

January 2021



Trillium
DOUGLAS CARE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10 am Stories: New Year 10:30 am Balls & Balance 2:30 pm Birthday Bash! Evening: Movie	2 10 am Stories: New Year 10:30 am Musical Movement 2 pm Snowflake Social
3 10 am Stories: Winter 10:30 am Strong & Song 2 pm Doodle, Paint or Draw Evening: Spa	4 10 am Stories: Winter 10:30 am Yoga with Anna 2 pm Buddy Class Letters Evening: Classic Film	5 10 am Stories: Winter 10:30 am Fit Sit 2:30 pm Concert with Ian Evening: Unsolved Mystery	6 10 am Stories: Winter 10:30 am Chair Dance (Fun) 1:45 pm Bus Outing Evening: Nature Documentary	7 10 am Stories: Winter 10:30 am Yoga with Anna 2:30 pm Geography Trivia! Evening: Radio	8 10 am Stories: Winter 10:30 am Balls & Balance 2 pm Bingo! Evening: Movie	9 10 am Stories: Winter 10:30 am Musical Movement 2 pm Snowflake Social
10 10 am Stories: Nature 10:30 am Strong & Song 2 pm Flower Arranging Evening: Spa	11 10 am Stories: Nature 10:30 am Yoga with Anna 2 pm Fill the Feeders (Birds) Evening: Classic Film	12 10 am Stories: Nature 10:30 am Fit Sit 2:30 pm Concert with Ian Evening: Unsolved Mystery	13 10 am Stories: Nature 10:30 am Chair dance (Hula) 2 pm Concert: Casey Evening: Our Planet	14 10 am Stories: Nature 10:30 am Yoga with Anna 2:30 pm Musical Trivia! Evening: Radio	15 10 am Stories: Nature 10:30 am Balls & Balance 2 pm Bingo! Evening: Movie	16 10 am Stories: Nature 10:30 am Musical Movement 2 pm Snowflake Social
17 10 am Stories: A.A. Milne 10:30 am Strong & Song 2 pm Doodle, Paint or Draw Evening: Spa	18 10 am Stories: A.A. Milne 10:30 am Yoga with Anna 2 pm National Winnie the Pooh Tea Evening: Classic Film	19 10 am Stories: A.A. Milne 10:30 am Fit Sit 2:30 pm Concert with Ian Evening: Unsolved Mystery	20 National Butterscotch Day! 10:30 am (Hula) 1:45 pm Bus Outing Evening: Music Documentary	21 10 am Stories: A.A. Milne 10:30 am Yoga with Anna 2:30 pm Movie Trivia! Evening: Radio	22 10 am Stories: A.A. Milne 10:30 am Balls & Balance 2 pm Bingo! Evening: Movie	23 10 am Stories: A.A. Milne 10:30 am Musical Movement 2 pm Snowflake Social
24 10 am Stories: A.A. Milne 10:30 am Strong & Song 2 pm concert: Two Among Friends (Robbie Burns Day) Evening: Spa	25 10 am Stories: A.A. Milne 10:30 am Yoga with Anna 2 pm Flower Arranging Evening: Classic Film	26 10 am Stories: A.A. Milne 10:30 am Fit Sit 2:30 pm Karaoke: Doris Day & Frank Sinatra Evening: Unsolved Mystery	27 10 am Stories: A.A. Milne 10:30 am Chair Dance (Polka) 2:30 pm Concert Casey Evening: Music Documentary	28 10 am Stories: A.A. Milne 10:30 am Yoga with Anna 2:30 pm History Trivia! Evening: Radio	29 10 am Stories: A.A. Milne 10:30 am Balls & Balance 2 pm Bingo! Evening: Movie	30 10 am Stories: A.A. Milne 10:30 am Musical Movement 2 pm Snowflake Social

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10 am Stories: A.A.
Milne
10:30 am
Strong & Song
2 pm Flower Arranging
Evening: Spa

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