

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00am TV Church Service SL 3:00 S.L. Café & Pub SL 7PM – Hymn Sing with Bethel Church SL</p>	<p>5 8:45am – Coffee Hour Bistro 10:15am-Gentle Group Ex.GA 1:30 WT Singers AR 1:30 -Combined Fitness GA 3 PM Crokinole RR 6:30PM – Cribbage RR 6:30PM Pepper/ Bid EuchreRR</p> <p>UN-DECKING THE HALLS **Helpers Appreciated**</p>	<p>6 8:45am Coffee Hour Bistro 10AM – 11AM: 50/50 tickets ML 10am – Music with Karen Rempel SL 10:15am-Stay Fit-AR 1:30 Balance Class-AR 3PM – Social Hour Bistro 6:30pm – Uno DR 7PM – Viola's Tribute Band SL</p>	<p>7 **No Coffee Hour** 9:30am Scotiabank Conf. Rm. #1 10:15am-Gentle Group Ex. GA 10:30am St. Joseph's Mass SL 11am BP Clinic Janine's Office 1:30 – Men's Strength AR 1:30PM MONTHLY SIGN-UP'S DR 5PM – Doors on your Floors Pizza Party! GA</p>	<p>8 8:45am – Coffee Hour Bistro 10:00am- Bible Study AR 10:15am -Combined Fitness GA 11am – Avonton Presbyterian Communion Service SL 1:30pm- Balance Fitness Class GA 2PM – SPA Face Mask Afternoon AR 7PM – Bingo DR</p>	<p>9 8:45am Coffee Hour Bistro 10am – Zodiac Program RR 10:15am-Stay Fit GA 2PM – Baking Muffins AR 2PM – The Nic. Scott Band SL 3 PM Social Hour GA 5PM – Hamlet Estates New Year's Dinner GA</p>	<p>3:00 S.L. Café & Pub</p>
<p>10:00am TV Church Service SL 3:00 S.L. Café & Pub SL 7PM – Hymn Sing with Jubilee Church SL</p>	<p>12 8:45am – Coffee Hour Bistro 10:15am-Gentle Group Ex.AR 1:30 WT Singers AR 1:30 -Combined Fitness GA 3 PM Crokinole RR 6:30PM – Cribbage RR 6:30PM Pepper/ Bid EuchreRR</p>	<p>13 8:45am Coffee Hour Bistro 10AM – 11AM: 50/50 tickets ML 10:15am-Stay Fit-GA 1:30 Balance Class-GA 1:30PM – Kitchen Appliance Demonstration: The Instant Pot DR 3PM – Social Hour Bistro 6:30pm – Uno DR</p>	<p>14 8:45am Coffee Hour Bistro 10am Credit Union Bank Conf. Rm. #1 10:15am-Gentle Group Ex.GA 1:30 – Men's Strength AR 2PM – Community Labyrinth Walk GA</p>	<p>15 8:45am – Coffee Hour Bistro 10:00am- Bible Study AR 10AM – Puzzle Pieces RR 11am St. James Anglican SL 10:15am -Combined Fitness GA 1:30pm- Balance Fitness Class GA 2PM – Men's Group AR 2:30PM – Music with Stephanie SL 7PM – Bingo DR 7PM – Joel Horvath SL</p>	<p>16 8:45am Coffee Hour Bistro 10:15am-Stay Fit GA 2PM – Friday Tunes: Jam Session with Tom Melady GA 2:30PM – Hamlet Tea RT 3 PM Social Hour GA</p>	<p>3:00 S.L. Café & Pub</p>
<p>10:00am TV Church Service SL 3:00 S.L. Café & Pub SL Activity Professionals Week</p>	<p>19 8:45am – Coffee Hour Bistro 10:15am-Gentle Group Ex.AR 1:30 WT Singers AR 1:30 -Combined Fitness GA 2PM- Sun. Mon with Friends with Music SL 3 PM Crokinole RR 6:30PM – Cribbage RR 6:30PM Pepper/ Bid EuchreRR</p> <p>Martin Luther King Day</p>	<p>20 Hockey Jersey Day 8:45am Tim Hortons Coffee Hour DR 10AM – 11AM: 50/50 tickets ML 10:15am-Stay Fit-GA 1:30 Balance Class-AR 2PM The Good Ole' Hockey Game GA 3PM Canadian Canucks Pub GA 6:30pm – Uno DR</p>	<p>21 8:45am Coffee Hour Bistro 9:30am Scotiabank Conf. Rm. #1 10:15am-Gentle Group Ex.GA 1:30 – Men's Strength AR</p>	<p>22 8:45am – Coffee Hour Bistro 10:00am- Bible Study AR 10:15am -Combined Fitness GA 1:30pm- Balance Fitness Class AR 2PM – Hearing Presentation with Danielle Bromley AR 6PM – Movie Night GA 7PM – Bingo DR</p>	<p>23 8:45am Coffee Hour Bistro 10:15am-Stay Fit GA 11:20am – Outing to the Army and Navy for Lunch (Sign-up) ML 3 PM Social Hour GA</p>	<p>2:00 Robbie Burns party with Walter Lonc SL</p>
<p>10:00am TV Church Service SL 3:00 S.L. Café & Pub SL</p>	<p>26 8:45am – Coffee Hour Bistro 10:15am-Gentle Group Ex.AR 1:30 WT Singers AR 1:30 -Combined Fitness GA 2PM – Strawberry Daiquiri's/ Beach Party! DR 3 PM Crokinole RR 6:30PM – Cribbage RR 6:30PM Pepper/ Bid EuchreRR</p>	<p>27 8:45am Coffee Hour Bistro 10AM – 11AM: 50/50 tickets ML 10:15am-Stay Fit-GA 1:30 Balance Class-GA 1:30PM – Kitchen Appliance Demonstration: The Air Fryer DR 3PM – Social Hour Bistro 6:30pm – Uno DR</p>	<p>28 8:45am Coffee Hour Bistro 10am Credit Union Bank Conf. Rm. #1 10:15am-Gentle Group Ex.GA 1:30 – Men's Strength AR 2PM January Birthday Party with "Friends With Music" GA</p>	<p>29 8:45am – Coffee Hour Bistro 10:00am- Bible Study AR 10:15am -Combined Fitness GA 1:30pm- Balance Fitness Class GA 2PM – Manicures AR 6PM – Movie Night GA 7PM – Bingo DR</p>	<p>30 8:45am Breakfast Café DR 10:15am-Stay Fit GA 2PM – Friday Tunes: Jam Session with Tom Melady GA 3 PM Social Hour GA</p>	<p>3:00 S.L. Café & Pub SL</p>
<p>Your Activity Coordinator is Kim Luckhardt. 519-271-4090 x 2230 or WTActivities@sprucelodge.on.ca</p>						