

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# January 2019

Type a title here.



2:00pm RSBL's  
New Years Day Levee  
Wine & Cheese  
Yohanna Entertains!

New Year's Day

**9:30 Body Balance**  
**10:00 Gentle Stretching**  
**12:30pm Hand Therapy**  
  
2:00pm Bingo  
3:00pm Social Tea  
4:00pm Resident  
Directed Trivia

**10:00 Fitness Class**  
**11:00 Falls Prevention**  
**12:30 pm Art/Painting**  
**1:30pm Carpet Bowling**  
**2:00 pm David Wildsmith Sings / Guitar**  
3:00 pm Social Tea  
4:00 pm Trivia

**9:30 Smart Fit**  
**10:00 Upper Body Strength**  
**10:30 Gentle Stretching**  
**12:30pm Hot Wax-PH**  
**12:30pm Crafts**  
**1:45pm Java Music**  
**3:00pm Social Tea**  
**4:00pm Trivia**

**10:00 Fitness Class**  
**11:00 Falls Prevention**  
**12:30pm Scrabble**  
**2:00pm Bingo**  
**3:00pm Social Tea**  
**4:00pm Trivia**  
**6:00pm Euchre Club**

**9:30 Smart Fit**  
**10:30 Catholic Service-CH**  
**10:00 Lower Body Strength**  
**10:30 Gentle Stretching**  
**12:30pm Hot Wax PH**  
**12:30pm Adult Colouring**  
**1:45pm EGLINTON SQ.**  
2:00pm Gospel Fellowship CH  
3pm Social Tea/4pm Trivia

**DAWOOD IS ABSENT.**  
**Regular fitness programs moved to Sun. Jan. 6th regular times**  
**1:45 SHUTTLE BUS**  
3:00pm Social Tea  
4:00pm Trivia

2:00pm Bingo  
3:00pm Social Tea  
4:00pm Trivia

2:00pm Bingo  
3:00pm Social Tea  
4:00pm Resident  
Directed Trivia

**10:00 Fitness Class**  
**11:00 Falls Prevention**  
**12:30 pm Art/Painting**  
**1:30pm Carpet Bowling**  
**2:00 pm Lianne Harris Presentation**  
3:00 pm Social Tea  
4:00 pm Trivia

**9:30 Smart Fit**  
**10:00 Upper Body Strength**  
**10:30 Gentle Stretching**  
**12:30pm Hot Wax-PH**  
**12:30pm Crafts**  
**1:45pm Java Music**  
**3:00pm Social Tea**  
**4:00pm Trivia**

**10:00 Fitness Class**  
**11:00 Falls Prevention**  
**12:30pm Scrabble**  
**2:00pm Bingo**  
**3:00pm Social Tea**  
**4:00pm Trivia**  
**6:00pm Euchre Club**

**9:30 Smart Fit**  
**10:30 Catholic Service-CH**  
**10:00 Lower Body Strength**  
**10:30 Gentle Stretching**  
**12:30pm Hot Wax PH**  
**12:30pm Adult Colouring**  
**1:45pm WalMart**  
2:00pm Gospel Fellowship CH  
3pm Social Tea/4pm Trivia

**9:30 Body Balance**  
**10:00 Gentle Stretching**  
**12:30pm Hand Therapy**  
**1:45 SHUTTLE BUS**  
3:00pm Social Tea  
4:00pm Trivia

2:00pm Bingo  
3:00pm Social Tea  
4:00pm Trivia

2:00pm Bingo  
3:00pm Social Tea  
4:00pm Resident  
Directed Trivia

**10:00 Fitness Class**  
**11:00 Falls Prevention**  
**12:30 pm Art/Painting**  
**1:30pm Carpet Bowling**  
**2:00 pm Mah-Jongg**  
**3:00 pm Social Tea**  
**4:00 pm Trivia**

Martin Luther King Day  
Tu B'Shevat

**9:30 Smart Fit**  
**10:00 Upper Body Strength**  
**10:30 Gentle Stretching**  
**12:30pm Hot Wax-PH**  
**12:30pm Crafts**  
**2:00pm Western Jeans & Beans Chilli Cook Off Entertainment!!**  
4:00pm Trivia

**10:00 Fitness Class**  
**11:00 Falls Prevention**  
**12:30pm Scrabble**  
**2:00pm Bingo**  
**3:00pm Social Tea**  
**4:00pm Trivia**  
**6:00pm Euchre Club**

