



Gladstone Seniors Residence



January 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities may change on daily basis due to weather, cancellations or last minute changes or additions. Activities are for our residents only.</p>						<p>Clean wheelchairs and walkers (C1)</p>
<p>3 SUNDAY BRUNCH</p> <p>Clean wheelchairs and walkers (C1)</p>	<p>4 9:30 Upper Body</p> <p>2:00 CARD BINGO</p>	<p>5 9:30 Lower Body</p> <p>2:00 YAHTZEE</p>	<p>6 9:30 Upper</p> <p>11:00 ROSARY</p> <p>2:00 WHEEL OF FORTUNE</p>	<p>7 9:30 Lower Body</p> <p>2:00 BINGO</p>	<p>8 9:30 Upper Body</p> <p>2:00 WHIST/CARDS</p>	<p>9 Clean wheelchairs and walkers (C1)</p>
<p>10 SUNDAY BRUNCH</p> <p>Clean wheelchairs and walkers (C1)</p>	<p>11 9:30 Lower Body</p> <p>2:00 CARD BINGO</p>	<p>12 9:30 Upper Body</p> <p>2:00 SNOWBALL FUN</p>	<p>13 9:30 Lower Body</p> <p>11:00 ROSARY</p> <p>2:00 UKRAINE DAY</p>	<p>14 9:30 Upper Body</p> <p>2:00 BINGO</p>	<p>15 9:30 Lower Body</p> <p>2:00 BEAN BAG TOSS</p>	<p>16 Clean wheelchairs and walkers (C1)</p>
<p>17 SUNDAY BRUNCH</p> <p>Clean wheelchairs and walkers (C1)</p>	<p>18 9:30 Upper Body</p> <p>2:00 CARD BINGO</p> <p> Susan</p>	<p>19 9:30 Lower Body</p> <p>2:00 CHARADES</p> <p> Olga Ko.</p>	<p>20 9:30 Upper Body</p> <p>11:00 ROSARY</p> <p>2:00 SHOW AND TELL</p>	<p>21 9:30 Lower Body</p> <p>2:00 BINGO</p>	<p>22 9:30 Upper Body</p> <p>2:00 WHIST/CARDS</p>	<p>23 Clean wheelchairs and walkers (C1)</p>
<p>24 / 31 SUNDAY BRUNCH</p> <p>Clean wheelchairs and walkers (C1)</p>	<p>25 9:30 Lower Body</p> <p>2:00 CARD BINGO</p>	<p>26 9:30 Upper Body</p> <p>2:00 CRAFT</p>	<p>27 9:30 Lower Body</p> <p>11:00 ROSARY</p> <p>2:00 WHEEL OF FORTUNE</p>	<p>28 9:30 Upper Body</p> <p>2:00 BINGO</p> <p>MONTHLY WEIGHTS</p>	<p>29 9:30 Lower Body</p> <p>2:00 BIRTHDAY PARTY</p>	<p>30 Clean wheelchairs and walkers (C1)</p>