



January 2025

Southbridge London

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CHERRY Suites <i>Activity Aide ~ Amir</i> <i>sblprograms@southbridgecare.com</i> <i>ext. 2021</i>			<u>New Year's Day</u> 1 2:15 New Year's Art Afternoon	2 10:30 Poet Tree 2:15 Trivia Puzzles	3 10:00 Pet Therapy Visits 10:15 Colouring 1:30 Physio Group Exercises (Willow) 2:00 Movie Matinee: Momma Mia!	4 10:30 Java Music 2:15 Snowbird Painting 3:15 Physio Group Exercises (Willow)
5 10:30 Virtual Church Service 2:15 Indoor Bowling	6 10:30 Inspire 11:00 Physio Group Exercises (Cherry) 2:15 Colouring 2:30 Memory Lane Room Visits	7 10:30 Chapel Service with Chris 1:30 Physio Group Exercises (Willow) 1:30 Pet Therapy Visits 2:15 Christmas Tree Take Down	8 10:15 Java Memory Cherry 11:00 Physio Group Exercises (Cherry) 2:15 Music by Tara Dunphy	9 10:15 Manicures 10:30 Drum Circle 2:15 BINGO	10 10:15 Townhall Meeting 10:30 Trivia: January 1:30 Physio Group Exercises (Willow) 2:15 Men's Club	11 10:30 Java Music 2:15 Bingo 3:15 Physio Group Exercises (Willow)
12 10:30 Virtual Church Service 2:15 What's Cooking?	13 10:15 Axe Throw 11:00 Physio Group Exercises (Cherry) 2:15 Dice Game: Left, Right, Centre	14 10:15 BINGO 1:30 Physio Group Exercises (Willow) 1:30 Pet Therapy Visits 2:15 Manicures	15 10:15 Java Memory Cherry 11:00 Physio Group Exercises (Cherry) 2:15 Piano Music with Craig Hancock	16 10:00 Catholic Mass 2:15 Colouring	17 <u>Visiting Library</u> 10:00 Pet Therapy Visits 10:15 Trivia: General Knowledge 1:30 Physio Group Exercises (Willow) 2:15 Crafts	18 10:30 Java Music 2:15 You Say It We Play It Afternoon 3:15 Physio Group Exercises (Willow)
19 10:30 Virtual Church Service 2:15 Basketball Toss	20 <u>Martin Luther King Jr. Day</u> 11:00 Physio Group Exercises (Cherry) 2:15 TV Classics 2:30 Memory Lane Room Visits	21 10:30 Chapel Service with Chris 1:30 Physio Group Exercises (Willow) 1:30 Pet Therapy Visits 2:15 BINGO	22 11:00 Physio Group Exercises (Cherry) 2:15 Tropical Luau Social 5:15 Dinner Program: Chinese Food	23 10:00 Catholic Communion 10:45 Walks 2:15 Bean Bag Toss	24 10:15 Trivia: Music 1:30 Physio Group Exercises (Willow) 2:15 French Fry-Day	25 10:30 Java Music 2:15 Chinese Lantern Craft 3:15 Physio Group Exercises (Willow)
26 10:30 Virtual Church Service 2:15 What's Cooking?	27 10:15 Magnetic Darts 11:00 Physio Group Exercises (Cherry) 2:15 Cherry Birthday Party	28 9:45 Food Advisory & Residents' Council Meeting 10:30 Manicure Social 1:30 Physio Group Exercises (Willow) 1:30 Pet Therapy Visits 2:15 BINGO 7:00 Celebration of Life Service	29 <u>Chinese New Year's Day</u> 10:15 Java Memory Cherry 11:00 Physio Group Exercises (Cherry) 2:15 Chinese Tea Party	30 10:15 Trivia Puzzles 2:15 Documentary: The Traditions of Chinese New Year	31 8:45 Breakfast Club 10:00 Pet Therapy Visits 1:30 Physio Group Exercises (Willow) 2:15 Needle & Thread Afternoon	All programs are subject to change Programs in BLUE are located on the main floor Activity Room


