

Legend:
 B = basement
 G = garden
 1 = 1st floor
 V = Various areas



Activities Program Calendar: January 2023

Tuck Shop: Front Foyer
 Tuesdays at 11:30am

Hair Dresser: B
 Fridays (please sign up) Monday-Friday at 10:00am

Exercise: (1/B)
 Daily at 1:00pm

Movie: (1)
 Thursdays at 1:00pm

Latvian Centre Zoom: (1)
 Fridays at 3:30pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 Happy New Year! 10:00 Coffee & Reading Club w/ Larisa -B 11:00 TV Church Service - 1 2:30 News Years Day Discussion - 1</p>	<p>2 10:00 1:1 Visits - V 2:30 Fruit, Tea & Current Events w/Jessica – B 2:45 Puzzle Corner - 1 6:00 Bedside Activities – V</p>	<p>3 10:45 Latvian Sing-a-long-1 2:30 Hand Spa – 1 2:45 Colouring Group w/Sarah - 1 6:00 Hand Massage - 1</p>	<p>4 Trivia Day! 10:40 Resident’s Program Planning February- B 10:45 Walking Club - 1 2:30 Trivia Fun w/ Dace-B 6:00 One to One Visits - V</p>	<p>5 10:40 Latvian Newspaper Reading & Discussion - B 2:30 Happy Hour w/Larisa-B 6:00 TV Game Shows - 1</p>	<p>6 11:00 Walking W/Music - I 2:30 Celebrating Elvis: Concert - 1 6:00 Movie Night - 1</p>	<p>7 10:00 Games Day: Bean Bag Toss-1 2:30 Afternoon Movie - 1 6:00 Wine, Juice & TV - 1</p>
<p>8 Elvis Presley’s Birthday! 10:30 Church Service w/ A&I Gaide - 1 2:30 Music Therapy w/Dace & Jessica- 1 6:00 Sunday Evening TV - 1</p>	<p>9 National Apricot Day! 10:00 1:1 Visits - V 2:30 Fruit, Tea & Current Events w/ Sarah– B 2:45 Colouring Group - 1 6:00 Bedside Activities – V</p>	<p>10 10:45 Latvian Sing-a-long-1 2:00 Reminiscing Group with Anita Gaide – 1 2:30 Brain Games w/Sarah-B 6:00 Hand Massage - 1</p>	<p>11 Learn your name in Morse Code Day 10:45 Walking Club - 1 2:30 Learn your name in Morse Code - B 6:00 One to One Visits - V</p>	<p>12 10:40 Latvian Newspaper Reading & Discussion - B 2:30 Happy Hour w/Sarah-B 6:00 Residents Choice TV Program - 1</p>	<p>13 11:00 Walking W/ Music - I 2:30 January Birthday Celebration! - B 6:00 Movie Night- 1</p>	<p>14 10:00 Games Day: Corn Hole Throw -1 2:30 Craft Club: Making Bird Feeders - B 6:00 Wine, Juice & TV - 1</p>
<p>15 National Hat Day! 10:00 Coffee & Reading Club w/Sarah-B 11:00 TV Church Service - 1 2:30 Craft Club: Making Hats - 1 6:00 Sunday Evening TV - 1</p>	<p>16 10:00 1:1 Visits - V 2:30 Fruit, Tea & Current Events w/ Dace– B 2:45 Puzzle Corner - 1 6:00 Bedside Activities – 1</p>	<p>17 10:45 Latvian Sing-a-long-1 2:00 Residents’ Leadership Meeting - 1 2:30 Hand Spa - B 6:00 Hand Massage - 1</p>	<p>18 10:45 Walking Club - 1 2:30 Winter Craft Club - 1 6:00 One to One Visits - V</p>	<p>19 10:40 Latvian Newspaper Reading & Discussion - B 2:30 Happy Hour w/Dace–B 6:00 TV Game Shows - 1</p>	<p>20 11:00 Walking W/ Music - I 2:30 Winter Interlude with Juris & Peter - 1 6:00 Movie Night - 1</p>	<p>21 10:00 Games Day: Ring Toss-1 2:30 Afternoon Movie - 1 6:00 Wine, Juice & TV - 1</p>
<p>22 Chinese New Year! 10:00 Word in a Word - 1 11:00 TV Church Service - 1 2:30 Music Therapy w/Dace & Jessica- 1 6:00 Sunday Evening TV - 1</p>	<p>23 Activity Professional Week! 10:00 1:1 Visits - V 2:30 Fruit, Tea & Current Events w/Larisa– B 2:45 Colouring Group - 1 6:00 Bedside Activities – V</p>	<p>24 10:45 Latvian Sing-a-long-1 2:00 Reminiscing Group with Anita Gaide – 1 2:30 Brain Games w/Sarah-B 6:00 Hand Massage - 1</p>	<p>25 10:45 Walking Club - 1 2:30 Programs Staff Trivia-1 6:00 One to One Visits - V</p>	<p>26 10:40 Latvian Newspaper Reading & Discussion - B 2:30 Happy Hour w/Jessica– B 6:00 Residents Choice TV Program - 1</p>	<p>27 National Activity Professionals Day National Chocolate Cake Day 11:00 Walking W/ Music - I 2:30 Celebrating Programs team w/ Chocolate Cake! - B 6:00 Movie Night – 1</p>	<p>28 10:00 Games Day: Parachute Challenge -1 2:30 Saturday Afternoon at the Opera at KD - 1 6:00 Wine, Juice & TV - 1</p>
<p>29 National Puzzles Day 10:00 Coffee & Reading Club w/ Larisa -B 11:00 TV Church Service - 1 2:30 Puzzles & Games - 1 6:00 Music Therapy -1</p>	<p>30 National Croissant Day 10:00 1:1 Visits - V 2:30 Croissants, Tea & Current Events w/Jessica– B 2:45 Puzzle Corner - 1 6:00 Bedside Activities -1</p>	<p>31 10:45 Latvian Sing-a-long-1 2:30 Chat with Inese – 1 2:30 One to One Visits - V 6:00 Hand Massage - 1</p>				

