2:00 Let's Read  
[Afternoon Programs](#)  
12:00 Coffee Club  
1:00 Relaxing Stretches  
2:00 Bingo  
3:00 Penny Snatch  
4:00 Shuffleboard

**4** 9:00 What's New  
9:30 Who Am I?  
10:00 Art Morning  
1:00 Exercise Dancing  
2:00 Bean Bag Toss  
[Afternoon Programs](#)  
12:00 Let's Chat  
1:00 Exercise Dancing  
2:00 Wheel of Fortune  
3:00 Colouring Art  
4:00 Bowling

**5** 9:00 What's New  
9:30 Tell Me Trivia  
10:00 Crossword  
1:00 Fun & Fitness  
2:00 Bingo  
[Afternoon Programs](#)  
12:00 Let's Chat Together  
1:00 Fun & Fitness  
2:00 Bingo  
3:00 Spelling Bee  
4:00 Shuffleboard

**6** 9:00 What's New  
9:30 Finish the Line...  
10:00 Wheel of Fortune  
1:00 Relaxing Stretches  
2:00 Penny Snatch  
[Afternoon Programs](#)  
12:00 Local News  
1:00 Relaxing Stretches  
2:00 Cards  
3:00 Sorting Games  
4:00 Bean Bag Toss

**7** [Happy Birthday Elvis!](#)  
9:00 What's New  
9:30 All About Elvis  
10:00 Name that Elvis Song  
1:00 Music & Movement  
2:00 Charades  
[Afternoon Programs](#)  
12:00 Coffee/Tea and News  
1:00 Music & Movement  
2:00 Elvis-What's that Song?  
3:00 Dance Party  
4:00 Charades

**8** [Snowman Day](#)  
9:00 What's New  
9:30 Winter Trivia  
10:00 Let's Make a Snowman  
1:00 Ole Exercises  
2:00 Music Bingo

**9** 9:00 What's New  
9:30 Random Trivia  
10:00 Dice Roll  
1:00 Poetry in Motion  
2:00 Bingo  
[Afternoon Programs](#)  
12:00 Coffee Club  
1:00 Poetry in Motion  
2:00 Bingo!  
3:00 Painting  
4:00 Wheel of Fortune

**10** 9:00 What's New  
9:30 Tell Me Trivia  
10:00 Dice Roll  
1:00 Exercise  
2:00 Afternoon Art  
[Afternoon Programs](#)  
12:00 What's Happening  
1:00 Exercises  
2:00 Painting  
3:00 Shake Loose a Memory  
4:00 Bean Bag Toss

**11** 9:00 What's New  
9:30 What Am I Thinking?  
10:00 Wheel of Fortune  
1:00 Moving To The Beat  
2:00 Swatterball  
[Afternoon Programs](#)  
12:00 Let's Chat  
1:00 Moving To The Beat  
2:00 Card Bingo  
3:00 Horse Races  
4:00 Shuffleboard

**12** [Travel To Iceland](#)  
9:00 What's New  
9:30 Iceland Facts  
10:00 Creative Morning  
1:00 SAM Steps Exercise  
2:00 Wheel of Fortune  
[Afternoon Programs](#)  
12:00 Around the News  
1:00 SAM Steps Exercise  
2:00 Wheel of Fortune  
3:00 Bowling  
4:00 Word Probe

**13** 9:00 What's New  
9:30 What's Your Guess  
10:00 Bean Bag Toss  
1:00 Music & Motion  
2:00 Family Feud  
[Afternoon Programs](#)  
12:00 Local News  
1:00 Music & Motion  
2:00 Family Feud  
3:00 Crafty Art  
4:00 Bowling

**14** 9:00 What's New  
9:30 Random Trivia  
10:00 Dice Roll  
1:00 Poetry in Motion  
2:00 Bingo  
[Afternoon Programs](#)  
12:00 Coffee Club  
1:00 Poetry in Motion  
2:00 Bingo!  
3:00 Painting  
4:00 Wheel of Fortune

**15** 9:00 What's New  
9:30 Word Probe  
10:00 Horse Races  
1:00 Let's Move It!  
2:00 Dice Roll

**16** 9:00 What's New  
9:30 Trivia Time  
10:00 Morning Music  
1:00 Let's Move It!  
2:00 Winter Word Search  
[Afternoon Programs](#)  
12:00 What's Happening  
1:00 Let's Move It!  
2:00 Artsy Craft  
3:00 Card Games  
4:00 Golf