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MAPLE Suites <i>Activity Aide ~ Penny</i> <i>sblprograms@southbridgecare.com</i> <i>ext. 2021</i>			<u>New Year's Day</u> 1 2:15 New Year's Art Afternoon	2 10:30 Poet Tree 11:00 Physio Group Exercises (Maple) 2:15 BINGO	3 10:00 Pet Therapy Visits 10:15 Colouring 2:15 Movie Matinee: Momma Mia!	4 10:30 Java Music 1:30 Physio Group Exercises (Maple) 2:15 Snowbird Painting
5 10:30 Virtual Church Service 2:15 Indoor Bowling	6 10:15 2024: A Year in Review 1:30 Physio Group Exercises (Oak) 2:15 Sing-A-Long on TV	7 10:30 Chapel Service with Chris 11:00 Physio Group Exercises (Oak) 1:30 Pet Therapy Visits 3:15 Christmas Tree Take Down	8 <u>Birth of Elvis Presley(1935-1977)</u> 10:30 Java Memory Maple 2:15 Elvis Presley (Documentary) 2:15 Music by Tara Dunphy	9 10:30 Drum Circle 10:45 January Trivia 11:00 Physio Group Exercises (Maple) 2:15 TV Classics	10 10:15 Bingo 11:15 Sing-Along: You Say It, We Play It 2:15 Reminiscing Group 2:15 Men's Club	11 10:30 Java Music 1:30 Physio Group Exercises (Maple) 2:15 Bingo
12 10:30 Virtual Church Service 2:15 What's Cooking?	13 10:45 Whiteboard Word Games 1:30 Physio Group Exercises (Oak) 2:15 Art Galleries (Documentary)	14 10:15 Manicures 11:00 Physio Group Exercises (Oak) 1:30 Pet Therapy Visits 2:15 Dice Game: Left, Right, Centre	15 10:15 Java Memory Maple 2:15 Piano Music with Craig Hancock	16 10:00 Catholic Mass 11:00 Physio Group Exercises (Maple) 2:15 Memory Lane Room Visits 2:30 Hymn Sing	17 <u>Visiting Library</u> 10:00 Pet Therapy Visits 10:15 Bingo 11:15 Townhall Meeting 2:15 Game: Aggravation	18 10:30 Java Music 1:30 Physio Group Exercises (Maple) 2:15 You Say It We Play It Afternoon
19 10:30 Virtual Church Service 2:15 Basketball Toss	20 <u>Martin Luther King Jr. Day</u> 10:00 Inspire 1:30 Physio Group Exercises (Oak) 2:15 Martin Luther King Documentary	21 10:30 Chapel Service with Chris 11:00 Physio Group Exercises (Oak) 1:30 Pet Therapy Visits 2:15 Manicures	22 2:15 Tropical Luau Social 5:15 Dinner Program: Chinese Food	23 10:00 Catholic Communion 10:45 Walks 11:00 Physio Group Exercises (Maple) 2:15 January Birthday Party	24 10:15 Bingo 11:15 Sing-Along: You Say It, We Play It 2:15 French Fry-Day	25 10:30 Java Music 1:30 Physio Group Exercises (Maple) 2:15 Chinese Lantern Craft
26 10:30 Virtual Church Service 2:15 What's Cooking?	27 10:15 Wheel of Fortune 1:30 Physio Group Exercises (Oak) 2:15 Yoga/Meditation	28 9:45 Food Advisory & Residents' Council Meeting 10:15 Manicures 11:00 Physio Group Exercises (Oak) 1:30 Pet Therapy Visits 2:15 Chicken Soup for the Soul 7:00 Celebration of Life Service	29 <u>Chinese New Year's Day</u> 10:15 The Traditions of Chinese New Year (Documentary) 2:15 Chinese Tea Party	30 11:00 Physio Group Exercises (Maple) 2:15 TV Classics 2:30 Memory Lane Room Visits	31 8:45 Breakfast Club 10:00 Pet Therapy Visits 10:30 Bingo 11:30 Sing-Along: You Say It, We Play It 2:15 Needle & Thread Afternoon	All programs are subject to change Programs in BLUE are located on the main floor Activity Room


