





January 2024

The Golden Manor Home for the Aged



TIMMINS

I'M IN. | J'Y TIENS. | VDU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Coffee Club Daily at 10:00 AM SC, W1, W2, E1, E2, E3 Location: Auditorium</p> 	<p>1</p> 	<p>2</p> <p>**No MASS** (W2, E2, E1, E3, SC, W1)</p> <p>3:00 Fun and Fitness (E1) 3:00 Fun and Fitness (SC)</p>	<p>3</p> <p>10:00 Fancy Nails (SC) 10:30 Sharing Dance (W2) 10:30 Creative Arts (E3) 10:30 Fancy Nails (E1) 1:30 Bingo (W2, W1, SC, E3, E2, E1) 3:00 Fun and Fitness (E2) 3:00 Fun & Fitness (E3) 6:00 Game Hour (E2)</p>	<p>4</p> <p>10:00 Busy hands (W2) 10:30 Sing-a-long with Tom (W1, SC) 10:30 Seekers Meeting (W2, W1, SC, E1, E2, E3) 1:30 Chair Exercise (E1) 1:30 Game hour (W2) 1:30 Balloon Toss (E3) 1:30 Three's Company Marathon (SC) 1:30 Musical Fun (E2) 3:00 Fun and Fitness (E1) 3:00 Fun and Fitness (SC) 6:00 Stitch by Stitch Group (E2, E3, E1, W2, W1, SC)</p>	<p>5</p> <p>10:00 Arts & Crafts Club (W2) 10:00 Conversation Cafe (E3) 10:30 Moving to Music (W1, E1, E2, SC) 1:30 Physical Activation (W2) 1:30 Board Games (E3) 1:30 Virtual Reality Games (E2, E1, W2, E3, W1) 3:00 Fun and Fitness (E2) 3:00 Fun & Fitness (E3)</p>	<p>6</p> <p>10:30 Ball Toss to Music (SC) 1:30 Singing to the Oldies (E3, E2, E1)</p>
<p>7</p> <p>10:00 Coloring to music (E2) 10:30 Weaving to Music (W2) 1:30 Sunday Afternoon Matinee (E1, W2, W1, E3, E2)</p>	<p>8</p> <p>10:00 Sing-a-long with Suzie Q (SC) 10:00 Conversation café (E2) 10:30 Fancy Nails (E1) 1:30 Weaving to Music (E1) 1:30 Fancy Nails (E2) 1:30 Weaving to music (SC, W1) 3:00 Fun & Fitness (W1, W2) 6:00 Projector Fun (W1)</p>	<p>9</p> <p>10:00 Morning News & Music (W1, SC) 10:30 Busy hands (E2) 10:30 Card Club (E3) 10:30 Yahtzee (E1) 1:30 Ring Toss (W1, SC) 1:30 Winter Craft Painting (E1) 1:30 Food Council Meeting (E3, E2, E1, W2, W1, SC) 1:30 Manor Market Craft Club (E1, W1, E2, E3, W2) 3:00 Fun and Fitness (E1) 3:00 Fun and Fitness (SC) 6:15 Mass (E3, W2, W1, SC, E2, E1)</p>	<p>10</p> <p>10:00 Fancy Nails (SC) 10:00 Conversation Cafe (E1) 10:30 Sharing Dance (W2) 10:30 Creative Arts (E3) 10:30 Game Hour (E2) 1:30 Bingo (E1, W2, W1, SC, E3, E2) 3:00 Fun and Fitness (E2) 3:00 Fun & Fitness (E3) 3:00 Come To Your Senses (SC) 6:00 Nail Care & hand massages (W1)</p>	<p>11</p> <p>10:00 Busy hands (W2) 10:00 Indigenous Coffee club (W2, E1, E3, SC, W1, E2) 10:30 Grocery Store Bingo (E3) 10:30 Java Music Program (E1) 10:30 Java Music Club (E2) 1:30 Chair Exercise (E1) 1:30 Baking Group (E2) 1:30 Game hour (W2) 1:30 Singalong with Suzie-Q (W1, SC) 1:30 Balloon Toss (E3) 3:00 Fun and Fitness (E1) 3:00 Fun and Fitness (SC) 6:00 Stitch by Stitch Group (E2, E3, E1, W2, W1, SC)</p>	<p>12</p> <p>10:00 Arts & Crafts Club (W2) 10:00 Conversation Cafe (E3) 10:30 Find The Number (SC, W1) 10:30 Moving to Music (E2, E3, E1) 1:30 Physical Activation (W2) 1:30 Board Games (E3) 1:30 Afternoon Sing A Long (E3, E1) 1:30 Active Fun and Games (E2) 1:30 Horseracing (W1, SC) 3:00 Fun and Fitness (E2) 3:00 Fun & Fitness (E3)</p>	<p>13</p> <p>10:00 Morning News & Music (SC, W2, W1, E2, E1, E3) 10:30 Morning Singalong (W1) 1:30 Hula Hoop Bean Bag Toss (E1, E3, E2, W2, W1, SC)</p>
