

# January 2024

## Spruce Lodge Nursing Home



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>To contact Activities:</b> 519-271-4090 ext. 2227 activity@sprucelodge.on.ca * Programs may change*</p>	<p><b>Happy New Years Day 1</b> 10:30 Trivia Fun</p>	<p>10:30 Fun &amp; Fitness <b>2</b>  11:00 Men's Music Therapy Group 2:00 Bingo 3:00 Café Social 6:15 Reminiscing Group</p>	<p>9:20 Country Drive <b>3</b> 10:30 Advance Exercise 2:00 Music with Trio Band  3:00 Café Social 4:00 DROM</p>	<p>9:30 Indoor Gardening <b>4</b> 10:00 Pet Care 11:00 Church Service 2:00 Bingo 3:00 Café Social 6:30 Friendship Circle</p>	<p>10:30 Word Games <b>5</b> 11:30 Tone Chime's 2:00 Cards &amp; Games 3:00 Café Social</p>	<p>10:30 Fun &amp; Fitness <b>6</b> 2:00 Bingo 3:00 Café Social</p>
<p>10:00 Sunday Devotion Group <b>7</b> 2:00 Trivia Fun 3:00 Cafe Social</p>	<p>10:30 News&amp;Events <b>8</b> 2:00 Manicure Cart 2:00 Elvis Presley Birthday Party  Social 6:30 2 Gals &amp; a Guitar </p>	<p>9:30 Indoor Gardening <b>9</b>  10:30 Fun &amp; Fitness 11:00 Men's Music Therapy Group 2:00 Bingo 3:00 Café Social</p>	<p>9:20 Country Drive <b>10</b>  10:30 RC Mass 11:15 Church Service 2:00 Balloon Volleyball 3:00 Café Social 4:00 DROM</p>	<p>10:00 Pet Care <b>11</b> 10:30 Scrapbooking 2:00 Bingo 3:00 Café Social 5:30 Men's Sign-Up Meal </p>	<p>10:30 Trivia Fun <b>12</b> 11:30 Tone Chime's 2:00 Baking Fun 2:00 Cards &amp; Games 3:00 Café Social</p>	<p>10:30 Fun &amp; Fitness <b>13</b> 2:00 Bingo 3:00 Café Social</p>
<p>10:30 Sunday Devotion Group <b>14</b> 2:00 Creative Painting Group 3:00 Cafe Social</p>	<p>10:30 News&amp;Events <b>15</b> 10:30 DROM Drumming 2:00 Sing-a-Long with Karen 2:00 Manicure Cart</p>	<p>10:30 Fun &amp; Fitness <b>16</b> 11:00 Men's Music Therapy Group 2:00 Bingo 3:00 Café Social 6:15 Meditation Group</p>	<p>10:00 Resident Council <b>17</b> 2:00 Music with Traci Kennedy  3:00 Café Social 6:30 Indoor Campfire</p>	<p>10:00 Pet Care <b>18</b> 11:00 Church Service 2:00 Bingo 3:00 Café Social 6:30 Friendship Circle</p>	<p>10:30 Travelogue <b>19</b> 11:30 Tone Chime's 2:00 "Name That Tune" Game 3:00 Café Social</p>	<p>10:30 Fun &amp; Fitness <b>20</b> 2:00 Bingo 3:00 Café Social</p>
<p>10:00 Crafty Corner Fun <b>21</b> 2:00 Trivia Fun 3:00 Cafe Social</p>	<p>10:30 News&amp;Events <b>22</b> 10:30 DROM Drumming 2:00 Sing-a-Long with Karen 2:00 Manicure Cart</p>	<p>10:30 Fun &amp; Fitness <b>23</b> 11:00 Men's Music Therapy Group 2:00 Bingo 3:00 Café Social 6:15 Meditation Group</p>	<p>9:30 Indoor Gardening <b>24</b> 10:30 Advance Exercise 2:00 Karaoke Fun 3:00 Café Social 6:15 Movie Night</p>	<p><b>Robbie Burns Day!</b> <b>25</b> 11:00 Church Service 2:00 Bingo 3:00 Robbie Burns Café Social  6:30 Just for Fun Band </p>	<p>10:30 Word Games <b>26</b> 11:30 Tone Chime's 2:00 Music with Walt Lonc  3:00 Café Social</p>	<p>10:30 Fun &amp; Fitness <b>27</b> 12:30 Women's Sign-Up Lunch  2:00 Bingo 3:00 Café Social</p>
<p>10:00 Sunday Devotion Group <b>28</b> 2:00 Baking 3:00 Cafe Social</p>	<p>10:30 News&amp;Events <b>29</b> 2:00 Sing-a-Long with Karen 2:00 Manicure Cart</p>	<p>10:30 Fun &amp; Fitness <b>30</b> 11:00 Men's Music Therapy Group 2:00 Bingo 3:00 Café Social 6:15 Meditation Group</p>	<p>10:30 Advance Exercise <b>31</b> 2:00 Pie the Staff Fundraiser 3:00 Café Social 6:30 Trivia Night</p>	<p><b>Contact Activities if interested in Outings or the Woman's &amp; Men's Sign-Up Meals</b></p>		