



# Gladstone Seniors Residence



# JANUARY 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div style="border: 1px solid black; padding: 5px;">           Activities may change on daily basis due to weather, cancellations or last minute changes or additions.         </div>					1 
2 SUNDAY BRUNCH  10:15 COMMUNION  Clean wheelchairs and walkers (C1)	3 	4 9:30 Lower Body  2:00 YAHTZEE 	5 9:30 Upper Body 10:00 ROSARY 2:00 CARD BINGO 	6 9:30 Lower Body  2:30 FATHER LOUIE	7 9:30 Upper Body  2:00 VISIT A FRIEND	8  Clean wheelchairs and walkers (C1)
9 SUNDAY BRUNCH  10:15 COMMUNION  Clean wheelchairs and walkers (C1)	10 9:30 Lower Body  2:00 BINGO 	11 9:30 Upper Body  2:00 WHEEL OF FORTUNE 	12 9:30 Lower Body  10:00 ROSARY  2:00 REMEMBER WHEN	13 9:30 Upper Body 11:00 ST. MARY'S 2:00 CARD BINGO 	14 9:30 Lower Body  2:00 CARDS and GAMES 	15  Clean wheelchairs and walkers (C1)
16 SUNDAY BRUNCH  10:15 COMMUNION  Clean wheelchairs and walkers (C1)	17 9:30 Upper Body  2:00 CHARADES 	18 9:30 Lower Body 2:00 BINGO  Susan	19 9:30 Upper Body 10:00 ROSARY  2:00 BEAN BAG TOSS Olga Ko.	20 9:30 Lower Body  2:00 PAPER ACTIVITIES	21 9:30 Upper Body  2:00 VISIT A FRIEND	22  Clean wheelchairs and walkers (C1)
23 / 30 SUNDAY BRUNCH  10:15 COMMUNION  Clean wheelchairs and walkers (C1)	24 9:30 Lower Body 2:00 LET'S TALK <hr/> 31 9:30 Upper Body 2:00 CURLING	25 9:30 Upper Body  2:00 BIRTHDAY PARTY 	26 9:30 Lower Body  10:00 ROSARY  2:00 CRAFT	27 9:30 Upper Body  2:00 CARD BINGO  <b>MONTHLY WEIGHTS</b>	28 9:30 Lower Body  2:00 FLING DICE GAME	29  Clean wheelchairs and walkers (C1)