








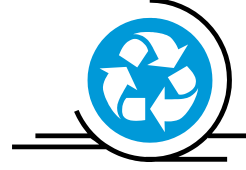
January 2019 Kensington Village Active Living Calendar



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1 New years Day 9:00 Men's Strength 4ER 1:30 New years Resolutions 2FW 2:45 New years resolutions IML No Pam No Dan	2 9:00 Men's Strength 4ER 10:00 Volleyball LTC/SL 10:00 Prayer Gathering 3KVCC 10:00 Stronger Together FC 12:30 Cinema Outing "Mary Queen of Scotts" \$21 1:30 Hangman LTC/SL 2:00 Creative Social FC 2:00 Wheel of Fortune MFA 2:15 Mind and Body LTC 3:30 Catholic Mass 3KVCC 6:00 KV at the Movies MFA 6:15 Magnetic Darts LTC/SL	3 Wellness Clinic (Denise) 9:00 Men's Strength 4ER 9:15 Exercise Class MFA 9:30 Sit n Be Fit LTC/SL 10:30 On this Day IML 11:15 Finding Balance FC 1:00 Shopping Walmart \$7 1:30 On this Day IFW 2:00 Wii Bowling MFA 2:15 Hand Therapy LTC 3:00 OT Support Group LTC 3:30 Ipad Memory Lane LTC/SL 6:00 Wellness Bingo 2FW	4 9:00 Men's Strength 4ER 9:15 Exercise Class MFA 10:00 Mini Golf LTC /SL 10:00 Walking Club FC 1:30 Pathways Music LTC/SL 2:00 Library 2IL 2:30 Ice Cream Social MFA 2:30 Occupational Therapy 1:1's LTC 3:30 Gentle Stretch MFA 6:30 Entertainment with Jacinta 2FW	5 1:15 Bingo FC 1:30 Letter Scramble with Glenda 1FW
6 10:00 Worship Service 3KVCC 6:30 Entertainment with Denis Bourdon 2FW 	7 Ukrainian Christmas 9:00 Men's Strength 4ER 9:15 Exercise Class MFA 9:30 Spa for You LTC/SL 10:00 Hymn Sing 2FW 10:00 Stronger Together MFA 10:45 Circle Soccer LTC/SL 1:15 Bingo FC 1:30 Curling LTC/SL 3:00 Sensory Cart LTC/SL 6:30 Scrabble IML 7:00 Knit Night 2IL	8 9:00 Men's Strength 4ER 9:30 Sit n Be Fit LTC/SL 10:00 Carpet Bowling IML 11:15 Finding Balance FC 1:30 Men's Club 2FW 1:30 Sit n Be Fit IML 2:15 Mind and Body LTC 6:30 Old Time Music 2FW	9 Christmas Decoration Cleanup 9:00 Men's Strength 4ER 10:00 Prayer Gathering 3KVCC 10:00 Stronger Together MFA 2:00 Creative Social FC 2:00 Wheel of Fortune MFA 2:15 Mind and Body LTC 3:30 Catholic Mass 3KVCC	10 Christmas Decoration Cleanup 9:00 Men's Strength 4ER 9:15 Exercise Class MFA 11:15 Finding Balance FC 2:00 Wii Bowling MFA 2:15 Hand Therapy LTC 3:00 OT Support Group LTC 6:00 Wellness Bingo 2FW 6:00 KV at the Movies MFA	11 Christmas Decoration Cleanup 9:00 Men's Strength 4ER 9:15 Exercise Class MFA 10:00 Walking Club FC 11:00 Coffee with Fred 2FW 1:30 Front Porch Travels With Jana (Israel) MFA 1:30 Pathways Music LTC/SL 2:00 Library 2IL 2:30 Occupational Therapy 1:1's LTC 3:30 Gentle Stretch MFA 6:30 Entertainment with Randy and Rai 2FW	12 1:15 Bingo FC 1:30 Letter Scramble with Glenda 1FW
