

# January

## 2019

Tuesday	Wednesday	Thursday	Friday
1 	2 10:00 Coffee & Social 11:00 Let's Create 12:00 Lunch 12:30 Trivia 1:00 Fitness with Andrew 2:00 Brain Games	3 10:00 Coffee & Social 10:30 <b>Community Outing:</b> Movie Matinee 2:00 Board & Card Games	4 10:00 Coffee & Social 10:30 <b>Community Outing:</b> Aviation Museum  *please bring a cold lunch*
8 10:00 Coffee & Social 10:30 Let's Create 11:30 Lunch 12:00 <b>Swimming @ Richcraft</b>	9 10:00 Coffee & Social 11:00 Art Projects 12:00 Lunch 12:30 Trivia 1:00 Fitness with Andrew 2:00 Bingo	10 10:00 Coffee & Social 11:00 <b>Renfrew Day Program</b> <b>Visiting Us</b> 12:00 Lunch 1:00 Board, Card, Trivia & Minute to Win It Games	11 10:00 Coffee & Social 10:30 <b>Community Outing:</b> St. Albert Cheese Factory  *please bring a cold lunch or money*
15 10:00 Coffee & Social 10:30 Bingo 11:30 Lunch 12:00 <b>Swimming @ Richcraft</b>	16 10:00 Coffee & Social 11:00 Bingo 12:00 Lunch 12:30 Trivia 1:00 Fitness with Andrew 2:00 Board & Card Games	17 10:00 Coffee & Social 10:30 <b>Community Outing:</b> St. Albert Cheese Factory *please bring a cold lunch or money to purchase lunch*	18 10:00 Coffee & Social 10:30 <b>Community Outing:</b> Movie Matinee  1:30 Board & Card Games
22 10:00 Coffee & Social 10:30 Art Projects 11:30 Lunch 12:00 <b>Swimming @ Richcraft</b>	23 10:00 Coffee & Social 11:00 Let's Create: Happy Birthday Orest 12:00 Lunch 12:30 Trivia 1:00 Fitness with Andrew	24 10:00 Coffee & Social 10:30 <b>Community Outing:</b> Aviation Museum *please bring a cold lunch or money to purchase lunch*	25 <b>Evening Program</b> 4:00 Coffee & Social 5:00 Let's Create: Dinner 7:00 <b>Community Outing:</b> Absolute Comedy
29 10:00 Coffee & Social 10:30 Lets Create 11:30 Lunch 12:00 <b>Swimming @ Richcraft</b>	30 10:00 Coffee & Social 11:00 Art Projects 12:00 Lunch 12:30 Trivia 1:00 Fitness with Andrew 2:00 Brain games	31 10:00 Coffee & Social 11:00 Bingo 12:00 Lunch 12:30 <b>Community Outing:</b> Little Rays Reptile Zoo	

### Special Events:

Jan 1: New Year's Day  
Jan 21: Happy Birthday Orest  
Jan 21: Martin Luther King Day

### Tuesday- Friday

10:00am- 3:00 pm  
356-D Woodroffe Ave.  
Ottawa, ON  
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Krista Bolger

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