

January 2019 Kensington Cottage Active Living Calendar



SHEPHERD'S CARE FOUNDATION

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Years Day 10:00 New Years Resolutions No Pam No Dan	2 9:30 Sit n Be Fit 3:00 Music Moments	3 10:00 Crafts 1:30 Ladder Ball 3:00 Mental Aerobics	4 9:30 Sit n Be Fit 1:30 Ice Cream Social 2:00 Hymn Sing	5
6	7 Ukrainian Christmas 9:30 Sit n Be Fit 1:30 Table top Bowling 3:00 Sensory Cart	8 10:00 Mental Aerobics 1:30 Baking 3:00 Virtual Reality	9 Christmas Decoration Cleanup	10 Christmas Decoration Cleanup 2:00 Entertainment With Kay Dasilva	11 Christmas Decoration Cleanup	12
13	14 9:30 Sit n Be Fit 1:30 Curling 2:30 Sing a Long	15 10:00 Mental Aerobics 2:00 Monthly Birthday Party with Jacinta	16 9:30 Sit n Be Fit 2:45 Half way Through Winter Party	17 10:00 Curling 1:30 Crafts 3:00 Mental Aerobics	18 9:30 School visit St. Angela School 1:30 Ice Cream Social	19

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20	21 9:30 Sit n Be Fit 1:30 Table Top Bowling 3:00 Sensory Cart	22 10:00 Mental Aerobics 1:30 Baking 3:00 Virtual Reality	23 9:30 Sit n Be Fit 1:30 Volleyball 3:00 Music Moments	24 10:00 Craft 1:30 Ladder Ball 3:00 Pathways Music 6:30 Entertainment With Colleen Lazoruk	25 10:00 Taste of Robbie Burns Day 1:30 Ice Cream Social 2:00 Hymn Sing	26
27	28 9:30 Sit n Be Fit 1:30 Curling 2:30 Sing a Long No Pam	29 10:00 Mental Aerobics 1:30 Baking 3:00 Virtual Reality 6:30 Entertainment with Randy and Rai Smith	30 9:30 Sit n Be Fit 1:30 Volleyball 3:00 Music Moments	31 10:00 Craft 1:30 Lawn Darts 3:00 Pathways Music		