13 10:00 Worship Service 3KVCC 6:30 Entertainment with Classic Country 2FW 	14 9:00 Men's Strength 4ER 9:15 Exercise Class MFA 9:30 Spa for You LTC/SL 10:00 Hymn Sing 2FW 10:00 Stronger Together FC 10:45 Circle Soccer LTC/SL 1:15 Bingo FC 1:3 Table Top Bowling LTC/SL 3:00 Sensory Cart LTC 6:30 Scrabble IML 7:00 Knit Night 2IL	15 9:00 Men's Strength 4ER 9:30 Sit n Be fit LTC/SL 10:00 Ukrainian Catholic 4MMR 10:15 Crossword Puzzles IML 11:15 Finding Balance FC 1:30 Washer Toss LTC/SL 2:15 Mind and Body LTC 3:30 Virtual Reality LTC/SL 6:30 Letter Scramble LTC/SL	16 9:00 Men's Strength 4ER 10:00 Volleyball LTC/SL 10:00 Prayer Gathering 3KVCC 10:00 Stronger Together FC 11:00 Book Club 2ML 1:30 Halfway Through Winter Party 2FW 2:00 Creative Social FC 2:00 Wheel of Fortune MFA 3:30 Catholic Mass 3KVCC 6:00 KV at the Movies MFA 6:15 Magnetic Darts LTC/SL	17 9:00 Men's Strength 4ER 9:15 Exercise Class MFA 9:30 Sit n Be Fit LTC/SL 10:00 Sign A Long MFA 10:30 On this Day IML 11:15 Finding Balance FC 1:00 Shopping Kingsway \$7 3:00 OT Support Group LTC 2:00 Wii Bowling MFA 2:15 Hand Therapy LTC 6:00 Wellness Bingo 2FW	18 9:00 Men's Strength 4ER 9:15 Exercise Class MFA 10:00 Mini Golf LTC/SL 10:00 Walking Club FC 10:00 Parkinson SuppoGroup4MMR 1:30 Music Moments LTC/SL 2:00 Library 2IL 2:00 Three Blind Mice 3IL 2:30 Popcorn Tasting MFA 2:30 Occupational Therapy 1:1's LTC 3:30 Gentle Stretch MFA 6:30 Entertainment with Colleen Lazoruk 2FW	19 National Popcorn Day 1:15 Bingo FC 1:30 Letter Scramble with Glenda 1FW

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Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>20</p> <p>10:00 Worship Service 3KVCC</p> <p>6:30 Entertainment with Andreas Kronen 2FW</p> 	<p>21 9:00 Men's Strength 4ER 9:15 Exercise Class MFA 9:30 Spa for You LTC/SL 10:00 Independent Resident Meeting MFA 10:00 Hymn Sing 2FW 10:00 Stronger Together MFA 10:45 Circle Soccer LTC/SL 10:00 United Service 3KVCC 11:45 Nutman WL 1:15 Bingo FC 1:30 Curling LTC/SL 3:00 Sensory Cart LTC 6:30 Scrabble IML 7:00 Knit Night 2IL</p>	<p>22</p> <p>9:00 Men's Strength 4ER 9:30 Sit n Be Fit LTC/SL 10:00 Servus Credit Union 3IL 10:15 Crossword Puzzles IML 11:15 Finding Balance FC 1:30 Sit n Be Fit IML 1:30 Men's Club 2FW 2:15 Mind and Body LTC 3:00 Virtual Reality LTC/SL 6:30 Letter Scramble LTC/SL</p>	<p>23</p> <p>9:00 Men's Strength 4ER 10:00 Volleyball LTC/SL 10:00 Prayer Gathering 3KVCC 10:00 Stronger Together FC 10:00 Anglican Service 4MMR 1:30 Monthly Birthday Party with Northern Heart \$3.50 MFA 3:30 Catholic Mass 3KVCC 6:00 KV at the Movies MFA 6:15 Magnetic Darts LTC/SL</p>	<p>24 Wellness Clinic (Denise)</p> <p>9:00 Men's Strength 4E 9:15 Exercise Class MFA 9:30 Sit N Be Fit LTC/SL 10:30 On this Day IML 11:15 Finding Balance FC 11:15 Bus outing to Victoria School for Production of "Crazy For You" \$17 2:00 Wii Bowling MFA 2:15 Hand Therapy LTC 3:00 OT Support Group LTC 6:00 Wellness Bingo 2FW 6:00 KV at the Movies