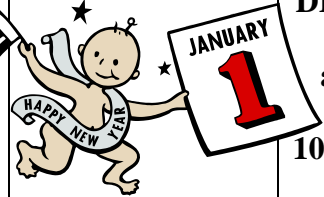









Retirement Suites by the Lake - JANUARY 2012 ACTIVITIES





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p>  <p>2:30pm Special NEW YEARS DAY HAPPY HOUR with Kim Michele</p>	<p>2</p> <p>DR. EID here for Scheduled appointments</p> <p>10:30am Exercise</p> <p>1pm Euchre Club (sign-up please)</p> <p>6pm Penny Rummoli</p>	<p>3</p> <p>10am Shoppers Drug Mart & Bank</p> <p>10:30am Exercise</p> <p>12:45am MANICURES</p> <p>2pm Fire Drill</p> <p>3:30pm Happy Hour</p> <p>6pm Movie Night! (Library)</p>	<p>4</p> <p>9am <u>Scheduled</u> Foot Care Appointments</p> <p>10am-2pm D&M Bakery (Lobby)</p> <p>10:30am Exercise</p> <p>3pm LOONIE BINGO!</p>	<p>5</p> <p>9:45am Shopper's World</p> <p>10am Anglican Church Service</p> <p>10:30am Exercise</p> <p>2pm Chair yoga with JILLIAN</p> <p>3:30pm Happy Hour with Melville Collie</p>	<p>6 <i>Epiphany</i></p>  <p>10:30am Exercise</p> <p>12pm Movie Outing "War Horse"</p> <p>12:30pm 50/50 Draw</p> <p>3pm Afternoon Tea and Social</p> <p>6pm GAME NIGHT!</p>	<p>7</p> <p>3pm LOONIE BINGO!</p> <p>6pm Golden Era Sing Along in the lobby with <i>Jeff Atkins</i></p> 
<p>8</p> <p>2:30pm HAPPY HOUR with Vince Mazzei</p> 	<p>9</p> <p>DR. EID here for Scheduled appointments</p> <p>10am Deb's Chair Massage (signup!)</p> <p>10:30am Exercise</p> <p>2:30pm Card Making Club with Anna and Sue</p> <p>6pm Penny Rummoli</p>	<p>10</p> <p>10am Shoppers Drug Mart & Bank</p> <p>10:30am Chair Dancing with KHAREN</p> <p>12:45am MANICURES</p> <p>3:30pm Happy Hour</p> 	<p>11</p> <p>9am <u>Scheduled</u> Foot Care Appointments</p> <p>10am-2pm D&M Bakery (Lobby)</p> <p>10:30am Exercise</p> <p>3pm LOONIE BINGO!</p>	<p>12</p> <p>9:45am Wal-Mart</p> <p>10:30am Exercise</p> <p>1:30pm Resident Council Meeting</p> <p>3:30pm Happy Hour with Darryl Palmer</p>	<p>13</p> <p>10:30am Exercise</p> <p>12:30pm 50/50 Draw</p> <p>1pm Euchre Club (sign-up please)</p> <p>3pm Afternoon Tea and Social</p>	<p>14</p> <p>3pm LOONIE BINGO!</p> <p>6pm Movie Night! (Library)</p> 



Retirement Suites by the Lake - JANUARY 2012 ACTIVITIES



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15 2:30pm HAPPY HOUR with Joe Passion 6pm <i>Movie Night!</i> (Library) 	16 DR. EID here for <u>Scheduled</u> appointments 10am Ajax Downs Casino 10:30am Exercise 6pm Penny Rummoli	17 10am Shoppers Drug Mart & Bank 10:30am Exercise 12:45am MANICURES 3:30pm Happy Hour	18 9am <u>Scheduled</u> Foot Care Appointments 10am-2pm D&M Bakery (Lobby) 10:30am Exercise 3pm LOONIE BINGO!	19 9:45am Eglinton Square 11am United Church Service with Bessie 10:30am Exercise 2pm Chair yoga with JILLIAN 3:30pm Happy Hour with Steve Paul Simms	20 10:30am Exercise 12:30pm 50/50 Draw 3pm Special Coffees and Hangman 6pm GAME NIGHT!	21 3pm LOONIE BINGO! 6pm Golden Era Sing Along in the lobby with <i>Jeff Atkins</i> 