**9:30 Smart Fit**  
**10:30 Catholic Service-CH**  
**10:00 Lower Body Strength**  
**10:30 Gentle Stretching**  
**12:30pm Hot Wax PH**  
**12:30pm Adult Colouring**  
**1:45pm TIM HORTON'S**  
2:00pm Gospel Fellowship CH  
3pm Social Tea/4pm Trivia

**9:30 Body Balance**  
**10:00 Gentle Stretching**  
**10:00 AJAX CASINO**  
**12:30pm Hand Therapy**  
**1:30pm Wheel of Fortune**  
**3:00pm Social Tea**  
**4:00pm Trivia**

2:00pm Bingo  
3:00pm Social Tea  
4:00pm Trivia

2:00pm Bingo  
3:00pm Social Tea  
4:00pm Resident  
Directed Trivia

**10:00 Fitness Class**  
**11:00 Falls Prevention**  
**12:30 pm Art/Painting**  
**1:30pm Carpet Bowling**  
**2:00 pm Mah-Jongg**  
**3:00 pm Social Tea**  
**4:00 pm Trivia**

Australia Day (observed)

**9:30 Smart Fit**  
**10:00 Upper Body Strength**  
**10:30 Gentle Stretching**  
**12:30pm Hot Wax-PH**  
**12:30pm Crafts**  
**1:45pm Java Music**  
**2:30 Social Tea**  
**3:00pm Town Hall Meeting**  
4:00pm Trivia

**10:00 Fitness Class**  
**11:00 Falls Prevention**  
**12:30pm Scrabble**  
**2:00pm Bingo**  
**3:00pm Social Tea**  
**4:00pm Trivia**  
**6:00pm Euchre Club**  
**7:00pm Gary Gregg's Band**

**9:30 Smart Fit**  
**9:30 FOX THEATRE**  
10:30 Catholic Service-CH  
10:00 Lower Body Strength  
10:30 Gentle Stretching  
12:30pm Hot Wax PH  
12:30pm Adult Colouring  
2:00pm Gospel Fellowship CH  
**2:00pm Birthday Bash/Paula**  
3pm Social Tea / 4pm Trivia

Type the name, address, and other information about your community/company here.



**Flu Season:  
4 Tips To Avoid Falling Sick**

- 1) Get vaccinated** - And no, the influenza vaccine can't give you the flu.
- 2) Good coughing etiquette:** Cover your cough and sneeze. Influenza is spread by droplets that carry the influenza virus. They can travel in the air and land on people or object surfaces. If the virus comes in contact with mucous membranes (lining of nose, mouth, eyes) or is inhaled, it can cause infection.
- 3) Wash your hands:** Wash hands with alcohol sanitizers or soap and water often, as this can get rid of the virus if it gets on your hands.
- 4) Stay in your suite if you are not feeling well:-**(to decrease the risk of spread to others) If you have symptoms of influenza like illness (fever, cough, runny nose, headache, poor appetite), inform our Health & Wellness team immediately!

**HAPPY JANUARY BIRTHDAY**

- Maria D. - January 1st**  
**Franciska T. - January 1st**  
**Sheila C. - January 4th**  
**Joan J. - January 13th**  
**Sheila B. - January 14th**  
**Edith J. - January 17th**  
**Eileen M. - January 23rd**

**TURN UP THE JANUARY HEAT!!!**

**WESTERN  
JEANS AND BEANS  
CHILLI COOK OFF!**

**JANUARY 22, 2019  
2:30PM**



**RETIREMENT SUITES BY THE LAKE**

2121 Kingston Rd., Scarborough, On. M1N 1T5  
416 267-2121

**JANUARY 2019 CALENDAR**



**JANUARY EVENTS**

- Jan. 1st at 2:00pm  
New Years Celebration  
Wine & Cheese  
Yo entertains!!
- Jan. 7th at 2:00pm  
David Wildsmith returns  
Singing / Guitar
- January 11th at 11:30am  
Swiss Chalet
- January 14th at 2:00pm  
Lianne Harris Presentation
- January 22nd at 2:00pm  
Western Jeans & Beans  
Chilli Cook Off!!!  
Entertainment!!!
- January 24th at 1:45  
Tim Horton's
- January 25th at 9:45  
Ajax Casino
- January 29th at 3:00pm  
Town Hall Meeting
- January 31st Birthday Bash  
Paula Entertains!