





# Hope Street Terrace Main Calendar



# January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Alternatively, self directed activities are available on the 2nd and 3rd floor. These activities are located at the Nursing Station. Please ask a staff member for assistance in obtaining these items, if required.</p>	<p>10:00 One on One (RR) <b>1</b></p> <p>2:00 New Year Greetings (RR)</p>	<p>10:00 Plant Care (RR) <b>2</b></p> <p>10:00 Tai-Chi (3rd)</p> <p>10:00 Java Music (3rd)</p> <p>10:00 Christmas coming down (2nd)</p> <p>2:00 Bingo (3rd)</p> <p>2:00 Alley Bowling (MDR)</p> <p>2:00 Christmas comes down Part 2 (2nd)</p>	<p>Hairdresser (BS) <b>3</b></p> <p>10:00 Group Exercise (3rd)</p> <p>10:30 Who am I? (3rd)</p> <p>2:00 Yahtzee (3rd)</p> <p>4:00 Pet Therapy (RR)</p> <p>6:30 Dice Poker (AR)</p>	<p>10:00 Tai-Chi (2nd) <b>4</b></p> <p>10:00 Fancy Fingers (3 NS)</p> <p>2:00 Short Stories (RR)</p>	<p>9:30 Group Exercise (2nd) <b>5</b></p> <p>10:00 Group Exercise (3rd)</p> <p>10:30 Conversation Cards (3rd)</p> <p>2:00 Crafts (AR)</p> <p>6:30 Ladies Choice (GR)</p> 	<p>10:00 Conversation Circle (2nd) <b>6</b></p> <p>2:00 Bingo (3rd)</p> <p>2:00 Bingo (2nd)</p> <p>6:30 Sequence (GR)</p>
<p>9:30 Church Radio/TV (2nd) <b>7</b></p> <p>10:00 Ladies Choice (AR)</p> <p>2:00 Short Stories (3rd)</p> <p>2:00 One on One (RR)</p> <p>6:30 Cribbage (AR)</p>	<p>9:30 Group Exercise (2nd) <b>8</b></p> <p>10:00 Group Exercise (3rd)</p> <p>10:00 Pictures in Motion (AR)</p> <p>2:00 Magazine Hunt (AR)</p> <p>6:30 Dice Poker (AR)</p>	<p>10:00 Chair Yoga (3rd) <b>9</b></p> <p>10:00 Plant Care (RR)</p> <p>10:30 Trivia (3rd)</p> <p>2:00 Bingo (2nd)</p> <p>2:00 Bingo (3rd)</p>	<p>Hairdresser (BS) <b>10</b></p> <p>9:30 Group Exercise (2nd)</p> <p>10:00 Group Exercise (3rd)</p> <p>10:00 Mobile Book Cart (RR)</p> <p>10:00 Friends of the Humane Society (2nd)</p> <p>2:00 Aroma sensory (AR)</p> <p>4:00 Pet Therapy (RR)</p> <p>6:30 Sing A Long (GR)</p> 	<p>Music Therapy (RR) <b>11</b></p> <p>Hairdresser (BS)</p> <p>10:00 Chair Yoga (2nd)</p> <p>10:00 Fancy Fingers (NS)</p> <p>10:30 What am I (3rd)</p> <p>1:30 Creative art (2nd)</p> <p>2:00 Dice Poker (GR)</p>	<p>9:30 Group Exercise (2nd) <b>12</b></p> <p>10:00 Group Exercise (3rd)</p> <p>10:00 Friendly Visits (RR)</p> <p>2:00 Swing Bowl (AR)</p>	<p>10:00 Java Music (AR) <b>13</b></p> <p>2:00 Bingo (AR)</p>
<p>9:30 Church Radio/TV (2nd) <b>14</b></p> <p>9:30 Church Radio/TV (3rd)</p> <p>10:00 Bible Study (AR)</p> <p>2:00 Movie Magic Cinema Club (GR)</p> 	<p>9:30 Group Exercise (2nd) <b>15</b></p> <p>10:00 Group Exercise (3rd)</p> <p>10:00 January Blues Social (AR)</p> <p>2:00 Fancy Fingers (RR)</p> <p>6:30 Kings in the Corner (AR)</p>	<p>10:00 Plant Care (RR) <b>16</b></p> <p>10:00 Tai-Chi (3rd)</p> <p>10:30 Conversation Cards (3rd)</p> <p>2:00 Bingo (3rd)</p> <p>2:00 Bingo (2nd)</p>	<p>Hairdresser (BS) <b>17</b></p> <p>9:30 Group Exercise (2nd)</p> <p>10:00 Group Exercise (3rd)</p> <p>10:00 Friendly Visits (RR)</p> <p>2:00 Homemade Spa (AR)</p> <p>2:00 Crafts-Ping Pong Tea Lights (2nd)</p> <p>4:00 Pet Therapy (RR)</p> <p>6:30 Skip Bo (AR)</p>	<p>Music Therapy (RR) <b>18</b></p> <p>Hairdresser (BS)</p> <p>8:00 Mens' Breakfast Club (GR)</p> <p>10:00 Book Cart (3rd)</p> <p>10:00 Fancy Fingers (NS)</p> <p>10:00 Tai-Chi (2nd)</p> <p>1:30 Creative Art (2nd)</p> <p>2:00 Giant Crossword (3rd)</p>	<p>9:30 Group Exercise (2nd) <b>19</b></p> <p>10:00 Group Exercise (3rd)</p> <p>10:30 Trivia (AR)</p> <p>2:00 Wii Games (AR)</p> <p>6:30 Ladies Choice (GR)</p>	<p>10:00 Saturday Morning Coffee Club (AR) <b>20</b></p> <p>2:00 Bingo (2nd)</p> <p>2:00 Water Painting (RR)</p> <p>6:30 Armchair Safari (AR)</p>
<p>9:30 Church Radio/TV (2nd) <b>21</b></p> <p>2:00 Yahtzee (2nd)</p> <p>2:00 Wii Games (GR)</p> <p>6:30 Kings in the Corner (AR)</p> <p>10:00 Bible Study (GR)</p> <p>11:00 Catholic Church (GR)</p>	<p>9:30 Group Exercise (2nd) <b>22</b></p> <p>10:00 Group Exercise (3rd)</p> <p>10:30 Bird Talk (AR)</p> <p>2:00 Hand Massages (RR)</p> <p>2:00 Scrabble (GR)</p> <p>6:30 Sequence (AR)</p>	<p>10:00 Chair Yoga (3rd) <b>23</b></p> <p>10:00 Plant Care (RR)</p> <p>10:30 Java Music (3rd)</p> <p>2:00 Entertainment-Corby Leigh Kemp (MDR)</p>	<p>Hairdresser (BS) <b>24</b></p> <p>9:30 Group Exercise (2nd)</p> <p>10:00 Group Exercise (3rd)</p> <p>10:00 National Geographic (RR)</p> <p>2:00 Fancy Fingers (RR)</p> <p>2:00 Conversation Circle (3rd)</p> <p>2:00 St. John's Anglican Church Service (2nd)</p> <p>4:00 Pet Therapy (RR)</p> <p>6:30 Sing A Long (GR)</p>	<p>Music Therapy (RR) <b>25</b></p> <p>Hairdresser (BS)</p> <p>8:00 Ladies Breakfast Club (GR)</p> <p>10:00 Chair Yoga (2nd)</p> <p>10:00 Fancy Fingers (NS)</p> <p>10:30 Trivia (3rd)</p> <p>1:00 Creative Art (2nd)</p> <p>2:00 Armchair Safari (GR)</p> 	<p>9:30 Group Exercise (2nd) <b>26</b></p> <p>10:00 Group Exercise (3rd)</p> <p>10:00 Scrabble (NSA2)</p> <p>2:00 Swing Bowl (AR)</p>	<p>10:00 Baking (AR) <b>27</b></p> <p>2:00 Bingo (AR)</p>
<p>9:30 Church Radio/TV (2nd) <b>28</b></p> <p>10:00 Bible Study (AR)</p> <p>2:00 Woman's World (AR)</p>	<p>9:30 Group Exercise (2nd) <b>29</b></p> <p>10:00 Group Exercise (3rd)</p> <p>2:00 Fancy Fingers (RR)</p> <p>2:00 Crafts...Painted Bubbles (2nd)</p> <p>6:30 Kings in the Corner (AR)</p>	<p>10:00 Chair Yoga (3rd) <b>30</b></p> <p>10:00 Pictures in Motion (AR)</p> <p>10:00 Resident Council (AR)</p> <p>1:00 Entertainment-Darlene and The Shamrock (MDR)</p>	<p>Hairdresser (BS) <b>31</b></p> <p>9:30 Group Exercise (2nd)</p> <p>10:00 Group Exercise (3rd)</p> <p>10:00 Yahtzee (AR)</p> <p>10:00 IPAD activities (RR)</p> <p>1:00 Crafts (AR)</p> <p>2:00 Serenity Tea (2nd)</p> <p>4:00 Pet Therapy (RR)</p> <p>6:30 Cribbage (AR)</p>	<p><b>Dimensions Of Wellness Legend</b></p> <p>Emotional</p> <p>Intellectual</p> <p>Social</p> <p>Physical</p> <p>Spiritual</p>	<p><b>Locations Legend</b></p> <p>2nd Floor Sitting Room (2nd)</p> <p>3rd Floor Sitting Room (3rd)</p> <p>Activity Room (AR)</p> <p>Room to Room (RR)</p> <p>Gathering Room (GR)</p> <p>Beauty Salon (BS)</p> <p>Room to Room (RR)</p> <p>Main Dining Room (MDR)</p> <p>2nd Floor nurses station sitting area (NS)</p> <p>3rd floor Nurse's station (3 NS)</p> <p>North Sitting Area 2nd Floor (NSA2)</p>	