MFA</p>	<p>25</p> <p>9:00 Men's Strength 4ER 9:15 Exercise Class MFA 10:00 Mini Golf LTC/SL 10:00 Walking Club FC 10:00 Shop Easy Fashions MFA 11:00 Coffee with Fred 2FW 1:30 Taste of Robbie Burns Day 2FW 1:30 Auxiliary meeting 2IL 2:00 Library 2IL 2:30 Occupational Therapy 1:1's LTC 3:30 Gentle Stretch MFA 6:30 Entertainment with Night Hawks 2 FW</p>	<p>26</p> <p>1:15 Bingo FC 1:30 Letter Scramble with Glenda IFW 3:00 Adventist Choir 2FW</p>
<p>27</p> <p>10:00 Worship Service 3KVCC</p> <p>6:30 Entertainment with Kay Dasilva 2FW</p> 	<p>28</p> <p>9:00 Men's Strength 4ER 9:15 Exercise Class MFA 9:30 Spa for You LTC/SL 10:00 Hymn Sing 2FW 10:45 Circle Soccer LTC/SL 1:15 Bingo FC 1:30 Table Top Bowling LTC/SL 6:30 Scrabble IML 7:00 Knit Night 2IL</p> <p>No Pam</p>	<p>29</p> <p>9:00 Men's Strength 4ER 9:30 Sit n Be Fit LTC/SL 10:15 Crossword Puzzles IML 11:15 Finding Balance FC 1:30 Men's Club LTC/SL 1:30 Sit n Be Fit IML 2:15 Mind and Body LTC 3:00 Virtual Reality LTC/SL 6:30 Letter Scramble LTC/SL</p>	<p>30 9:00 Men's Strength 4ER 10:00 Volleyball LTC/SL 10:00 Prayer Gathering 3KVCC 10:00 Stronger Together FC 11:00 Book Club 2ML 1:30 Hangman LTC/SL 2:00 Creative Social FC 2:00 Wheel of Fortune MFA 2:15 Mind and Body LTC 3:00 Sensory Cart LTC/SL 3:00 Catholic Rosary—No Mass 3KVCC 6:00 KV at the Movies MFA 6:15 Magnetic Darts LTC/SL</p>	<p>31 Wellness Clinic (Denise)</p> <p>8:00 Folding the Newsletter MFA 9:00 Men's Strength 4ER 9:15 Exercise Class MFA 10:00 Long Term Care and Supportive Living Resident And Family Forum 2FW 10:30 On this Day IML 11:15 Finding Balance FC 1:00 Bus outing to Londonderry \$7 1:30 On this Day IML 2:00 Wii Bowling MFA 2:15 Hand Therapy LTC 3:00 OT Support Group LTC 3:30 Ipad Memory Lane LTC 6:00 Wellness Bingo 2FW</p>		
		<p>Newspaper Recycling Wednesdays by 10:00 am All Newspaper, black & white and colored. No glossy paper or garbage.</p> 	<p>Cards 7:00 Canasta— Monday & Thursday 3IL Canasta- Wednesday & Friday & Sunday 2IL Crib- Tuesday & Saturday 3IL</p>	<p>Vendors January 2— Fifth Avenue Jewelry January 23— Mai Sunset Gournet</p> <p>** Please Note ** The events, dates and details are subject to change.</p>	<p>Legend: 1FW: 1st Floor Wellness 1ML: 1st Floor Manor Lounge 2ML: 2nd Floor Manor Lounge 2IL: 2nd Floor Library 2FW: 2nd Floor Wellness 3IL: 3rd Floor Inn Lounge 3PC: 3rd Floor Pastoral Care 3rd Floor Manor KVCC: Kensington Village Christian Church MFA: Main Floor Auditorium 4IG: 4th Floor Inn Games Room 4MMR: 4th Floor Manor Meeting Room 4ER: 4th Floor Manor Exercise Room</p>	<p>Legend: WL: Wellness Lobby DRO: Dr.'s Office CRT: Courtyard VDR: Village Dining Room FC: Friendly Corner</p> <p>LTC- Long Term Care residents only</p> <p>LTC/SL—Long Term and Supportive Living residents only</p>