







www.CedarhurstHome.ca

January 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Happy New Year!	Greetings Dance Fitness Chromotherapy Something Special	Greetings Stretching to Music The Social Artist's Corner Happy Hour	Happy Birthday Ann C.! Morning Chat Yoga with Sally Cranium Crunches Birthday Celebration – Entertainment with Dan (3pm)	Greetings Seated Dance Mystery Read Bottle Toss
Morning Chat Flex & Stretch What's in the Bag Ladderball	Greetings Tai Chi Arts and Crafts Around the World Piano with Rebecca	Greetings Discussion Group: Elvis Presley Fitness with Dennis Word Scramble Music & Dance	Morning News Stretching to music Cranium Crunches Scoops and Games Happy Hour	Good Morning Name that Tune Fitness with Dennis Sculpting	Morning News Yoga with Sally Spa Cart Reading Group Happy Hour	Morning Greetings Stretch & Flex Chromotherapy Music Appreciation Creating Stories
Morning Greetings Fitness Fun Film Chat Bingo Piano with Chrissy	Happy Birthday Martha! Greetings Tai Chi Reading with Norman Birthday Celebration Piano with Rebecca	Greetings Cranium Crunches Fitness with Dennis Mini Olympics Happy hour dance	Greetings Pawsitively Pets Poetry with Kirk Painting Happy Hour	Morning News Discussion Group Fitness with Dennis Discussion Group Travelogue	Morning News Fitness Fun Arts and Crafts Passport Friday Balloon Paddle	Happy Birthday Krystyna! Greetings Stretching Birthday Celebration
Morning Greetings Fitness Fun Cranium Crunches Artist Corner Moving to Music	Table Games Tai Chi Colouring to Music Piano with Rebecca	Greetings Cranium Crunches Fitness with Dennis Spa Cart Happy hour dance	Morning News Walking Club Travelogue Cranium Aerobics Happy Hour	Greetings Cranium Crunches Fitness with Dennis Art Appreciation Happy hour	Morning News Yoga with Sally Passport Friday Poker time Dance Party Friday	Good Mornings Morning Stretch Puzzle Games Creative Writing Saturday Social
Morning Hello's Mystery Club Games group Chromotherapy Happy Hour	Greetings Tai Chi Cranium Crunches Artist Corner Piano with Rebecca	Greetings Cranium Crunches Fitness with Dennis Chromotherapy Happy hour dance	Greetings Walking Club Stretch and Flex Positive Quotes Paint and Groove	Morning Greetings Stretch and Flex Artist corner Social time		 

The Recreation programs listed on the calendar may vary. Timing and length of activities are driven by residents' interest and engagement. *Individual visits also occur based on resident preferences.