<p>14</p> <p>10:00 Morning News & Music (E1, E2, E3, SC, W1, W2) 1:30 Mini Dice Game (E3, E1, E2)</p>	<p>15</p> <p>10:00 Fancy Nails (E3) 10:00 Conversation café (E2) 10:30 Fancy Nails & Hand Massages (W2) 10:30 Projector Fun (SC, W1) 1:00 Comedy Hour (W2) 1:30 Music & Montessori activities (E3) 1:30 Fancy Nails (E2) 1:30 Music & Crafting (W1, SC) 1:30 Fancy Nails (E1) 3:00 Fun & Fitness (W1, W2) 6:00 Weaving to Music (E1)</p>	<p>16</p> <p>10:00 Morning News & Music (W1, SC) 10:30 Busy hands (E2) 10:30 Card Club (E3) 10:30 Music & Montessori activities (W2) 1:30 Match Cards (E1) 1:30 Poker chip Shuffleboard (SC, W1) 1:30 Manor Market Craft Club (E1, E3, E2, W2, W1) 1:30 Sing Along Karaoke (W2) 3:00 Fun and Fitness (E1) 3:00 Fun and Fitness (SC) 6:15 Mass (E3, W2, W1, SC, E2, E1)</p>	<p>17</p> <p>10:00 Nail Care & hand massages (W1) 10:00 Fancy Nails (SC) 10:30 Sharing Dance (W2) 10:30 Creative Arts (E3) 10:30 Game Hour (E2) 10:30 Residents' Council (E3, SC, W2, W1, E1, E2) 1:30 Bingo (W2, E1, E2, E3, SC, W1) 3:00 Fun and Fitness (E2) 3:00 Fun & Fitness (E3) 3:00 Come To Your Senses (SC) 6:00 Dry Erase (E1)</p>	<p>18</p> <p>10:00 Busy hands (W2) 10:30 Grocery Store Bingo (E3) 10:30 Sing-a-long with Lyndie Moo (W1, SC) 10:30 Seekers Meeting (W2, W1, SC, E1, E2, E3) 1:30 Winter Dice Game (W1, SC) 1:30 Balloon Toss (E3) 1:30 Music with Chantal Delorme (E3, E2, W2, W1, SC, E1) 3:00 Fun and Fitness (E1) 3:00 Fun and Fitness (SC) 6:00 Stitch by Stitch Group (E2, E3, E1, W2, W1, SC)</p>	<p>19</p> <p>10:00 Arts & Crafts Club (W2) 10:00 Conversation Cafe (E3) 10:00 Yahtzee (W1) 10:30 Moving to Music (E2, E3, E1) 1:30 Physical Activation (W2) 1:30 Board Games (E3) 1:30 Ball Toss to Music (SC) 1:30 Virtual Reality Games (W1, W2, E1, E2, E3) 3:00 Fun and Fitness (E2) 3:00 Fun & Fitness (E3)</p>	<p>20</p> <p>10:30 Dry Erase (E1) 1:30 Noodle Ball (E1, W2, W1, E3, E2)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>21</p> <p>10:00 Coffee Club & Music (W2, W1, SC, E3, E2, E1)</p> <p>1:30 Horseracing (E2, E1, E3, SC, W1, W2)</p>	<p>22</p> <p>10:00 Fancy Nails (E3)</p> <p>10:00 Conversation café (E2)</p> <p>10:30 Projector Fun (W1, SC)</p> <p>1:30 Music & Montessori activities (E3)</p> <p>1:30 Fancy Nails (E2)</p> <p>1:30 Music & Montessori activities (SC, W1)</p> <p>1:30 Fancy Nails (E1)</p> <p>1:30 Fancy Nails & Hand Massages (W2)</p> <p>3:00 Fun & Fitness (W1, W2)</p> <p>6:00 Comedy Hour (W2)</p>	<p>23</p> <p>9:30 Pop Up Shop (Morning) (E1, W2, E2, E3, SC, W1)</p> <p>10:00 Morning News & Music (W1, SC)</p> <p>10:30 Card Club (E3)</p> <p>10:30 Weaving Fun with Music (E1)</p> <p>1:00 Pop Up Shop (Afternoon) (E2, E3, SC, W2, W1, E1)</p> <p>1:30 Sing Along Karaoke (W2)</p> <p>1:30 Balloon Badminton (SC, W1)</p> <p>3:00 Fun