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<p>OAK Suites <i>Activity Aides ~ Katie & Teresa</i> <i>sblprograms@southbridgecare.com</i> <i>ext. 2021</i></p>			<p><u>New Year's Day</u> 1 2:15 <u>New Year's Art Afternoon</u> 6:00 Sing-a-long with Katie</p>	<p>2 10:30 <u>Poet Tree</u> 10:30 BINGO 11:00 Physio Group Exercises (Maple) 2:15 Christmas Tree Take Down 6:00 Musical Ball Toss</p>	<p>3 10:00 Pet Therapy Visits 10:15 TV Classics 2:15 TV Matinee: America's Funniest Videos</p>	<p>4 10:30 <u>Java Music</u> 1:30 Physio Group Exercises (Maple) 2:15 <u>Snowbird Painting</u></p>
<p>10:30 Virtual Church Service 5 2:15 <u>Indoor Bowling</u></p>	<p>6 10:15 Manicures 1:30 Physio Group Exercises (Oak) 2:15 Montessori 6:00 Sing-a-long with Katie</p>	<p>7 10:30 <u>Chapel Service with Chris</u> 11:00 Physio Group Exercises (Oak) 1:30 Pet Therapy Visits 2:15 Colour Your World 2:30 Hymn Sing 6:00 Balloon Baseball</p>	<p>8 10:15 Java Memory Oak 2:15 <u>Music by Tara Dunphy</u> 6:00 Movie Matinee</p>	<p>9 10:15 BINGO 10:30 <u>Drum Circle</u> 11:00 Physio Group Exercises (Maple) 2:15 Name that Tune 6:00 Magnetic Darts</p>	<p>10 10:15 Puzzles 2:15 Men's Club 6:00 Karaoke Night</p>	<p>11 10:30 <u>Java Music</u> 1:30 Physio Group Exercises (Maple) 2:15 <u>Bingo</u> 6:00 Ball Toss</p>
<p>10:30 Virtual Church Service 12 2:15 <u>What's Cooking?</u> 6:00 Cute Animal Videos</p>	<p>13 1:30 Physio Group Exercises (Oak) 2:15 Manicures 6:00 Montessori</p>	<p>14 10:15 Sensory Visits 11:00 Physio Group Exercises (Oak) 1:30 Pet Therapy Visits 2:15 Oak Birthday Party 6:00 Indoor Bowling</p>	<p>15 10:15 Java Memory Oak 2:15 <u>Piano Music with Craig Hancock</u> 6:00 What's Your Favourite?</p>	<p>16 10:00 <u>Catholic Mass</u> 11:00 Physio Group Exercises (Maple) 2:15 BINGO 6:00 Sing-a-long with Katie</p>	<p>17 <u>Visiting Library</u> 10:00 Pet Therapy Visits 10:15 Puzzles 2:15 Sensory Visits 6:00 Karaoke Night</p>	<p>18 10:30 <u>Java Music</u> 1:30 Physio Group Exercises (Maple) 2:15 <u>You Say It We Play It Afternoon</u></p>
<p>10:30 Virtual Church Service 19 2:15 <u>Basketball Toss</u></p>	<p><u>Martin Luther King Jr. Day</u> 20 10:15 Manicures 1:30 Physio Group Exercises (Oak) 2:15 Montessori 5:15 <u>Dinner Program: Chinese Food</u></p>	<p>21 10:30 <u>Chapel Service with Chris</u> 11:00 Physio Group Exercises (Oak) 1:30 Pet Therapy Visits 2:15 Movie Matinee 6:00 Sing-a-long with Katie</p>	<p>22 10:15 Java Memory Oak 2:15 <u>Tropical Luau Social</u> 6:15 Ball Toss</p>	<p>23 10:00 <u>Catholic Communion</u> 10:30 BINGO 11:00 Physio Group Exercises (Maple)</p>	<p>24 10:15 Puzzles 2:15 <u>French Fry-Day</u> 6:00 Karaoke Night</p>	<p>25 10:30 <u>Java Music</u> 1:30 Physio Group Exercises (Maple) 2:15 <u>Chinese Lantern Craft</u> 6:00 Travelogue to China</p>
<p>10:30 Virtual Church Service 26 2:15 <u>What's Cooking?</u> 6:00 Balloon Baseball</p>	<p>27 10:15 Manicures 1:30 Physio Group Exercises (Oak) 2:15 Finish That Phrase 6:00 Basketball</p>	<p>28 10:15 Sensory Visits 11:00 Physio Group Exercises (Oak) 1:30 Pet Therapy Visits 2:15 Memory Lane Room Visits 7:00 <u>Celebration of Life Service</u></p>	<p><u>Chinese New Year's Day</u> 29 10:15 Java Memory Oak 2:15 <u>Chinese Tea Party</u> 6:00 Closet Makeovers</p>	<p>30 10:15 BINGO 11:00 Physio Group Exercises (Maple) 2:15 Montessori 6:00 Sing-a-long with Katie</p>	<p>31 8:45 <u>Breakfast Club</u> 10:00 Pet Therapy Visits 2:15 <u>Needle & Thread Afternoon</u> 6:00 Karaoke Night</p>	<p>All programs are subject to change Programs in BLUE are located on the main floor Activity Room</p>