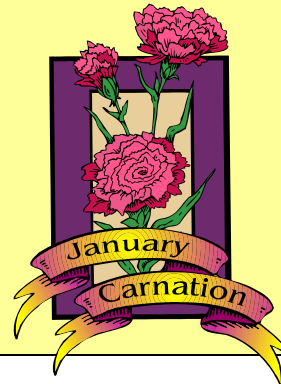
What's Happening This Month

- Jan. 1 - Special NEW YEARS DAY **HAPPY HOUR** with Kim Michele
- Jan. 3 - FIRE DRILL
- Jan. 5 - Anglican Church Service
- Jan. 5 & 19 - Chair yoga with JILLIAN
- Jan. 6 & 20 - Special Coffees and Hangman
- Jan. 7 & 21 - Sing Along with Jeff Atkins
- Jan. 9 & 23 - Deb's Chair Massage (signup)
- Jan. 9 & 23 - **Card Making Club** with Anna and Sue

- Jan. 10 - Chair Dancing with KHAREN
- Jan. 12 - Resident Council Meeting
- Jan. 19 - United Church Service with Bessie
- Jan. 22 - Special Chinese New Year Show with Alice Hwang
- Jan. 25 - **ROBBIE BURNS DAY** - A special all Scottish show, with an ode to the haggis!
- Jan. 27 - Birthday Celebration - YUMMY CAKE, FUN GAME and PRIZES!

JANUARY Birthdays

- | | |
|----------------|------------|
| Mary Robinson | January 2 |
| Kathleen Reeve | January 8 |
| Phyllis Hurly | January 12 |
| Joan Johnson | January 13 |
| Marjorie Evis | January 18 |



Van Trip Sign Ups

- Every Tuesday - Shoppers Drug Mart & Bank
- Every Thursday - Various Places
- 12pm **Movie Outing** "War Horse"
- Jan. 16 - AJAX DOWNS CASINO

Vendors

- Every Wednesday - D&M Bakery
- Jan 25. - Avon Lady - Rose



Retirement Suites by the Lake - JANUARY 2012 ACTIVITIES



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
<p>22</p> <p>2:30pm HAPPY HOUR with Alice Hwang (Special Chinese New Year Show)</p> 	<p>23</p> <p>DR. EID here for <u>Scheduled</u> appointments</p> <p>10am Deb's Chair Massage (signup!)</p> <p>10:30am Exercise</p> <p>2:30pm Card Making Club with Anna and Sue</p> <p>6pm Penny Rummoli</p>	<p>24</p> <p>10am Shoppers Drug Mart & Bank</p> <p>10:30am Exercise</p> <p>3:30pm Happy Hour</p> <p>6pm Movie Night! (Library)</p> 	<p>25</p> <p>ROBBIE BURNS DAY</p> <p>9am <u>Scheduled</u> Foot Care Appointments</p> <p>10am-2pm D&M Bakery and Avon Lady Calling! with Rose (Lobby)</p> <p>10:30am Exercise</p> <p>12:45am MANICURES</p> <p>3:30pm Special Robbie Burns Happy Hour with Doug Goodeve</p>	<p>26</p> <p>10:30am Exercise</p> <p>12:45pm Scarborough Mall</p> <p>3pm LOONIE BINGO!</p>	<p>27</p> <p>10:30am Exercise</p> <p>12:30pm 50/50 Draw</p> <p>3pm Birthday Celebration!</p>	<p>28</p> <p>3pm LOONIE BINGO!</p> <p>6pm Movie Night! (Library)</p>				
<p>29</p> <p>2:30pm HAPPY HOUR with Wen atmadja</p>				<p>30</p> <p>DR. EID here for <u>Scheduled</u> appointments</p> <p>10:30am Exercise</p> <p>1pm MOVIE MATINEE</p> <p>6pm Penny Rummoli</p>			<p>31</p> <p>10am Shoppers Drug Mart & Bank</p> <p>10:30am Exercise</p> <p>12:45am MANICURES</p> <p>3:30pm Happy Hour</p>	<p><u>Did you know...</u> January was established as the first the first month of the year by the Roman Calendar. It was named after the god Janus (Latin word for door). Janus has two faces which allowed him to look both backwards into the old year and forwards into the new one at the same time. He was the 'spirit of the opening'.</p> <p>In the very earliest Roman calendars there were no months of January or February at all. The ancient Roman calendar had only ten months and the new year started the year on 1 March. To the Romans, ten was a very important number. Even when January (or Januarius as the Romans called it) was added, the New Year continued to start in March. It remained so in England and her colonies until about 200 years ago.</p>		
				<p><u>Just a few notable notes...</u></p> <p>*Lost & Found - Please check in the Activity Office</p> <p>*FOOT CARE APPOINTMENTS - Sign-up at reception to see WeCare who visit Wednesdays;</p> <p>*OUTSIDE MEDICAL APPOINTMENTS - Transportation is available for outside doctor visits on Wednesdays with our van. (Cost \$20.00)</p> 						