and Fitness (E1)</p> <p>3:00 Fun and Fitness (SC)</p> <p>6:15 Mass (E3, W2, W1, SC, E2, E1)</p>	<p>24</p> <p>10:00 Nail Care & hand massages (W1)</p> <p>10:00 Fancy Nails (SC)</p> <p>10:30 Creative Arts (E3)</p> <p>10:30 Game Hour (E2)</p> <p>1:30 Bingo (W2, E1, E2, E3, SC, W1)</p> <p>3:00 Fun and Fitness (E2)</p> <p>3:00 Fun & Fitness (E3)</p> <p>3:00 Come To Your Senses (SC)</p> <p>6:00 Sharing Dance (W2)</p>	<p>25</p> <p>10:00 Busy hands (W2)</p> <p>10:30 Grocery Store Bingo (E3)</p> <p>10:30 Java Music Club (E2)</p> <p>10:30 French music singalong (E3, W2, SC, W1, E1, E2)</p> <p>1:30 Game hour (W2)</p> <p>1:30 Indigenous Coffee club (E2, E3, E1, SC, W1, W2)</p> <p>1:30 Balloon Toss (E3)</p> <p>1:30 Musical Fun (E2)</p> <p>1:30 ShuffleBoard (E1)</p> <p>3:00 Fun and Fitness (E1)</p> <p>3:00 Fun and Fitness (SC)</p> <p>6:00 Stitch by Stitch Group (E2, E3, E1, W2, W1, SC)</p>	<p>26</p> <p>10:00 Arts & Crafts Club (W2)</p> <p>10:00 Conversation Cafe (E3)</p> <p>10:30 Chair Exercise (SC)</p> <p>10:30 Moving to Music (W2, E2, E1)</p> <p>1:30 Board Games (E3)</p> <p>1:30 Hawaiian Luau (SC, E3, W2, W1, E2, E1)</p> <p>3:00 Fun and Fitness (E2)</p> <p>3:00 Fun & Fitness (E3)</p>	<p>27</p> <p>10:00 Coffee Club & Trivia (W2, W1)</p> <p>1:30 Grocery Store Bingo (E1, E3, E2)</p>
<p>28</p> <p>10:30 Winter Paint Craft (W2)</p> <p>1:30 Music with Leslie Ann (W1, W2, E1, E2, E3, SC)</p>	<p>29</p> <p>10:00 Fancy Nails (E3)</p> <p>10:00 EarlyOn YMCA Activity (E2)</p> <p>10:30 Fancy Nails (E1)</p> <p>10:30 Fancy Nails & Hand Massages (W2)</p> <p>10:30 Projector Fun (W1, SC)</p> <p>1:00 Comedy Hour (W2)</p> <p>1:30 Music & Montessori activities (E3)</p> <p>1:30 Weaving to Music (E1)</p> <p>1:30 Fancy Nails (E2)</p> <p>1:30 Music & Crafting (W1, SC)</p> <p>3:00 Fun & Fitness (W1, W2)</p>	<p>30</p> <p>10:00 Morning News & Music (W1, SC)</p> <p>10:30 Busy hands (E2)</p> <p>10:30 Card Club (E3)</p> <p>10:30 Music & Montessori activities (W2)</p> <p>1:30 Hula Hoop Bean Bag Toss (W1, SC)</p> <p>1:30 Manor Market Craft Club (E1, E3, E2, W2, W1)</p> <p>1:30 Sing Along Karaoke (W2)</p> <p>3:00 Fun and Fitness (E1)</p> <p>3:00 Fun and Fitness (SC)</p> <p>6:00 Weaving Fun with Music (W2)</p> <p>6:15 Mass (E3, W2, W1, SC, E2, E1)</p>	<p>31</p> <p>10:00 Nail Care & hand massages (W1)</p> <p>10:00 Fancy Nails (SC)</p> <p>10:30 Creative Arts (E3)</p> <p>10:30 Java Music Program (E1)</p> <p>10:30 Game Hour (E2)</p> <p>1:30 Bingo (W2, E1, E2, E3, SC, W1)</p> <p>3:00 Fun and Fitness (E2)</p> <p>3:00 Fun & Fitness (E3)</p> <p>3:00 Come To Your Senses (SC)</p> <p>6:00 Dry Erase Coloring to Music (W2)</p>	<p>Home Areas Legend</p> <ul style="list-style-type: none"> East 3 (E3) West 2 (W2) East 2 (E2) Special Care (SC) East 1 (E1) Shared West 1 (W1) 	<p>Locations Legend</p> <ul style="list-style-type: none"> Lounge Auditorium Activation Room Adult Day Program East 2 	<p>Locations Legend</p> <ul style="list-style-type: none"> East 1 West 2 West 1 Special Care