

# JANUARY 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5				
<b>CLOSED</b> NEW YEARS DAY								
8	<p><b>10:00 Wooden Beaded Wristlet</b></p> <p>10:45 Benefits of Using Wood</p> <p>11:45 Exercise</p> <p>12:00 Lunch</p> <p>12:45 Walk</p> <p>1:00 EPL</p> <p>2:00 Bingo</p>	9	<p>10:00 January Picture Trivia Round</p> <p>10:45 Word Unscramble</p> <p>11:45 Exercise</p> <p>12:00 Lunch</p> <p>12:45 Walk</p> <p>1:00 Terry Jordan</p> <p>2:00 Roll the Dice Break the Ice</p>	10	<p>10:00 Fun Facts About New Year Resolution</p> <p>10:45 January Quiz</p> <p>11:45 Exercise</p> <p>12:00 Lunch</p> <p>12:45 Walk</p> <p>1:00 Noodle Hockey/ Volleyball</p> <p>2:00 Word scape</p>	11	<p>10:00 The old Almanac Weather Forecast</p> <p><b>10:45 Macdonald Farm Animal Crafts</b></p> <p>11:45 Exercise</p> <p>12:00 Lunch</p> <p>12:45 Walk</p> <p>1:00 Pet Therapy</p> <p>2:00 Hangman</p>	12
15	<p>10:00 National Spaghetti Day Facts</p> <p>10:45 Pictionary</p> <p>11:45 Exercise</p> <p>12:00 Lunch</p> <p>12:45 Walk</p> <p>1:00 Basketball</p> <p>2:00 Word Soup</p>	16	<p><b>10:00 Watercolor painting</b></p> <p>10:45 Antiques show and Tell</p> <p>11:45 Exercise</p> <p>12:00 Lunch</p> <p>12:45 Walk</p> <p>1:00 John Winstons</p> <p>2:00 Basketball</p>	17	<p><b>10:00 National Bird Craft</b></p> <p>10:45 Talk about Different Birds</p> <p>11:45 Exercise</p> <p>12:00 Lunch</p> <p>12:45 Walk</p> <p>1:00 Ladder ball</p> <p>2:00 Random Bird Trivia</p>	18	<p><b>10:00 National Bird Craft</b></p> <p>10:45 Talk about different birds</p> <p>11:45 Exercise</p> <p>12:00 Lunch</p> <p>12:45 Walk</p> <p>1:00 Ladder Ball</p> <p>2:00 Random bird trivia</p>	19
22	<p>10:00 Walt Disney</p> <p>10:45 Disney Characters</p> <p>11:45 Exercise</p> <p>12:00 Lunch</p> <p>12:45 Walk</p> <p>1:00 HoneyBee Music</p> <p>2:00 Disney Movie &amp; Popcorn</p>	23	<p>10:00 January Mad lib</p> <p>10:45 Martin Luther King Jr Day</p> <p>11:45 Exercise</p> <p>12:00 Lunch</p> <p>12:45 Walk</p> <p>1:00 Pet Therapy</p> <p>2:00 Spot the difference</p>	24	<p>10:00 Hunt for Happiness Week</p> <p><b>10:45 Snow flakes jars (DIY)</b></p> <p>11:45 Exercise</p> <p>12:00 Lunch</p> <p>12:45 Walk</p> <p>1:00 Golf</p> <p>2:00 Fun charades</p>	25	<p>10:00 Fun facts about new year resolution</p> <p>10:45 Winter quiz</p> <p>11:45 Exercise</p> <p>12:00 Lunch</p> <p>12:45 Walk</p> <p>1:00 Volley ball</p> <p>2:00 Word scape</p>	26
29	<p>10:00 Courtesy Week</p> <p>10:45 Ex. Of Courteous Act</p> <p>11:45 Exercise</p> <p>12:00 Lunch</p> <p>12:45 Walk</p> <p>1:00 Who am I, what am I?</p> <p>2:00 Curling</p>	30	<p>10:00 Selfcare day week</p> <p>10:45 Spa Day</p> <p>11:45 Exercise</p> <p>12:00 Lunch</p> <p>12:45 Walk</p> <p>1:00 Zumba</p> <p>2:00 Ring Toss</p>	31		1		2

\*Please Note: Activities are subject to change dependent upon client preference and PF discretion.

January 2024

# ELDERCARE CONNECTIONS

PROGRAM CALENDAR

## Program Announcements

- 1.If you are going to be absent from the day program, please call our head office to notify us at (780) 434 - 4747.
2. Please note, we will charge for all absences except for hospitalization and coronavirus.
3. Please inform us of any medication and contact information changes.



## Celebrating January

- New Years Day | January 1st
- Cream Puff Day | January 2th
- National Trivia Day | January 4th
- Houseplant Appreciation Day | January 10th
- National Hot Chocolate Day | January 31st

## January Birthdays

Those born between January 1 – 19 are the star sign, Capricorn. Capricorns are earth signs who are disciplined, goal-oriented, and perfectionists. Those born between January 20 – 31 are the star sign, Aquarius. Aquarius's are air signs who are independent, clever, and rebellious.

- January Birth Stone: Garnet
- January Flower: Carnations

## Connections Daily Schedule

9:00am - 9:30am	<b>Client Arrival</b>
9:30am - 10:00am	Client Choice Activities
10:00am - 11:15am	Morning Activities
11:15am - 11:45pm	Fun & Fit (Exercise Program)
11:45pm - 12:15pm	<b>Lunch</b>
12:45pm - 2:00pm	Afternoon Activities
2:00pm - 2:30pm	Light Refreshment
2:30pm -3:00pm	<b>Client Departure</b>

## Program Closures

We will be closed  
**Monday, January 1st for New Years Day**