



# January 2023

## Marshall Gowland Manor



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Coffee Social 10:00 One to One Visits 2:00 Church Service 	<b>1</b> 9:00 Tasks and Activities 9:30 RC Communion 10:00 Coffee Social 10:00 Hymn Sing 1:00 Tuck Shop Open 1:30 Board Games 6:00 Small Group Program	<b>2</b> 9:00 One to One Visits 10:00 Coffee Social 1:30 Crafts 6:00 Small Group Program 	<b>3</b> 9:00 Neighbourhood Visits 10:00 Coffee Social 1:00 Tuck Shop Open 1:30 BINGO! 6:00 Small Group Program	<b>4</b> 9:00 One to One Visits 10:00 Coffee Social 12:00 East side Marios Luncheon 1:30 Cards 2:30 Group Exercise 6:00 Small Group Program 6:00 Rosary Group 	<b>5</b> 9:00 Spiritual Care Visits 10:00 Coffee Social 1:00 Tuck Shop Open 1:00 Ice Cream Galore 2:00 Pub Hour 	<b>6</b> 10:00 Coffee Social 10:00 Friendly Visits 1:30 Group Program
<b>8</b> 10:00 Coffee Social 10:00 One to One Visits 2:00 Church Service	<b>9</b> 9:00 Tasks and Activities 10:00 Coffee Social 1:00 Tuck Shop Open 1:30 Musical Entertainment featuring Vic & the Campfire Band 6:00 Small Group Program	<b>10</b> 9:00 One to One Visits 10:00 Coffee Social 10:00 Resident's Council 1:15 Music Therapy with Laura 1:30 Library Book Exchange 6:00 Small Group Program 	<b>11</b> 9:00 Neighbourhood Visits 10:00 Coffee Social 1:00 Tuck Shop Open 1:30 BINGO! 6:00 Small Group Program 	<b>12</b> 9:00 One to One Visits 10:00 Coffee Social 1:30 Cards 2:30 Group Exercise 6:00 Small Group Program 6:00 Rosary Group Happy Birthday Fred! 	<b>13</b> 9:00 Spiritual Care Visits 10:00 Coffee Social 10:00 Relaxation Room 1:00 Tuck Shop Open 1:00 Ice Cream Galore 2:00 Pub Hour 	<b>14</b> 10:00 Coffee Social 10:00 Friendly Visits 1:30 Group Program
<b>15</b> 10:00 Coffee Social 10:00 One to One Visits 2:00 Church Service 	<b>16</b> 9:00 Tasks and Activities 10:00 Coffee Social 10:00 Current Events 1:00 Tuck Shop Open 1:30 Recreational Games 6:00 Small Group Program 	<b>17</b> 9:00 One to One Visits 10:00 Coffee Social 1:30 Baking 6:00 Small Group Program Happy Birthday Irene F!	<b>18</b> 9:00 Neighbourhood Visits 10:00 Coffee Social 1:00 Tuck Shop Open 1:30 BINGO! 6:00 Small Group Program	<b>19</b> 9:00 One to One Visits 10:00 Coffee Social 1:30 Kernels Popcorn Social (National Popcorn Day) 2:30 Group Exercise 6:00 Small Group Program 6:00 Rosary Group 	<b>20</b> 9:00 Spiritual Care Visits 10:00 Coffee Social 10:00 Community Outing 1:00 Tuck Shop Open 1:00 Ice Cream Galore 2:00 Pub Hour 	<b>21</b> 10:00 Coffee Social 10:00 Friendly Visits 1:30 Group Program 
<b>22</b> 10:00 Coffee Social 10:00 One to One Visits 2:00 Church Service	<b>23</b> 9:00 Tasks and Activities 10:00 Coffee Social 10:00 Hymn Sing 1:00 Tuck Shop Open 1:30 National Pie Day Social 6:00 Small Group Program Happy Birthday Alexa!	<b>24</b> 9:00 One to One Visits 10:00 Coffee Social 12:00 Midtown Luncheon 1:30 Board Games 6:00 Small Group Program 	<b>25</b> 9:00 Neighbourhood Visits 10:00 Coffee Social 1:00 Tuck Shop Open 1:30 BINGO! 6:00 Small Group Program 	<b>26</b> 10:00 Coffee Social 10:00 Community Outing 1:30 Cards 2:30 Group Exercise 6:00 Small Group Program 6:00 Rosary Group	<b>27</b> 9:00 Spiritual Care Visits 10:00 Coffee Social 10:00 Library Craft Collaboration 1:00 Tuck Shop Open 1:00 Ice Cream Galore 2:00 Pub Hour 	<b>28</b> 10:00 Coffee Social 10:00 Friendly Visits 1:30 Group Program
<b>29</b> 10:00 Coffee Social 10:00 One to One Visits 2:00 Church Service 	<b>30</b> 9:00 Tasks and Activities 10:00 Coffee Social 10:00 Current Events 1:00 Tuck Shop Open 1:30 Musical Entertainment featuring Randy Grey 6:00 Small Group Program	<b>31</b> 9:00 One to One Visits 10:00 Coffee Social 10:00 Inspire Your Heart with Art Day! 1:30 Board Games 6:00 Small Group Program 				