


Jan-23

E-mail your loved one at [SaQuinn@southbridgecare.ca](mailto:SaQuinn@southbridgecare.ca)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p>10am Spiritual 1:1</p> <p>2pm Bingo</p>	<p><b>2</b></p> <p>8am Breakfast Club</p> <p>10am Exercises with Olivia &amp; 1:1 Staff Visits</p> <p>2pm Pet Therapy with Kelsey</p>	<p><b>3</b></p> <p>10am Wheel of Fortune</p> <p>2pm Science Club</p> <p><b>DR</b> 6:15pm Baking</p>	<p><b>4</b></p> <p>2pm Pastor Craig &amp; 1:1 Staff Visits</p> <p>6:15pm Meditation</p>	<p><b>5</b></p> <p>10am Fun &amp; Fitness</p> <p>2pm Bowling</p>	<p><b>6</b></p> <p>2pm Book Club</p> <p><b>DR</b> 6:15pm Movie Night</p>	<p><b>7</b></p> <p>10am Montessori</p> <p>2pm Tabletop Bowling</p>
<p><b>8</b></p> <p>10am Spa Day</p> <p>2pm Bingo</p>	<p><b>9</b></p> <p>10am Family Feud</p> <p>2pm Bible Study</p>	<p><b>10</b></p> <p>10am Veggie Prep</p> <p>2pm Horse Races</p>	<p><b>11</b></p> <p>10am Book Club</p> <p>2pm Pastor Chris &amp; 1:1 Staff Visits</p> <p>6:15pm Chair Yoga</p>	<p><b>12</b></p> <p>10am Current Events</p> <p>2pm Bowling</p>	<p><b>13</b></p> <p>Massage Therapy With Uwe</p> <p><b>2pm Music With Martina</b> &amp; 1:1 Staff Visits</p> <p>6:15pm Jeopardy</p>	<p><b>14</b></p> <p>10am Social Tea Time</p> <p>2pm Arm Chair Travel</p>
<p><b>15</b></p> <p>10am Spiritual 1:1</p> <p>2pm Bingo</p>	<p><b>16</b></p> <p>8am Breakfast Club</p> <p>10am Exercises with Olivia &amp; 1:1 Staff Visits</p> <p>2pm Pet Therapy with Kelsey</p>	<p><b>17</b></p> <p>10am Veggie Prep</p> <p>2pm Craft Corner</p> <p>6:15pm Pub Night</p>	<p><b>18</b></p> <p>10am Tea &amp; Trivia</p> <p>2pm Pastor Randy &amp; 1:1 Staff Visits</p> <p>6:15pm Meditation</p>	<p><b>19</b></p> <p>10am Fun &amp; Fitness</p> <p><b>2pm Music With Randy</b></p>	<p><b>20</b></p> <p>10am Book Club</p> <p>2pm Who Want To Be A Millionaire</p>	<p><b>21</b></p> <p>10am Montessori</p> <p>2pm Tabletop Curling</p>
<p><b>22</b></p> <p>10am Spa Day</p> <p>2pm Bingo</p>	<p><b>23</b></p> <p>10am Tea &amp; Trivia</p> <p>2pm Bible Study</p>	<p><b>24</b></p> <p>10am Exercises with Olivia &amp; 1:1 Staff Visits</p> <p>2pm Birthday Party</p> <p><b>DR</b> 6:15pm Baking</p>	<p><b>25</b></p> <p>10am Finish Lines</p> <p>2pm Pastor Kara &amp; 1:1 Staff Visits</p> <p>6:15pm Chair Yoga</p>	<p><b>26</b></p> <p>10am Ribbon Dancing</p> <p><b>2pm Music With AnnMarie</b></p>	<p><b>27</b></p> <p>Massage Therapy With Uwe</p> <p>2pm Book Club &amp; 1:1 Staff Visits</p> <p><b>DR</b> 6:15pm Movie Night</p>	<p><b>28</b></p> <p>10am Social Tea Time</p> <p>2pm Arm Chair Travel</p>
<p><b>29</b></p> <p>10am Spiritual 1:1</p> <p>2pm Bingo</p>	<p><b>30</b></p> <p>8am Breakfast Club</p> <p>10am Exercises with Olivia &amp; 1:1 Staff Visits</p> <p>2pm Pet Therapy with Kelsey</p>	<p><b>31</b></p> <p>10am Wheel of Fortune</p> <p>2pm Cards &amp; Board Games</p> <p>6:15pm Groundhog History</p>	<p><b>Physiotherapist (PT) x1 weekly with Amir</b>  <b>Physio Assistant x3 weekly</b>  <b>Behavioural Support ON (BSO) x4 weekly</b>  <b>Hair Dresser every Monday</b></p> 			

All Programs subject to change without notice.

If you would like to Volunteer at Country Lane, please contact Sarah at 519-794-2244