This month is National Activity Professionals Week!

Activities professionals have been vital to ensuring that residents maintained social engagement. These professionals learned and sometimes invented new ways to help residents remain connected and healthy. Let us celebrate our Programs Team this month together for National Activity Professionals Week!

Celebrating Elvis!

January 8th is Elvis Presley's Birthday – Join us on **January 6th** to celebrate him with a Live performance from the King himself. An afternoon of impersonation and famous rock n' roll music!

Learn your name in Morse Code

Learn how to write your name in Morse code on **National Learn your name in Morse Code Day!**

NOTE: Please remember to check the activities on top of your program calendar for events that happen daily/weekly.

In Memory of those we have lost...



Liubov Loundina
Magdolna G. Lakihazi
William Harris
John Millard
Erika Wimmerth

May they Rest in Peace

We welcome everyone who moved to KD in December!



Judith Burns
Pietro Cappadocia
Yuri Ruperski
Edite Zarins
Viesturs Zarins
Valentins Krauklis



To Everyone in January!



Rose Ghazarian
Melchora Gorospe
Juris Zommers
Aniela Kruk
Flora Gevorkians
Nina Jursevskis
Emily Leimanis
Natalie Brisova



UPCOMING EVENTS

New Years Day Discussion:

Sunday, January 1st at 2:30pm – B

Resident Program Planning February:

Wednesday, January 4th at 10:40am – B

Celebrating Elvis: Live Concert!

Friday, January 6th at 2:30pm 1

Church Service with A&I Gaide:

Sunday, January 8th at 10:30am - 1

Reminiscing Group with Anita:

Tuesday, January 10th & 24th at 2:00pm – 1

Learn your name in Morse Code:

Wednesday, January 11th at 2:30pm – B

January Birthday Celebration!

Friday, January 13th at 2:30pm – B

Making Bird Feeders:

Saturday, January 14th at 2:30pm – B

Winter Interlude w/Juris and Peter!

Friday, January 20th at 2:30pm - 1

National Activity Professionals Week is January 23rd to 27th!

Programs Staff Trivia:

How well do you know the Programs Team?!

Wednesday, January 25th at 2:30pm – 1

Celebrating Activity Professionals Day with Chocolate Cake!

Friday, January 27th at 2:30pm – B

Saturday Afternoon at the Opera at KD:

Saturday, January 28th at 2:30pm – 1

Chat with Inese:

Tuesday, January 31st at 2:30pm - 1

Winter Word Search Puzzle

F S K A T I N G H O C K E Y V
V U S B J T M P W O L P T D W
P T N P B O O T S F Y S A L T
S N O W M A N Y C C S T O R M
E F W T Z L S E I R R U L F S
S F M L E E L Y E O Y Y D N E
E O O M E M I A U M A V O I R
K G B S W O P S B L F W G H U
A N I H V B P A P W B M N S T
L I L O B B E N N L O L I K P
F D E V D U R D O Q U N H I L
X I N E D B Y W W X J P S I U
Z L K L N I E L D T L D I N C
F S V V L R K T F I R D F G S
T S C R A P E R J W W H I T E

BOOTS SKATING
DRIFT SKIING
FISHING SLIDING
FLAKES SLIPPERY
FLURRIES SNOWBALL
FUN SNOWBLOWER
HOCKEY SNOWMAN
ICY SNOWMOBILE
PLAY STORM
PLOW WHITE
SALT
SAND
SCRAPER
SCULPTURE
SHOVEL

