

January 2023

MAYFAIR CARE CENTRE RECREATION CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 10:00 DrumFit - TW 10:00 Library Cart With Pam - W 11:15 Good Ol' Days - W 2:00 Mandala Colouring - W 2:00 Word Games - LIB 2:15 Helping Hands - TW 2:30 What Am I? - B 4:00 Puzzles - TW 6:30 Bingo - TW	3 10:00 Pic-TUNE-ary - LIB 10:45 RED LOBSTER OUTING - TW 2:00 Bean Bag Toss - TW 2:15 Mindful Meditation - LIB 3:15 Hand Spa - W 3:30 Tovertafel - FL 4:00 Crib Club - TW 6:30 Show Time - LIB	4 10:00 Mandala Coloring - TW 10:30 Balloon Badminton - W 2:00 Knitting Crew - TW 2:15 Music Therapy Session - LIB	5 10:00 Groove & Move - LIB 10:15 Catholic Church Service - TW 10:30 Tovertafel - FL 11:00 Hair Styling - W 2:00 Chair Yoga - LIB 2:30 JERRY THE BANJO PLAYER ENTERTAINS - TW 4:00 Jeopardy - LIB 6:30 Sing With Me - LIB	6 10:00 Painting - TW 10:30 Java Music Club - LIB 2:00 Pen Pal Letter Writing - FL 2:30 Bible Study - LIB 3:30 Documentary - TW 3:30 Tea & Toast - LIB	7 9:45 Groove & Move - LIB 10:45 Joy Of Singing - LIB 2:00 Shuffleboard - TW
8 HAPPY BIRTHDAY TO MOHAMMAD E SALEH A VOLKER S BILL S YVONNE M ERNIE S RON M LYNN T	9 2:00 Word Games - LIB 2:15 Helping Hands - TW 2:30 News & Views - B 6:30 Music Appreciation - TW	10 10:00 Crib Club - TW 10:00 Show Time - LIB 10:15 What Am I? - H 1:00 MOVIE OUTING - TW 2:00 Ring Toss - TW 2:15 Mindful Meditation - LIB 4:00 Chair Zumba - LIB 6:30 Shuffleboard - TW	11 10:30 Balloon Badminton - W 10:30 Flower Arranging - TW 2:00 Knitting Crew - TW 2:15 Music Therapy Session - LIB 4:00 Prayer Group - LIB 6:30 Bingo - TW	12 10:00 Fabulous Nails - W 10:00 Groove & Move - LIB 10:15 Catholic Church Service - TW 10:30 Tovertafel - FL 11:00 Bible Study - LIB 2:15 CHRISTMAS IN JANUARY - DR 4:00 Jeopardy - LIB 6:30 Sports Den - LIB	13 10:00 Painting - TW 10:30 Java Music Club - LIB 2:00 Chair Yoga - LIB	14 9:45 DrumFit - TW 11:00 Trivia - LIB 2:00 Mandala Colouring - TW
15 JOHN F TRUDY S PHYLLIS M BOB N PRESCY C BRENDA M	16 10:00 Library Cart With Pam - W 11:00 Crib Club - FL 11:00 DrumFit - TW 2:45 Who Am I? - B 4:00 Bean Bag Toss - TW 6:30 Bingo - TW	17 10:00 Chair Zumba - TW 10:00 Pic-TUNE-ary - LIB 10:15 Good Ol' Days - R 11:45 PIZZA LUNCHEON - TW 2:00 Tovertafel - FL 2:15 Let's Chat - B 2:15 Word Games - TW 6:30 Show Time - LIB	18 10:30 Balloon Badminton - W 10:30 Flower Arranging - TW 2:00 Knitting Crew - TW 4:00 Prayer Group - LIB 6:30 Shuffleboard - TW	19 10:00 Groove & Move - LIB 10:15 Catholic Church Service - TW 10:30 Tovertafel - FL 1:00 Tsuut'ina Nation Museum Outing - TW 2:00 Create & Construct - TW 2:00 Word Search - LIB 6:30 Sing With Me - LIB	20 10:00 Painting - TW 10:30 Java Music Club - LIB 1:30 Mindful Meditation - LIB 2:00 Chair Yoga - TW 2:30 Bible Study - LIB 3:45 Brain Games - LIB	21 9:45 DrumFit - TW 11:00 Jeopardy - LIB 1:30 Afternoon At The Movies - TW

FL - Front Lounge

LIB - Library

TW - Therapy Wing


TW - Outings

W - Wings

THIS CALENDAR IS SUBJECT TO CHANGE. PLEASE SEE DAILY WHITEBOARDS FOR UPDATES.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 2:00 United Church Service - TW	23 11:00 Crib Club - FL 11:00 Groove & Move - LIB 2:00 Word Games - LIB 2:30 Create & Construct: Rock Painting - TW 6:30 Shuffleboard - TW	24 10:00 Brain Games - LIB 10:00 Helping Hands - TW 10:00 Tovertafel - FL 11:15 iPad - W 1:15 BOWLING OUTING - TW 2:00 Artist's Corner - TW 2:00 Colouring - TW 6:30 Around the Globe - TW	25 10:30 Balloon Badminton - W 10:30 Flower Arranging - TW 2:00 Knitting Crew - TW 2:15 Music Therapy Session - LIB 4:00 Prayer Group - LIB 6:30 Bingo - TW	26 10:00 Groove & Move - LIB 10:15 Catholic Church Service - TW 11:15 Hair Styling - W 2:00 Chair Yoga - LIB 2:15 Tovertafel - FL 4:00 Jeopardy - LIB 6:30 Sports Den - LIB	27 10:00 Painting - TW 10:30 Java Music Club - LIB 2:00 Documentary - TW 2:30 Bible Study - LIB	28 9:45 DrumFit - TW 11:00 Balloon Badminton - TW 2:00 Edible Arrangements - TW
29 	30 9:45 Resident & Family Council Meeting - LIB 10:00 Library Cart With Pam - W 11:00 Good Ol' Days - W 2:00 Crib Club - FL 2:00 Word Games - LIB 2:45 Where Am I? - B 6:30 Bingo - TW	31 10:00 Chair Zumba - LIB 2:00 Shuffleboard - TW 4:00 Fabulous Nails - W				

FL - Front Lounge

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