

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2019

"To read a poem in January is as lovely as to go for a walk in June."



New Year's Day

<p>10:15 Lets Solve Riddles 12:00 Colouring Club 2:30 Name That Tune!</p>	<p>6 Medical App. Van(sign up) 9:30 Tai Chi - FA 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:00 Shuffleboard 2:30 Colouring Club-B 4:00 Billiards-MPR 7:15 Piano w/ Ben</p>	<p>1 HAPPY NEW YEAR 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 11:30 Swiss Chalet Lunch Outing (sign up) 2:00 Simply Stretch-FA 2:30 Word Games 3:00 Pump it up-FA 4:00 Happy Hour-Bar</p> 	<p>2 9:30 Chair Yoga-FA 10:15 Pump it up-FA 10:45 Peddler Class-FA 2:30 Resident Town Hall 4:00 Singing Club 5:00 Steak Club (sign up) 5:00 Shuffleboard 7:00 Bean Bag Toss 7:30 Aquafit-pool</p>	<p>3 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 11:00 Skip-Bo 2:00 Hot Wax Therapy-FA 3:00 Seated Groovin-FA 4:00 Happy Hour-Bar 5:00 Billiards 7:00 Name That Tune!</p>	<p>4 9:30 Movement Matters 10:15 Tai Chi-FA 10:45 Bone Building Class 11:00 Billiards 2:00 Foot Doctor 3:30 Shuffleboard 7:00 Movie Night - FL</p> 	<p>5 9:00 Breakfast Club (sign up) 11:00 Bingo 2:00 Pictionary 3:00 Trivia</p>
<p>10:15 Morning Horoscopes 12:00 Skip Bo 2:30 Arts & Crafts</p> 	<p>13 Medical App. Van(sign up) 9:30 Tai Chi - FA 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:00 Shuffleboard 2:30 Colouring Club-B 4:00 Billiards-MPR</p>	<p>14 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 11:00 St. Jukes Anglican Service - MPR 2:00 Simply Stretch-FA 2:30 Scrabble 3:00 Pump it up-FA 4:00 Happy Hour-Bar</p>	<p>15 9:30 Chair Yoga-FA 10:15 Pump it up-FA 10:45 Peddler Class-FA 2:30 Java Music Club-MPR 3:30 Colouring Club 5:00 Billiards 5:00 Steak Club (sign up) 7:00 Hot Chocolate Social 7:30 Aquafit-pool</p> 	<p>16 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 2:00 Hot Wax Therapy-FA 2:30 Wal-Mart Outing (sign up) 3:00 Seated Groovin-FA 4:00 Happy Hour-Bar 5:00 Scrabble 7:00 Ladder Toss</p>	<p>17 9:30 Movement Matters 10:15 Tai Chi-FA 10:45 Bone Building Class 11:00 Billiards 2:30 Women's Social 3:30 Singing Club 7:00 Movie Night - FL</p>	<p>18 9:00 Breakfast Club (sign up) 11:00 Bingo 2:00 Arts & Crafts 3:00 Trivia</p> 
<p>10:15 Scrabble 12:00 Word Games 2:30 Table Pong</p>	<p>20 Medical App. Van(sign up) 9:30 Tai Chi - FA 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:00 Shuffleboard 2:30 Colouring Club-B 4:00 Billiards-MPR</p>  <p>Martin Luther King Day Tu B'Shevat</p>	<p>21 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 11:00 Bean Bag Toss 2:00 Simply Stretch-FA 2:30 Coffee & Cookies 3:00 Pump it up-FA 4:00 Happy Hour-Bar</p>	<p>22 9:30 Chair Yoga-FA 10:15 Pump it up-FA 10:45 Peddler Class-FA 2:30 Java Music Club-MPR 3:30 Coloring Club 5:00 Billiards 7:00 Bingo 7:30 Aquafit-pool</p>	<p>23 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 11:00 Bible Study 2:00 Hot Wax Therapy-FA 2:30 Wal-Mart Outing (sign up) 3:00 Seated Groovin-FA 4:00 Happy Hour-Bar 5:00 Trivia Hour 7:00 Word Games</p>	<p>24 9:30 Movement Matters 10:15 Tai Chi-FA 10:45 Bone Building Class 11:00 SJF Catholic Rosary Prayer & Communion-MPR 2:30 Robbie Burns Day Party/Birthday Party 7:00 Movie Night - FL</p>	<p>25 9:00 Breakfast Club (sign up) 11:00 Bingo 2:00 Word Games 3:00 Afternoon Movie</p>
<p>10:15 Bean Bag Toss 12:00 Shuffleboard 2:30 Name That Sound</p>	<p>27 Medical App. Van(sign up) 9:30 Tai Chi - FA 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:00 Shuffleboard 2:00 Musicfest Singing Group 4:00 Billiards-MPR</p> <p>Australia Day (observed)</p>	<p>28 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 11:00 Bean Bag Toss 2:00 Simply Stretch-FA 2:30 Scrabble 3:00 Pump it up-FA 4:00 Happy Hour-Bar</p>	<p>29 9:30 Chair Yoga-FA 10:15 Pump it up-FA 10:45 Peddler Class-FA 2:30 Java Music Club-MPR 3:30 Trivia Hour 5:00 Daily Horoscope Reading 5:00 Steak Club (sign up) 7:00 Name That Tune 7:30 Aquafit-pool</p>	<p>30 9:15 Falls Prevention-FA 10:00 Falls Prevention-FA 2:00 Hot Wax Therapy-FA 2:30 Music Movement w/ Sheryl 3:00 Seated Groovin-FA 4:00 Happy Hour-Bar 5:00 Skip - Bo 7:00 Pictionary</p> 	 <p>Bramalea Retirement Residence 30 Peel Centre Drive Brampton ON L6T 4G3 For activity information please contact Ashley 905-790-7900 ext.105, ashley@BramaleaRR.com</p>	

MPR- Multi Purpose Room AL- Atrium Lounge GA- Garden Atrium SA- Shuffle Board Room B- Bistro FA- Fitness Area R-Reception FL- Fireplace Lounge.