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PINE Suites <i>Activity Aide ~ Hillary</i> <i>sblprograms@southbridgecare.com</i> <i>ext. 2021</i>			<u>New Year's Day</u> 1 10:15 BINGO 2:15 New Year's Art Afternoon	2 10:30 Poet Tree 10:30 Manicure Social 1:30 Physio Group Exercises (Pine) 2:15 Walks	3 10:00 Pet Therapy Visits 10:15 Winter Colouring 11:00 Physio Group Exercises (Pine) 2:15 Movie Matinee: Snow Buddies	4 10:30 Java Music 2:15 Snowbird Painting	
5 10:30 Virtual Church Service 2:15 Indoor Bowling	6 10:15 Crafts 11:15 Christmas Tree Take Down 2:15 Pine Birthday Party		7 10:30 Chapel Service with Chris 1:30 Pet Therapy Visits 2:15 Trivia Afternoon: Elvis 3:00 Townhall Meeting	8 10:15 BINGO 1:30 Physio Group Exercises (Pine) 2:15 Music by Tara Dunphy	9 10:30 Drum Circle 1:30 Physio Group Exercises (Pine) 2:15 Hymn Sing	10 10:15 Java Memory 11:00 Physio Group Exercises (Pine) 2:15 Men's Club 2:15 Manicure Social	11 10:30 Java Music 2:15 Bingo
12 10:30 Virtual Church Service 2:15 What's Cooking?	13 10:15 Colouring 2:15 TV Classics		14 10:15 Reading Nook 1:30 Pet Therapy Visits 2:15 Trivia Afternoon: General Knowledge	15 10:15 BINGO 1:30 Physio Group Exercises (Pine) 2:15 Piano Music with Craig Hancock	16 10:00 Catholic Mass 10:45 Walks 1:30 Physio Group Exercises (Pine) 2:15 Axe Throw	17 <u>Visiting Library</u> 10:00 Pet Therapy Visits 10:15 Java Memory 11:00 Physio Group Exercises (Pine) 2:15 Manicure Social	18 10:30 Java Music 2:15 You Say It We Play It Afternoon
19 10:30 Virtual Church Service 2:15 Basketball Toss	<u>Martin Luther King Jr. Day</u> 20 2:15 Crafts 5:15 Dinner Program: Chinese Food		21 10:30 Chapel Service with Chris 1:30 Pet Therapy Visits 2:15 Trivia Afternoon: Music	22 10:15 BINGO 1:30 Physio Group Exercises (Pine) 2:15 Tropical Luau Social	23 10:00 Catholic Communion 10:45 Hymn Sing 1:30 Physio Group Exercises (Pine) 2:15 TV Classics 2:30 Memory Lane Room Visits	24 10:15 Java Memory 11:00 Physio Group Exercises (Pine) 2:15 French Fry-Day	25 10:30 Java Music 2:15 Chinese Lantern Craft
26 10:30 Virtual Church Service 2:15 What's Cooking?	27 2:15 TV Classics 2:30 Memory Lane Room Visits		28 9:45 Food Advisory & Residents' Council Meeting 1:30 Pet Therapy Visits 2:15 Trivia/Fun Facts: China 7:00 Celebration of Life Service	<u>Chinese New Year's Day</u> 29 10:15 BINGO 1:30 Physio Group Exercises (Pine) 2:15 Chinese Tea Party	30 10:15 Reading Nook 1:30 Physio Group Exercises (Pine) 2:15 Manicure Social	31 8:45 Breakfast Club 10:00 Pet Therapy Visits 11:00 Physio Group Exercises (Pine) 2:15 Needle & Thread Afternoon	All programs are subject to change Programs in BLUE are located on the main floor Activity Room

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Southbridge London

