



JANUARY 2024

FOUR SEASONS LODGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9- 3 1 Happy New Years!	2 10:30 Exercises (Physio) 4:00 News (Big Tv)	3 PSW Led Activity (Town News) 6:00 Cinema (Mary Poppins Returns- Disney)	9- 3 4 10:00: Horoscopes 10:30 Exercises (Physio) 11:30 Trivia 2:00 Book Club 4:00 News (Big Tv)	5 10:30 Exercises (Physio) 4:00 News	9- 3 6 10:00 Horoscopes 10:30 Volley Ball 11:30 Group Crossword 2:00 Scrabble 3:00 Cinema (Beauty and the Beast – Disney)
9-3 7 10:20 Horoscopes 10:30 Chair Yoga 11:30 Memory Board 2:00 Sensory Boxes 4:00 Church Group 6:00 Cinema (The Jungle Book – Disney)	8 10:30 Exercises (Physio) 4:00 News	*9 10:00 Horoscopes 10:30 Exercises (Physio) 11:30 Taste of Home 4:00 News (Big Tv)	10 1:40 Town News Update 2:00 Manicures 3:00 Social Hour 4:00 Cards (Euchre) 6:00 Cinema (Enola Holmes- Netflix)	*11 10:30 Exercises (Physio) 4:00 News	*12 10:00 Horoscopes 10:30 Exercises (Physio) 11:30 Craft (Build a Snowman) 2:00 Book Club 3:00 Cocktail Hour 4:00 News	13 PSW Led Activity (Trivia) 10:00 News 2:00 Cinema (Groundhog Day - Netflix)
14 10:00 PSW Led Activity (Audio Book Reading) 2:00 Beading 4:00 Church Group 6:00 Cinema (Hamilton – Disney)	*15 10:00 Horoscopes 10:30 Exercises (Physio) 11:30 Guess that 2:00 Bingo 4:00 News (Big Tv)	16 10:30 Exercises (Physio) 11:30 Taste of Home 4:00 News (Big Tv)	17 PSW Led Activity (Town News) 6:00 Cinema (A Small Light – Disney)	*18 10:00: Horoscopes 10:30 Exercises (Physio) 11:30 Trivia 2:00 Resident and Family Council 3:00 Book Club 4:00 News (Big Tv)	19 10:30 Exercises (Physio) 4:00 News	*20 10:00 Horoscopes 10:30 Bowling 11:30 Group Crossword 2:00 Scrabble 3:00 (Finding Dorey – Disney)
*21 10:20 Horoscopes 10:30 Chair Yoga 11:30 Memory Board 2:00 sensory boxes 4:00 Church Group 6:00 Cinema (Lion King - Disney)	22 10:30 Exercises (Physio) 4:00 News	*23 10:00 Horoscopes 10:30 Exercises (Physio) 11:30 Taste of Home 2:00 Scavenger Hunt with Amber 4:00 News (Big Tv)	*24 1:40 Town News Update 2:00 Manicures 3:00 Social Hour 4:00 Cards (Crib) 6:00 Cinema (Zootopia – Disney)	25 10:30 Exercises (Physio) 4:00 News	*26 10:00 Horoscopes 10:30 Exercises (Physio) 11:30 Craft (Snow Flakes) 2:00 Book Club 3:00 Cocktail hour 4:00 News	27 10:00 News PSW Led Activity (Trivia) 2:00 Cinema (Chicken Run – Netflix)
28 10:00 PSW Led Activity (Audio Book Reading) 2:00 Beading 4:00 Church Group 6:00 Cinema (The Call of the Wild – Disney)	*29 10:00 Horoscopes 10:30 Exercises (Physio) 11:30 Sensory boxes 2:00 Bingo 4:00 News (Big Tv)	30 10:30 Exercises (Physio) 11:30 Taste of Home 4:00 News (Big Tv)	*31 PSW Led Activity (Town News) 6:00 Cinema (Playing with Sharks – Disney)			

Please remember to express your interests in Recreational Activities at Residents and Family Council or bring forward your fantastic ideas at any time.

**** Please note:** We are asking our residents to socially distance as much as possible when in activities as well as encourage wearing masks when social distancing is not possible. FSL as always encourages family to join/participate in programing with their loved one, when able. Face Time or Skype calls are also always available, please call to setup.