**17** 9:00 What's New  
9:30 Guess the Answer  
10:00 Music Bingo  
1:00 Fun & Fitness  
2:00 Swatterball  
[Afternoon Programs](#)  
12:00 Let's Chat  
1:00 Fun & Fitness  
2:00 Spelling Bee  
3:00 Cards  
4:00 Bowling  
  
Martin Luther King Day

**18** [Dolly Parton Day](#)  
9:00 What's New  
9:30 Dolly Word Probe  
10:00 Country Name That Tune  
1:00 Hoe Down Exercises  
2:00 Country Dice Roll  
[Afternoon Programs](#)  
12:00 News Discussion  
1:00 Hoe Down Exercises  
2:00 Dice Roll  
3:00 Noodle Ball  
4:00 Bean Bag Toss

**19** 9:00 What's New  
9:30 Finish the Line...  
10:00 Horse Racing  
1:00 Relaxing Stretches  
2:00 Name That Tune  
[Afternoon Programs](#)  
12:00 Let's Chat Together  
1:00 Relaxing Stretches  
2:00 Crossword  
3:00 Let's Dance  
4:00 Horse Races

**20** [Book Day](#)  
9:00 What's New  
9:30 Book Facts  
10:00 Bookmark Craft  
1:00 Ole Exercises  
2:00 Let's Move It!  
[Afternoon Programs](#)  
12:00 Local News  
1:00 Ole Exercises  
2:00 Dice Roll  
3:00 Penny Snatch  
4:00 Swatterball

**21** 9:00 What's New  
9:30 Trivia Time  
10:00 Morning Music  
1:00 Let's Move It!  
2:00 Winter Word Search  
[Afternoon Programs](#)  
12:00 What's Happening  
1:00 Let's Move It!  
2:00 Artsy Craft  
3:00 Card Games  
4:00 Golf

**22** [Art Day](#)  
9:00 What's New  
9:30 Trivia Time  
10:00 Morning Art  
1:00 Moving & Grooving  
2:00 Name That Tune

**24** 9:00 What's New  
9:30 What Am I?  
10:00 Wheel of Fortune  
1:00 Moving & Grooving  
2:00 Name That Tune  
[Afternoon Programs](#)  
12:00 Coffee Club  
1:00 Moving & Grooving  
2:00 Name That Tune  
3:00 Creative Craft  
4:00 Noodle Ball  
  
Activity Professionals Week

**25** 9:00 What's New  
9:30 Guess the answer  
10:00 Music Morning  
1:00 Ole Exercises  
2:00 Music Word Probe  
[Afternoon Programs](#)  
12:00 Local News  
1:00 Ole Exercises  
2:00 Shake Loose A Memory  
3:00 Painting Project  
4:00 Swatterball

**26** 9:00 What's New  
9:30 Who Am I?  
10:00 Dice Roll  
1:00 Ole Exercises  
2:00 Word Search  
[Afternoon Programs](#)  
12:00 What's Happening  
1:00 Ole Exercises  
2:00 charades  
3:00 Penny Snatch  
4:00 Bean Bag Toss

**27** [All About Monkeys & Apes](#)  
9:00 What's New  
9:30 Trivia  
10:00 Pictionary  
1:00 Dice Roll Exercises  
2:00 Bingo  
[Afternoon Programs](#)  
12:00 Discussion  
1:00 Dice Roll exercises  
2:00 Bingo  
3:00 Puzzle Fun  
4:00 Shuffleboard

**28** [Puzzle Fun](#)  
9:00 What's New  
9:30 Puzzle Facts  
10:00 Puzzle Craft  
1:00 Moving & Grooving  
2:00 Let's Do A Puzzle  
[Afternoon Programs](#)  
12:00 Coffee/Tea and News  
1:00 Moving & Grooving  
2:00 Penny Snatch  
3:00 Colouring Art  
4:00 Swatterball

**29** 9:00 What's New  
9:30 Guess the Line  
10:00 Music Morning  
1:00 Ole Exercises  
2:00 Bingo

**30** 9:00 What's New  
9:30 Guess the Line  
10:00 Music Morning  
1:00 Ole Exercises  
2:00 Bingo

**31**

Australia Day (observed)

