

January 2023

Monday – Friday Daily Events

Newspaper & Mail Delivery
Coffee Cart Or Coffee & Chat
Bird Care and Fish Care
Midday Bingo Draw
One-to-One & Room Visits



Celebrating Birthdays This Month













Bob McCashion Jan. 9 1939

Suzanne Reid Jan. 11 1947

Vincent Smith Jan. 18 1945



Any calendar changes will be posted on the bulletin boards. For more information contact [Willee](mailto:Willee@whiterapidsmanor.nb.ca) at 368-6509 or activity@whiterapidsmanor.nb.ca

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 	3 Holiday Clean up 2:00 Bingo	4 Holiday Clean Up 1:30 Movie Wyatt Earp PG13 	5 Holiday Clean Up 1:00 Muddy Hands Daycare Visit & Bingo 3:00 Fun with Dice Games , one to one	6 11:00 Trivia & Quiz 1:00 Reading in Living Room 3:00 One to One Crafts : Simple Dolls	7 Weekend!! 
8 2:00 Smythe Street Church (online services) 📍	9 10:30 Baking with Jill Brownies 2:30 Country Drive- *Weather Permitting 	10 11:00 Memory Games 1:15 One to One Word Games 2:00 Bingo	11 10:30 Tri County Bowling Bus Outing 1:15 Reading Stuart Mclean stories 2:00 Special Guest Singer Donna Davernport	12 11:00 What's in the News this Week 1:00 Pet Therapy Mary Wood & Joy 2:00 Manicure and Massage	13 11:00 Bible Reading /Spiritual Stories 1:15 Group Chat - Winter Wonders and Woes , your stories	14 
15 2:00 Catholic Daily Mass (online services) 📍	16 11:00 Move to the Music 1:00-One on One 2:30- Cards- Crazy 8s  4:00- Hangman/Tic	17 11:00 Chair Exercise 1:15 Group Chat "now & then " 2:00 Bingo	18 11:00 Trivia Challenge 1:00 Pet Therapy Mary Wood & Joy 2:00 Movie The Firm PG Tom Cruise	19 1:15 Reading Corner : Stuart Mclean 2:00 Special Guest Singer: Frank Hartt	20 Manor Market 2:00 pm 	21 
22 2:00 Service by Pastor Jim and Evelyn Harrison in Activity Room 📍 Chinese New Year !	23 11:00 Chair Exercise 2:30 Country Drive- *Weather Permitting 	24 11:00 Trivia Games 1:15 Reading Corner : Stuart McLean 2:00 Bingo	25 10:30 Tri County Bowling Bus Outing 1:15 News and Views Discussion 2:00 Craft Club Abstract Painting	26 11:00 Current Events/ News 2:00 Special Guest Fiddler David Nielson	27 11:00 Bible Reading/ Spiritual Stories 1:30 Resident Council 2:30 Fruit of the Month :Pineapple	28  HAVE A NICE AND RELAXING WEEKEND!
29 2:00 Anglican Church Service in Activity Room 📍	30 10:00 Baking with Jill- Pineapple Cheesecake 11:00 Story Time 2:00 Card Bingo 4:00- Games In Living Room	31 11:00 Current Events / Reading 1:15 One to One Games 2:00 Bingo	 <h1>JANUARY</h1>			

7 PILLARS OF WELLNESS:

🌍 Environmental

🧘 Physical

💡 Intellectual

🏠 Vocational

🌱 Emotional

👥 Social

🕯 Spiritual