

Sunday

Monday

Tuesday

Wednesday

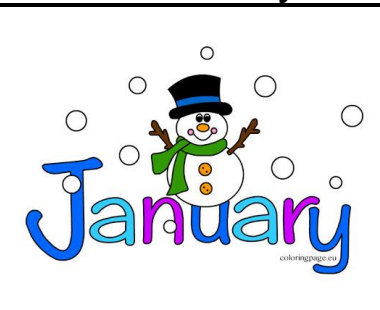
Thursday

Friday

Saturday

January 2021

Woodland Towers Programs!



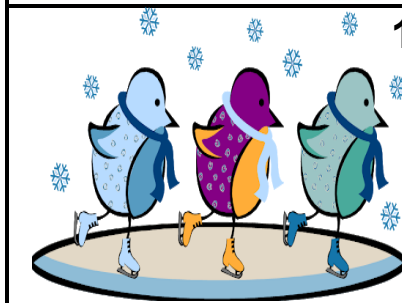
3 9:30am Strength Class **ALC**
2PM Outdoor Strolls
(one-to-one)

4 9:30am Balance Class **ALC**
10AM A La Cart with Karen
(one-to-one)
11:45AM Dinner Time Tunes
 with Karen **Front Hall**
2:30PM Bingo! SR

5 **8:45am Morning Coffee**
 Club with Kim **in the SR**
9:30am Combined Exercise
 Class **ALC**

6 9:30am Balance Class **ALC**
10AM A La Cart with Karen
(one-to-one)
11:45AM Dinner Time Tunes
 with Karen **Front Hall**
2:45PM Bingo! SR

7 9:30am Strength Class **ALC**
1:30PM Happy Birthday,
Elvis! SR
3PM Happy Hour SR



10 9:30am Strength Class **ALC**
2PM New Year: New Start!
Tea and Talk with Kim SR

11 9:30am Balance Class **ALC**
10AM A La Cart with Karen
(one-to-one)
11:45AM Dinner Time Tunes
 with Karen **Front Hall**
2:30PM Bingo! SR

12 **8:45am Morning Coffee**
 Club with Kim **in the SR**
9:30am Combined Exercise
 Class **ALC**
1PM Men's Club with Jamie
in the SR

13 9:30am Balance Class **ALC**
10AM A La Cart with Karen
(one-to-one)
11:45AM Dinner Time Tunes
 with Karen **Front Hall**
2:45PM Bingo! SR

14 9:30am Strength Class **ALC**
3PM Happy Hour SR



17 9:30am Strength Class **ALC**
2PM Spa Day with Kim SR

Martin Luther King Day

18 9:30am Balance Class **ALC**
10AM A La Cart with Karen
(one-to-one)
11:45AM Dinner Time Tunes
 with Karen **Front Hall**
2:30PM Bingo! SR

19 **8:45am Morning Coffee**
 Club with Kim **in the SR**
9:30am Combined Exercise
 Class **ALC**
Pajama Day!

20 9:30am Balance Class **ALC**
10AM A La Cart with Karen
(one-to-one)
11:45AM Dinner Time Tunes
 with Karen **Front Hall**
2:45PM Bingo! SR

21 9:30am Strength Class **ALC**
1:30PM Fads and Fashions
of the 40s SR
3PM Happy Hour SR



24 9:30am Strength Class **ALC**
2PM Trivia Time SR

Activity Professionals Week

25 9:30am Balance Class **ALC**
10AM A La Cart with Karen
(one-to-one)
11:45AM Dinner Time Tunes
 with Karen **Front Hall**
2:30PM Bingo! SR

Australia Day (observed)

26 **8:45am Morning Coffee**
 Club with Kim **in the SR**
9:30am Combined Exercise
 Class **ALC**
1PM Men's Club with Jamie
in the SR

27 9:30am Balance Class **ALC**
10AM A La Cart with Karen
(one-to-one)
11:45AM Dinner Time Tunes
 with Karen **Front Hall**
2:45PM Bingo! SR

28 9:30am Strength Class **ALC**
3PM Happy Hour SR



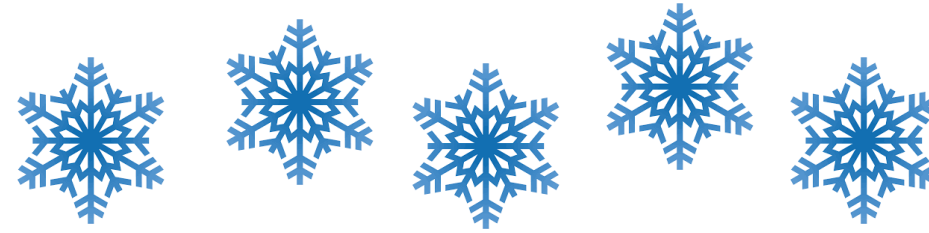
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This Month's Theme: Swinging into January





Room Location Legend



Code	Location
SR	"The Spruce Room" – Basement of Tower #1. (Formerly known as The Wellness Room)
ALC	"The Active Living Centre" – Basement of Tower #1 (Formerly known as The Activity Room)
GA	The Griffith Auditorium (main level: Currently behind the curtain: Please meet in main lobby 10 mins before program begins if going to this location.)
O	If weather permits, these programs will be held Outside the Front Door
FH	Programs with this code will be located in the Front Hall (The Hallway that connects Tower #3 to the Main lobby)
ML	The Main Lobby of Woodland Towers

<u>Corner Store Hours</u>	
Monday	9:30AM – 11AM
Wednesday	1:30PM – 3PM
Friday	9:30AM – 11AM



Sign – ups

All of the programs listed on the front page of this calendar (except for Exercise Classes) require sign-up. Be sure to sign your name if you'd like to attend, as there continues to be limited seating at these programs to keep the group size to a minimum. This book is located underneath the large clock in the Main Lobby. Please note that we require notice if you are cancelling your attendance. No sign-ups will be added within 48 hours of the program.

Happy Birthday Elvis!

Are you a fan of all things Elvis? Then this is the program for you! Come and celebrate the birth of the KING (of Rock n' roll!) with fellow Elvis Fans alike. Enjoy some Name that tune, and fun facts about Elvis. Wear or bring your Elvis memorabilia on this day that would have been Elvis Presley's 86th Birthday! Friday, January 8th at 1:30PM in the Spruce Room.

New Year: New Start! Tea and Talk

Come and enjoy a nice cup of tea, and talk about what changes you plan to make this years. Learn about goal setting and achieving your goals, and set the intention for a wonderful year ahead! Monday, January 11th at 2PM in the Spruce Room.

Spa Day with Kim

Come and enjoy your choice of spa treatment, and social time with Kim. You have your choice of Mini Manicure and/or facial! Monday, January 18th at 2PM in the Spruce Room!

Fads and Fashions of the 40s

In conjunction with our Theme of the month "Swinging into January" we will be having a Fads and Fashions of the 40s program where we will reminisce on the fashion trends and memories of that era! If you have any items that you'd like to share, that go with the theme, please bring them. 1:30PM on Friday, January 22nd in the SR!

Trivia Time

Join Kim and fellow residents for some friendly competition! Trivia questions which cover a wide range of categories will be asked, and points will be given for each correct answer. Join in the fun, and let's test our knowledge! Monday, January 25th at 2PM in the SR!

