



January 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
www.cedarhursthomes.ca	*Timing and length of activities may change as they are driven by residents' interest and engagement. *Individual visits also occur.					Saturday News 1 Word Games Art Club Love To Move Reading Circle: Ellis Island Happy New Year's Day
Sunday Catch-Up 2 Movement To Music Word Games World Day of Peace Fitness Bingo	Breakfast Club 3 Cranium Crunches Art Club True Mentors: Helen Keller Monday Moves Sing Along	Morning Greetings 4 Trivia Tuesday At The Spa Tuesday Fitness BirthDay Celebration Happy Hour	Table Topics 5 For the birds Reading Circle Balloon Tennis You Be The Judge Concert Time	Morning News 6 Scattergories Stretch & Flex Three Kings Day Junk Drawer Detective Fitness Sing Along	Weekly Highlights 7 Word Games Yoga with Sally Savvy Traveller: Russia Golf Card Games	Weekend News 8 5 Second Rule Stargazing: Elvis Presley Reading Group Sit & Fit Ball Games
Sunday Updates 9 Fitness Class Ageless Spirit Junk Yard Detective Balloon Tennis Happy Hour	Morning News 10 Morning Strolls All About: Icebergs You Be The Judge Word Games Table Top Curling	Table Topics 11 Cranium Crunches Poetry Reading In The Kitchen: Chocolate Chip Cookies Love To Move Ring Toss	Greetings 12 Scattergories Artist Highlight: Andy Warhol Art Club Stretch & Flex Happy Hour	Rise & Shine Chat 13 Fun with Words Sit & Fit Spiritual Wisdom Mini Golf Dance Concert	Breakfast Club 14 Word Games Yoga with Sally BirthDay Celebration Shuffleboard Sing Along	Saturday News 15 Bean Bag Toss Martin Luther King Jr. Day BirthDay Celebration Snowball Toss Concert
Weekend Updates 16 Word Games Musical Balls Animals of the Arctic Bingo Sing Along	Greetings 17 Scattergories Sit & Fit Blue Monday Ping Pong Toss Dance Concert	Breakfast Club 18 Word Games Bean Bag Toss Art Club Fitness Concert	Good Morning 19 Hot Seat Game Ageless Spirit Walking Club Food For Thought Card Games	Table Topics 20 Cranium Crunches At The Spa In The Kitchen: Pizza You Be The Judge Concert: Mozart	Weekly Highlights 21 Fun with Words Yoga with Sally Hidden Purposes of Everyday Things Science Class: Tornado Sing Along	Morning News 22 Daily Chronicles Stretch & Flex Junk Yard Detective Craft Club Karaoke
Sunday News 23 5 Second Rule Ageless Spirit Card Games Sit & Fit Happy Hour	Rise & Shine Chat 24 Spin the Wheel Monday Moves Reading Club BirthDay Celebration Dominoes	Greetings 25 Cranium Crunches Walking Club Robbie Burns Day Reading Circle Social Club	Breakfast Club 26 Scattergories History of TV Commercials Love to Move Go Fish Concert	Morning News 27 Word Games Ageless Spirit Spa Time Table Games: Dominoes Dance Concert	Breakfast Club 28 Daily Chronicles Yoga with Sally Winter Vacation: Bora Bora Musical Balls Shuffleboard	Saturday Highlights 29 Fun with Puzzles Fitness Fun Poem Reading Ping Pong Toss
Weekly Updates 30 Cranium Crunches Spiritual Wisdom Bean Bag Toss Art Fun Sing Along	Headline News 31 Scattergories Biography: Stephen Hawking Ageless Spirit Hot Chocolate Social Fitness Class					

