

January 2024

ELDERCARE VITALITY

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

Vitality Daily Schedule

9:00am - 9:30am	Client Arrival
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	Lunch
12:45pm - 2:00pm	Afternoon Activities
2:00pm - 2:30pm	Light Refreshment
2:30pm -3:00pm	Client Departure

Program Closures

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

JANUARY 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>CLOSED NEW YEARS DAY</p>	<p>1 10:00 Global New Years 10:45 Resolution Tree 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Bowling 2:00 New Years Unscramble</p>	<p>2 10:00 January IQ 10:45 Battleships 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Ladderball 2:00 Year End Review</p>	<p>3 10:00 Boomers Trivia 10:45 Bingo 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Nigel Davidson 2:00 Fashion Flashbacks</p>	<p>4 10:00 Harbin Ice Festival 10:45 Countries by Clues 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Cup Flip 2:00 Guess the Conronym</p>
<p>8 10:00 Elvis Trivia 10:45 Iconic Outfits 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Ball Pit 2:00 Presley Music Quiz</p>	<p>9 10:00 Mixed Media Bird Art 10:45 Bingo 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Terry Jordan 2:00 Word Tree</p>	<p>10 10:00 DIY Winter Coasters 10:45 Word Chain 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Snowball Toss 2:00 Guess That Slogan</p>	<p>11 10:00 Jeopardy 10:45 What Am I? 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Curling 2:00 Words Starting With...</p>	<p>12 10:00 Picture This 10:45 What's In The Box 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Noodle Hockey 2:00 Remembering Winter</p>
<p>15 10:00 MLK Day 10:45 Price Is Right: Real Estate 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Target Practice 2:00 The Land Of...</p>	<p>16 10:00 7 Decades of Singers 10:45 Ship, Captain, Mate, and Crew 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Cup Flip 2:00 Family Feud</p>	<p>17 10:00 Fashion Flashbacks 10:45 Bingo 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Patrick Dupuis 2:00 Find The Link</p>	<p>18 10:00 Conversation Catch 10:45 Do you hear what I hear? 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Corn Hole 2:00 Wheel of Fortune</p>	<p>19 10:00 Winter Bookmarks 10:45 Conversation Catch 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Shuffleboard 2:00 Hangman</p>
<p>22 10:00 EPL 10:45 Bingo 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Swinging Seniors 2:00 Guess the Conronym</p>	<p>23 10:00 Pie Social 10:45 Guess Who: Pies 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Ball Pit 2:00 Pie Unscramble</p>	<p>24 10:00 January Scrabble 10:45 Traveling Light 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Bocce Ball 2:00 Heads Up!</p>	<p>25 10:00 Northern Lights Painting 10:45 Give Me Five 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Ring Toss 2:00 Hot Seat: Winter</p>	<p>26 10:00 Australia Travel 10:45 Bingo 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Craig Repchuk 2:00 Aussies Animals</p>
<p>29 10:00 Snowman Jars 10:45 Winter Categories 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Mini Golf 2:00 What Am I?</p>	<p>30 10:00 DIY Parfaits 10:45 Out of Fashion 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Cup Flip Tic Tac Toe 2:00 Wordle</p>	<p>31 10:00 7 Decades of Singers 10:45 Word Tree 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Bean bag # Toss 2:00 Wonky Words</p>	<p>1</p>	<p>2</p>

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