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WILLOW Suites <i>Activity Aide ~ Russlyn</i> <i>sblprograms@southbridgecare.com</i> <i>ext. 2021</i>			<u>New Year's Day</u> 1 10:15 Java Memory Willow 2:15 New Year's Art Afternoon	2 10:15 Manicure Social 10:30 Poet Tree 2:15 Trivia: January	3 10:00 Pet Therapy Visits 10:15 Winter Colouring 1:30 Physio Group Exercises (Willow) 2:00 Movie Matinee: Flubber	4 10:30 Java Music 2:15 Snowbird Painting 3:15 Physio Group Exercises (Willow)
5 10:30 Virtual Church Service 2:15 Indoor Bowling	6 10:15 Manicure Social 11:00 Physio Group Exercises (Cherry) 2:15 BINGO 3:00 Townhall Meeting	7 10:30 Chapel Service with Chris 1:30 Physio Group Exercises (Willow) 1:30 Pet Therapy Visits 2:15 Christmas Tree Take Down	8 <u>Birth of Elvis Presley(1935-1977)</u> 10:15 Java Memory Willow 11:00 Physio Group Exercises (Cherry) 2:15 Music by Tara Dunphy	9 10:15 Walks 10:30 Drum Circle 2:15 Trivia: Elvis	10 1:30 Physio Group Exercises (Willow) 2:15 Men's Club 2:15 Book Club 3:15 Memory Lane Room Visits	11 10:30 Java Music 2:15 Bingo 3:15 Physio Group Exercises (Willow)
12 10:30 Virtual Church Service 2:15 What's Cooking?	13 10:15 Manicure Social 11:00 Physio Group Exercises (Cherry) 2:15 BINGO	14 10:30 Inspire 1:30 Physio Group Exercises (Willow) 1:30 Pet Therapy Visits 2:15 TV Classics 2:30 Memory Lane Room Visits	15 10:15 Java Memory Willow 11:00 Physio Group Exercises (Cherry) 2:15 Piano Music with Craig Hancock	16 10:00 Catholic Mass 10:45 Walks 2:15 Trivia: General Knowledge	17 <u>Visiting Library</u> 10:00 Pet Therapy Visits 10:15 Crafts 1:30 Physio Group Exercises (Willow) 2:15 Axe Throw	18 10:30 Java Music 2:15 You Say It We Play It Afternoon 3:15 Physio Group Exercises (Willow)
19 10:30 Virtual Church Service 2:15 Basketball Toss	<u>Martin Luther King Jr. Day</u> 20 11:00 Physio Group Exercises (Cherry) 2:15 BINGO 5:15 Dinner Program: Chinese Food	21 10:30 Chapel Service with Chris 1:30 Physio Group Exercises (Willow) 1:30 Pet Therapy Visits 2:15 Dice Game: Left, Right, Centre	22 10:15 Java Memory Willow 11:00 Physio Group Exercises (Cherry) 2:15 Tropical Luau Social	23 10:00 Catholic Communion 10:45 Manicure Social 2:30 Willow Birthday Party	24 1:30 Physio Group Exercises (Willow) 2:15 French Fry-Day	25 10:30 Java Music 2:15 Chinese Lantern Craft 3:15 Physio Group Exercises (Willow)
26 10:30 Virtual Church Service 2:15 What's Cooking?	27 10:15 Manicure Social 11:00 Physio Group Exercises (Cherry) 2:15 BINGO	28 9:45 Food Advisory & Residents' Council Meeting 1:30 Physio Group Exercises (Willow) 1:30 Pet Therapy Visits 2:15 TV Classics 2:30 Memory Lane Room Visits 7:00 Celebration of Life Service	<u>Chinese New Year's Day</u> 29 10:15 Java Memory Willow 11:00 Physio Group Exercises (Cherry) 2:15 Chinese Tea Party	30 10:00 Hymn Sing 10:15 Walks 2:15 Trivia/Fun Facts: China	31 8:45 Breakfast Club 10:00 Pet Therapy Visits 1:30 Physio Group Exercises (Willow) 2:15 Needle & Thread Afternoon	All programs are subject to change Programs in BLUE are located on the main floor Activity Room