






January 2024

Shepherd Village Terrace

All programs are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 1:1 Pet Visits with Benji 10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 2:00 HAPPY NEW YEAR SOCIAL/ Traditions, Trivia, Prizes, Fun 4:00 Prayer Group (L) 6:00 MOVIE NIGHT	2 10:00 Physio Group Exercise 11:00 This is Jeopardy! 2:00 BINGO! 3:30 Shuffleboard Game 3:30 Music appreciation/Anne Murray	3 10:00 GROUP EXERCISE 10:30 1:1 Pet Visits with Cloe (room visit) 11:00 30 Minutes Trivia 2:00 SPIRITUAL LIFE / Bible study & Worship with Nancy 3:30 Music appreciation	4 10:00 Physio Group Exercise (MR) 10:00 Physio Group Exercise 11:00 Brain Fitness- Word Game 11:00 Crossword Puzzle 2:00 Live Performance! Carla Gonzales 6:00 MOVIE NIGHT	5 10:00 GROUP EXERCISE 11:00 Brain Fitness- Word Game 2:00 Curling 3:30 Table Games
 7	8 10:00 PHYSIO GROUP EXERCISE 10:30 1:1 Pet Visits with Cloe (room visit) 11:00 Word Game 2:00 SPIRITUAL LIFE / Hymn singing 3:00 Christmas decor clean-up	9 10:00 1:1 Pet Visits with Benji 10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 2:00 BINGO! 4:00 Prayer Group (L) 6:00 MOVIE NIGHT	10 10:00 PHYSIO GROUP EXERCISE 11:00 This is Jeopardy! 2:00 EDUCATION HOUR /Arthritis 3:30 Music appreciation 5:30 Scrabble Club	11 10:00 GROUP EXERCISE 10:30 1:1 Pet Visits with Cloe (room visit) 11:00 Brain Fitness- Trivia 2:00 SPIRITUAL LIFE / Bible study & Worship with Nancy 3:30 Scrabble Club	12 10:00 PHYSIO GROUP EXERCISE 11:00 Crossword Puzzle 2:00 Live Performance! Shannon Graham 3:30 Comedy TV Show 6:00 MOVIE NIGHT 6:30 Game night	13 10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia -MR 2:00 Travelogue to Newfoundland & Labrador 3:30 It's your choice TV show
 14	15 10:00 PHYSIO GROUP EXERCISE 11:00 Word Game 2:00 SPIRITUAL LIFE / Hymn singing 3:30 Table Games - GR	16 10:00 1:1 Pet Visits with Benji 10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 2:00 Remembering a Great Man: Martin Luther King, Jr. 4:00 Prayer Group (L) 6:00 MOVIE NIGHT	17 10:00 PHYSIO GROUP EXERCISE 11:00 This is Jeopardy! 1:30 Arts & Crafts Club 3:30 Shuffleboard Game 5:30 Scrabble Club	18 10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 2:00 SPIRITUAL LIFE / Bible study & Worship with Nancy 3:30 Scrabble Club	19 10:00 PHYSIO GROUP EXERCISE 11:00 Crossword Puzzle 2:30 Live entertainment with Tony 6:00 MOVIE NIGHT 6:30 Game night	20 10:00 GROUP EXERCISE 11:00 Brain Fitness- Word Game 2:00 BINGO! 3:30 Table Games
 21	22 10:00 PHYSIO GROUP EXERCISE 11:00 Word Game 2:00 SPIRITUAL LIFE / Hymn singing 3:30 Shuffleboard Game	23 10:00 1:1 Pet Visits with Benji 10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 2:00 CELEBRATION OF LIFE 4:00 Prayer Group (L) 6:00 MOVIE NIGHT	24 10:00 PHYSIO GROUP EXERCISE 11:00 This is Jeopardy! 2:00 BINGO! 3:30 Music appreciation 5:30 Scrabble Club	25 10:00 GROUP EXERCISE 10:30 1:1 Pet Visits with Cloe (room visit) 11:00 Brain Fitness- Trivia 2:00 SPIRITUAL LIFE / Bible study & Worship with Nancy 3:30 Scrabble Club in the Game room	26 10:00 PHYSIO GROUP EXERCISE 11:00 Crossword Puzzle 2:00 Live Performance! Jessica Wilson 3:30 Comedy TV Show 6:00 MOVIE NIGHT 6:30 Game night	27 10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia -MR 2:00 FAMILY FEUD! 3:30 It's your choice TV show
 28	29 10:00 PHYSIO GROUP EXERCISE 11:00 Word Game 2:00 SPIRITUAL LIFE / Hymn singing 3:30 Table Games	30 10:00 1:1 Pet Visits with Benji 10:00 GROUP EXERCISE 11:00 Brain Fitness- Trivia 2:00 BINGO! 4:00 Prayer Group (L) 6:00 MOVIE NIGHT	31 10:00 PHYSIO GROUP EXERCISE 11:00 This is Jeopardy! 1:30 Arts & Crafts Club 3:30 Shuffleboard Game 5:30 Scrabble Club	