

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025



"We are all snowflakes unique and one of a kind"



<p>Happy New Year! Words Jumble Fit & Fun New Year Traditions from Around the World Drum Fit New Years Celebration</p> <p style="text-align: center;"><small>New Year's Day</small></p>				<p>1 Breakfast Club Daily Chronicles Happy Stretch Paw Visit Snakes & Ladders Fitness Club Where in the World?</p>	<p>2 Happy Friday This Day in History Tai Chi Individual Cognitive Therapy Vibrant Paint Spinning Art Race to Win Stretch & Flex Card Games</p>	<p>3 Headline News Cranium Crunches Balloon Volleyball Individual Cognitive Therapy Football Toss Game Jeopardy Let's Move Happy Hour</p>
<p>5 Sunday Mingle Spiritual Wisdom Happy Dance Moves Individual Cognitive Therapy Animal Visuals Bean Bag Toss Ladder Ball Sing Along</p>	<p>6 Coffee and Chatter Fun with Words Seated Moves Individual Cognitive Therapy Paw Visit All About: Penguins Snowball Toss Mystery Monday</p>	<p>7 Table Topics Ying & Yang Zumba Ping Pong Toss Individual Cognitive Therapy Artist's Corner Balloon Batting Happy Hour</p>	<p>8 In the News Scattergories Simple Stretch Air Hockey Mini Golf Name that Tune Dominoes</p>	<p>9 Chat & Music Mind Benders Drum Fit Individual Cognitive Therapy Rizzo's Visit Photography Club Ring Toss Spa Cart</p>	<p>10 Rise & Shine Chat 5 Second Rule Tai Chi Individual Cognitive Therapy You Be the Judge Artful Weaving Sit & Fit Fun & Games</p>	<p>11 Saturday Catchups Double Letters Bean Bag Toss Fitness The Price is Right History of Tea Bowling Guess the Flag</p>
<p>12 Weekend News Hymn Sing Balloon Tennis Basketball Pong Shuffleboard Simple Stretch Card Games</p>	<p>13 Morning Mingle Word Ladder Drum Fit Individual Cognitive Therapy Rizzo's Visit Travelogue: Iceland Stretch & Flex Fun & Games</p>	<p>14 Tuesday Chronicles Mind Benders Meditation & Stretch Dominoes Ball Games Fun and Fitness Happy Hour</p>	<p>15 Headline News Cranium Crunches Chair Yoga Table Pong How it's Made: Trumpet Ladder Ball Active Games</p>	<p>16 Happy Day Riddle Me This Fitness Club Rizzo's Visit Snakes & Ladders Let's Move UNO</p>	<p>17 Good Morning This or That Tai Chi Bean Bag Toss Jeopardy Dance Fitness Spa Cart</p>	<p>18 Weekly Highlights You be the Judge Stretch & Flex Individual Cognitive Therapy Creative Talks: Mona Lisa Artist's Corner Painting Fun & Games</p>
<p>19 Sunday Catchups Old Wives Tales Happy Stretch Air Hockey Race to Finish Fitness Club Sing Along</p> <p style="text-align: center;"><small>Activity Professionals Week</small></p>	<p>20 Breakfast Club Place the Face Ball Toss Individual Cognitive Therapy Rizzo's Visit Biography: Marting Luther King Jr. Ring Toss</p> <p style="text-align: center;"><small>Martin Luther King Jr. Day</small></p>	<p>21 Coffee & Chatter Fun with Words Drum Fit Mini Golf Individual Cognitive Therapy Cruise Travel: Cancun Stretch & Flex Dominoes</p>	<p>22 Wednesdays Chronicles Word Search Rise & Shine Stretch Cruise Travel: Cayman Island Table Games Race to Finish</p>	<p>23 Table Topics Reading Club Morning Fitness Rizzo's Visit Individual Cognitive Therapy Cruise Travel: Bahamas Happy Hour</p>	<p>24 Happy Day Junkyard Detectives Tai Chi Individual Cognitive Therapy Snowball Toss Fitness Club Karaoke</p>	<p>25 Saturday News Mind Benders Exercise Club Bowling Where in the World Ladder Ball Toss Spa Cart</p>
<p>26 Breakfast Club Spiritual Wisdom Stretch & Flex Snakes & Ladders Jenga Fitness Time Active Games</p> <p style="text-align: center;"><small>Australia Day (Observed)</small></p>	<p>27 News & Views Scattergories Drum Fit Rizzo's Visit Individual Cognitive Therapy Matching Game Mystery Monday Fun & Games</p>	<p>28 Rise & Shine Word Ladder Zumba Shuffleboard Mini Golf Guess the Flag Card Games</p>	<p>29 Good Morning Cranium Crunches Fun & Fit All About: Chinese New Year Chinese New Year Celebration</p> <p style="text-align: center;"><small>Chinese New Year (Year of the Snake)</small></p>	<p>30 Thursday Chronicles Word Search Happy Stretch Rizzo's Visit Travelogue: Mexico Jeopardy Happy Hour</p>	<p>31 Table Talk Word Minning Tai Chi Individual Cognitive Therapy Roller Ball Place the Face Fitness Club Jenga</p>	<div style="text-align: center;">  <p>www.cedarhursthome.ca</p> </div>

The timing and length of the activities may change as they are driven by residents' interest and engagement. "Individual visits also occur"