












Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 New Year's Day	1 8:45 am-Coffee Hour- Bistro 10:30am Stay Fit- AR 1:30pm Scrabble - DR 1:30pm - Balance Fitness Class - AR 3PM - Social Hour AR 7pm - Viola's Tribute Band SL UN-DECKING THE HALLS	2 8:45 am-Coffee Hour- Bistro 10am- Credit Union- QR 10:15am - Mid-Level Fitness GA 1 PM--Hand Waxing- ML 6:30pm Euchre- DR	3 8:45 am-Coffee Hour- Bistro 10:00am - Bible Study AR 10:15am - Strength Fitness Class GA 11AM - Communion Service with Zion Lutheran C 1:30pm - Balance Fitness Class - GA 2:pm Cards & Games RT 7pm Bingo DR	4 8:45 am-Coffee Hour - Bistro 10:30am-Stay Fit GA 10:00am Tai Chi SL Alcove 2PM - Four Step Gospel Quartet SL 2:30PM - Hamlet Tea RT 3pm Social Hour! AR	5  6:30pm Euchre- DR
 10:00am TV Church Service SL 6:30pm - UNO DR 7pm - Hymn sing SL	7 8:45 am- Coffee Hour- Bistro 10:15am- Mid-Level Fitness GA 1 PM--Hand Waxing- ML 1:30PM - Strength Fitness Class GA 1:30 Woodland Towers Singers AR 3PM Crokinole RR 6:30 Cribbage DR 7pm Bridge DR  Happy Birthday, Elvis!!	8 8:45 am-Coffee Hour- Bistro 10:30am Stay Fit- GA 1:30pm Scrabble - DR 1:30pm - Balance Fitness Class - GA 3PM - ELVIS Social Hour AR	9 8:45 am-Coffee Hour- Bistro 10:15am - Mid-Level Fitness GA 10:30 RC Communion C 11am - BP Clinic Janine's Office 1 PM--Hand Waxing- ML 1:15 PM - Scotia Bank QR 2PM - Just For Laugh's Funny Video Clips and Jokes GA 5PM - Doors On Your Floors Pizza Supper GA 6:30pm Euchre- DR	10 8:45 am-Coffee Hour- Bistro 10:00am - Bible Study AR 10:15am - Strength Fitness Class GA 11am Communion Service Avon Presbyterian C 1:30pm - Balance Fitness Class - GA 2:pm Cards & Games RT 2PM - Girl Talk with Katie AR 7pm Bingo DR	11 **No Coffee Hour** 10:30am-Stay Fit GA 10:00am Tai Chi SL Alcove 2PM - The Nic Scott Band SL 3pm Social Hour! AR 5pm - Hamlet New Year's Dinner GA	12  6:30pm Euchre- DR
 10:00am TV Church Service SL 6:30pm - UNO DR 7pm - Hymn sing SL	14 8:45 am- Coffee Hour- Bistro 10:15am- Mid-Level Fitness GA 1 PM--Hand Waxing- ML 1:30PM - Strength Fitness Class GA 1:30 Woodland Towers Singers AR 2PM - Sundae Monday with Conn Smythe! SL 3PM Crokinole RR 6:30 Cribbage DR 7pm Bridge DR Martin Luther King Day	15 8:45 am-Coffee Hour- Bistro 10:30am Stay Fit- GA 1:30pm Scrabble - DR 1:30pm - Balance Fitness Class - GA 2PM - Learn about the Guitar with Emma! AR 3PM - Social Hour AR	16 8:45 am-Coffee Hour- Bistro 10am- Credit Union- QR 10:15am - Mid-Level Fitness AR 2PM - Movie Matinee: NEW Beauty and The Beast GA 1 PM--Hand Waxing- ML 6:30pm Euchre- DR	17 8:45 am-Coffee Hour- Bistro 10:00am - Bible Study AR 10:15am - Strength Fitness Class GA 11am - St. James Anglican Communion Service C 1:30pm - Balance Fitness Class - GA 2:pm Cards & Games RT 2:30pm - Music with Stephanie SL 7pm Bingo DR Kim and Katie Away	18 **No Coffee Hour** 10:30am-Stay Fit GA 10:00am Tai Chi SL Alcove 11am - Army and Navy Outing ML 2:30PM - Hamlet Tea RT 3pm Social Hour! AR	19 2PM - Coffee House and Open Mic - Community Gathering. All welcome! *Feel free to bring a song, story, joke or special item to share ☺** DR 6:30pm Euchre- DR
 10:00am TV Church Service SL 2:00 Sim School of Highland Dance Performance SL 6:30pm - UNO DR 7pm - Hymn sing SL	21 8:45 am- Coffee Hour- Bistro 10:15am- Mid-Level Fitness GA 1:30PM - Strength Fitness Class GA 1:30 Woodland Towers Singers AR 2PM - New Resident's Welcome Social DR 3PM Crokinole RR 6:30 Cribbage DR 7pm Bridge DR	22 8:45 am-Coffee Hour- Bistro 10:30am Stay Fit- GA 1:30pm Scrabble - DR 1:30pm - Balance Fitness Class - GA 3PM - Social Hour AR	23 8:45 am-Coffee Hour- Bistro 10:15am - Mid-Level Fitness GA 1 PM--Hand Waxing- ML 1:15 PM - Scotia Bank QR 2PM - Hymn Sing with Gladys C 6:30pm Euchre- DR	24 8:45 am-Coffee Hour- Bistro 10:00am - Bible Study AR 10:15am - Strength Fitness Class GA 11am - St. Andrew's Presbyterian Communion Service C 11am - Annie's Fish Dinner Outing ML 1:30pm - Balance Fitness Class - GA 2:pm Cards & Games RT 7PM -The Just For Fun Band SL 7pm Bingo DR	25 8:45 am-Coffee Hour - Bistro 10:30am-Stay Fit GA 10:00am Tai Chi SL Alcove 3pm Social Hour! AR	26  6:30pm Euchre- DR
 10:00am TV Church Service SL 6:30pm - UNO DR 7pm - Hymn sing SL	28 8:45 am- Coffee Hour- Bistro 10:15am- Mid-Level Fitness GA 1 PM--Hand Waxing- ML 1:30PM - Strength Fitness Class GA 1:30 Woodland Towers Singers AR 3PM Crokinole RR 6:30 Cribbage DR 7pm Bridge DR	29 8:45 am-Coffee Hour- Bistro 10:30am Stay Fit- GA 1:30pm Scrabble - DR 1:30pm - Balance Fitness Class - GA 2PM - Millbank 5 SL 3PM - Social Hour AR	30 8:45 am-Coffee Hour- Bistro 10am- Credit Union- QR 10:15am - Mid-Level Fitness GA 2PM - January Birthday Party with Randy Satchell GA 6:30pm Euchre- DR	31 **No Coffee Hour** 10:30am-Stay Fit GA 10:00am Tai Chi SL Alcove 11am - Army and Navy Outing ML 2:30PM - Hamlet Tea RT 3pm Social Hour! AR	Australia Day  Woodland Towers and Hamlet Estates	

