



Gladstone Seniors Residence



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 9:30 Upper Body Strength 2:00 CARD BINGO	3 9:30 Lower Body Strength 2:00 BINGO	4
5 SUNDAY BRUNCH Family and friends welcome 24 hour notice	6 9:30 Upper Body Strength 2:00 CURLING	7 9:30 Lower Body Strength 2:00 BINGO	8 9:30 Upper Body Strength 11:00 ROSARY 2:30 FATHER LOUIE	9 9:30 Lower Body Strength 11:00 ST. MARY'S 2:00 RING TOSS MARY P.	10 9:30 Upper Body Strength 2:00 WHIST	11 PAMPERING YOUR NAILS 	
12 SUNDAY BRUNCH Family and friends welcome 24 hour notice	13 9:30 Lower Body Strength 2:00 UKRAINIAN CHOIR	14 9:30 Upper Body Strength 2:00 WHEEL OF FORTUNE	15 9:30 Lower Body Strength 11:00 ROSARY 2:00 BINGO	16 9:30 Upper Body Strength 2:00 BOWLING	17 9:30 Lower Body Strength 2:00 OYSTRICK BROS.	18 SUSAN P.	
19 SUNDAY BRUNCH Family and friends welcome 24 hour notice	20 9:30 Upper Body Strength 2:00 CRAFT	21 9:30 Lower Body Strength 10:30 Walker clinic with Flaman Fitness 2:00 BINGO	22 9:30 Upper Body Strength 11:00 ROSARY 2:00 TARGET PRACTICE	23 9:30 Lower Body Strength 2:00 MOVIE TIME	24 9:30 Upper Body Strength 2:00 WHIST	25 PAMPERING YOUR NAILS 	
26 SUNDAY BRUNCH Family and friends welcome 24 hour notice	27 9:30 Lower Body Strength 2:00 BINGO	28 9:30 Upper Body Strength 2:00 BIRTHDAY PARTY 	29 9:30 Lower Body Strength 11:00 ROSARY 2:00 BEAN BAG TOSS	30 9:30 Upper Body Strength 2:00 CARD BINGO MONTHLY WEIGHTS	31 9:30 Lower Body Strength 2:00 WINTER SOCIAL		