

# January 2025

# Fenwyck Heights



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>LOCATION LEGEND</b> <b>MR-</b> Multi Purpose Room <b>AR-</b> Activity Room <b>DR-</b> Dining Room <b>2<sup>nd</sup></b> – 2 <sup>nd</sup> floor Lounge <b>P</b> – Patio outside Bistro <b>RL-</b> Residents Lounge	<b>5<sup>th</sup></b> – 5 <sup>th</sup> floor Lounge <b>R-</b> Reception <b>T</b> - Terrace <b>B-</b> Bistro	<b>1</b> 	<b>2</b> <b>9:30</b> Math Puzzles (AR) <b>10:30</b> Stretch & Strength (MR) <b>1:30</b> Music and Memories (RL) <b>2:45</b> Word Association (AR)	<b>3</b> <b>9:30</b> Word Search (AR) <b>10:30</b> Exercises (MR) <b>1:30</b> Card Bingo (AR) <b>2:45</b> Pub Afternoon (AR)	<b>4</b> <b>9:30</b> Morning Muffins (AR) <b>10:30</b> Coffee Social (AR) <b>1:30</b> <b>Afternoon Movie- Heaven Is for Real (MR)</b> <b>2:45</b> Shuffleboard (RL)
<b>5</b> 	<b>6</b> <b>9:30</b> Therapeutic Coloring (AR) <b>10:00</b> <b>Pet Therapy (SIGN UP)</b> <b>10:30</b> Word Scramble (AR) <b>1:30</b> Exercise (MR) <b>2:45</b> Scrabble (AR)	<b>7</b> <i>Happy Ukrainian Christmas</i> *No Morning Programs <b>2:00</b> <b>Resident Meeting (MR)</b> <b>3:15</b> Spelling Bee (AR) <b>6:30</b> Don't Say the Word (MR)	<b>8</b> <b>9:30</b> Cranium Crunches (5 <sup>th</sup> ) <b>10:30</b> Ecumenical Service (MR) <b>1:30</b> Bingo (AR) <b>2:00</b> Walking Group (R) <b>2:45</b> Horse Races (MR)	<b>9</b> <b>9:30</b> Brain Quest (RL) <b>10:00</b> Catholic Communion Service (AR) <b>11:00</b> <b>High Park School Visit (MR)</b> <b>1:00</b> <b>Health Presentation: Dementia (MR)</b> <b>1:45</b> Stretch and Strength (MR) <b>2:45</b> Rummy O (AR)	<b>10</b> *No Morning Programs <b>1:30</b> <b>Entertainment: Mike Yaciuk (MR)</b> <b>2:45</b> Salute the King (AR) <b>6:30</b> Gratitude Journal (AR) <b>7:50</b> CPS Singers	<b>11</b> <b>2:45</b> Shuffleboard (RL)
<b>12</b> <b>1:30</b> Music by Classic Country (B)	<b>13</b> <b>9:30</b> Baking (AR) <b>10:30</b> Exercises (MR) <b>1:30</b> Bingo (AR) <b>2:45</b> Crafts (AR)	<b>14</b> <b>9:30</b> Pay and Play (AR) <b>10:30</b> <b>Outing to Boston Pizza (must sign up)</b> <b>1:30</b> Canasta (AR)	<b>15</b> *No Morning Programs <b>1:30</b> Christmas Take Down (AR) <b>6:30</b> Charades (AR)	<b>16</b> <b>9:30</b> Seniors Trivia (AR) <b>11:00</b> <b>High Park School Visit (MR)</b> <b>1:30</b> Stretch & Strength (MR) <b>2:45</b> Name That Tune (2)	<b>17</b> *No Morning Programs <b>1:30</b> Card Bingo (AR) <b>2:45</b> Pub Afternoon (AR) <b>6:30</b> Card Night & 9-hole Showdown (AR)	<b>18</b> <b>2:45</b> Shuffleboard (RL)
<b>19</b> 	<b>20</b> <b>9:30</b> Memory Game (AR) <b>10:30</b> Exercises (MR) <b>1:30</b> Word Scramble (AR) <b>2:45</b> Travel Movie (MR)	<b>21</b> <b>9:30</b> Crosswords (5 <sup>th</sup> ) <b>10:30</b> Math Puzzles (AR) <b>1:30</b> Canasta (AR) <b>1:30</b> Stretch & Strength (MR) <b>2:45</b> Fit Minds (MR) <b>6:30</b> Uno (AR)	<b>22</b> <b>9:30</b> Don't Say the Word (RL) <b>10:30</b> <b>Prescott School Visit (MR)</b> <b>1:30</b> Bingo (AR) <b>3:00</b> Horse Races (MR) <b>6:30</b> Dominoes (AR)	<b>23</b> <b>9:30</b> Mazes (5 <sup>th</sup> ) <b>10:00</b> Catholic Communion Service (AR) <b>11:00</b> <b>High Park School Visit (MR)</b> <b>1:30</b> Stretch & Strength MR) <b>1:30</b> Concentration Game (AR) <b>2:45</b> Mini Golf (MR) <b>6:30</b> Rummy (MR)	<b>24</b> <b>9:30</b> Therapeutic Coloring (5 <sup>th</sup> ) <b>10:30</b> Exercises (MR) <b>1:30</b> Card Bingo (AR) <b>2:45</b> <b>Ice Cream Social (B) (\$3.00 Charge)</b> <b>6:30</b> Music Appreciation (MR)	<b>25</b> <b>9:30</b> Relaxing Hand Masks (AR) <b>10:30</b> Reminiscing with Fresh Bread and Butter (AR) <b>1:30</b> Humor Hour (AR) <b>2:45</b> Shuffleboard (RL)
<b>26</b> <b>1:30</b> Music by Classic Country (B)	<b>27</b> *No Morning Programs <b>1:30</b> Exercises (MR) <b>2:45</b> Big Brain (AR) <b>6:30</b> Games and Visit with the Parkland Rotary Club (MR)	<b>28</b> <b>9:30</b> Short Stories (AR) <b>10:30</b> Stretch & Strength (MR) <b>1:30</b> Canasta (AR) <b>1:30</b> Beanbag Baseball (MR) <b>2:45</b> Fit Minds (MR) <b>6:30</b> Uno (AR)	<b>29</b> <b>9:30</b> Word Scramble (AR) <b>10:30</b> <b>Prescott School Visit (MR)</b> <b>1:30</b> Bingo (AR) <b>2:00</b> Walking Group (R) <b>2:45</b> Horse Races (MR) <b>6:30</b> Crazy 8's (AR)	<b>30</b> <b>9:30</b> Brain Quest (RL) <b>10:30</b> Stretch and Strength (MR) <b>11:00</b> <b>High Park School Visit (MR)</b> <b>1:30</b> <b>Monthly Birthday Party with Entertainment by Sunset Country- All Residents Welcome (MR)</b> <b>6:30</b> Card Night (AR)	<b>31</b> <b>9:30</b> Mazes (5 <sup>th</sup> ) <b>10:30</b> <b>Outing: River Cree (MUST SIGN UP)</b> <b>1:30</b> Card Bingo (AR) <b>2:45</b> Pub Afternoon (AR) <b>6:30</b> An Evening of Music (MR)	

If you have questions about the calendar or programs, please see Joan or Sandy in the Activities office or phone 780-962-6598 ext. 213 or 220