Your Activity Coordinator is Kim Luckhardt. 519-271-4090 x 2230 or WTActivities@sprucelodge.on.ca

Spruce Lodge Entertainment

Spruce Lodge Living Room

Tuesday, 2ND = Viola's Tribute Band 7pm
Friday, 5th = The Four Steps Quartet 2PM
Friday, 12th = The Nic Scott Band 2PM
Monday 15th = Sun. Mon. with Conn Smythe 2pm
Thursday, 18th = Music with Stephanie 2:30pm
Friday, 19th = Karaoke Fun 2PM
Sunday 21st = Sim School of Highland Dance 2pm
Thursday, 25th = The Just For Fun Band 7pm
Tuesday, 30th = The Millbank 5 2PM

Store Hours:

Mondays
9:30am-11am

Fridays
9:30am -11am

Banking
Credit Union-QR
Wednesday, January
3rd, 17th and 31st at
10am in **QR**
Scotia Bank-QR
Wed. January, 10th and
24th in the Quilting
Room from
1:15pm to 2:15pm

Blood Pressure Clinic

Wed, January 10th at
11AM in Janine's
Office

Program Area Codes:

AR - Activity Room
SL- Spruce Lodge
GA - Griffith
Auditorium
RT - Rotunda –
Hamlet Estates
DR - Dining Room
FL - Front Lobby
RR-Rose Room
QR – Quilting Room
ML – Main Lobby

Our January Birthday Party is Wednesday, January 31st at 2pm in the Griffith Auditorium. Come and join us for cake and ice cream, coffee and tea, and special entertainment provided from Randy Satchell!

Our new Website has been launched!! Check out the following link, or pass it along to your family and friends, to view Activity Calendars, Information about our home, important announcements and More!:

<https://sprucelodge.on.ca/>



Just For Laughs!

On Wednesday, January 10th, at 2pm join us for our “Just For Laugh`s” program in **the Griffith Auditorium**. Watch classic comedy clips, along with currently trending YouTube videos that are sure to make you laugh! Come and beat the winter blahs with us – laughter is the best medicine!. Feel free to invite anyone who could use a good laugh – all are welcome! ☺

Girl Talk with Katie: Nails Edition!

Our College Co-op Student, Katie, LOVES make-up, fashion, photography and more! She is excited to share her 2nd edition of “Girl Talk” with you, where she will be doing manicures. If you are looking for any beauty tips – Katie is your girl! Come to Katie’s spa in **the Activity Room** on **Thursday, January 11th, at 2pm**, to enjoy a refreshing beverage and some much deserved pampering. We look forward to having you join us!

Learn About the Guitar with Emma!

If you have not yet had the pleasure of meeting our musically talented co-op student, Emma, then you are in for a treat! Emma has competed in the Stratford Star competition where she wowed judges with her beautiful vocals and guitar playing talents. Emma dreams to one day make it to Nashville, and with the determination and skill that she has, she certainly will! Join Emma in **the Activity Room** on **Tuesday, January 16th at 2pm**, to hear her play her original songs, and teach you about the guitar. You are welcome to join us for Social Hour afterwards!

Movie Matinee: The NEW Beauty and The Beast

You asked for it You got it! Many have been looking forward to viewing the **NEW** Beauty and the Beast movie, with Emma Watson as Belle. We look forward to providing this program for you, on the big screen, in **the Griffith Auditorium!** Join us for this delightful movie with complimentary popcorn and hot chocolate. Pop will be available for \$1 if anyone is interested. See you there, on **Wednesday, January 17th at 2pm!**



Outing to the Army and Navy

We will be going out to the Army and Navy for their delicious Friday Noon Meal on **Friday, January 19th**. The bus will pick us up at **11am** from the front entrance, and our returning bus will pick us up, to come home, at 12:20pm from the Army and Navy. The meal costs \$8, and the bus is \$5.50. **Please sign your name on the Activity Board in the main lobby, and pay Kim \$13.50** to secure your seat. Menu will be posted when it comes available (orders will be taken in advance)

Open Mic and Coffee House

Come on out to join us in fellowship on **Saturday, January 20th at 2pm in the Dining Room**. We will be enjoying some treats, coffee/ tea/ hot chocolate, and music. Feel free to bring a story, joke or item to share. All are welcome!

New Resident Welcome Social

Are you a new resident of Woodland Towers or Hamlet Estates? Are you having trouble finding your way around, or would you just like to learn more about our community and the programs and services that we provide? Join us on **Tuesday, January 22nd at 2pm** in the **Woodland Towers Dining Room** for a special treat, along with a cup of coffee, tea or juice.

Outing to Annie’s Fish and Chips

We look forward to visiting the local Annie’s Fish and Chips Restaurant on **Thursday, January 25th**. The bus will pick us up at **11am** from the front entrance of Woodland Towers. The cost of the outing is **\$5.50 for the bus**, plus whichever you wish to order from the menu (Annie’s has a large selection of seafood, chicken, burgers and more!) Sign your name on the Activity Board in the Main Lobby of Woodland Towers, and pay Kim your \$5.50 to claim your spot!