



St. Andrew's Centre

NEWSLETTER

January 2022

From the Office of the Chief Operating Officer

Greetings!

The start of a new year can mean many unique things to different people. I was reading an article recently that stated that New Year's Day is the world's most celebrated holiday, although no reasons could be confirmed as to why - especially when other holiday celebrations are so clearly defined.

Many people use New Year's Day as a benchmark to remember the achievements of the passing year as well as reflect on the challenges in their personal experiences. I think that we all can attest to the fact that 2021 came with its own distinctive set of circumstances. With the year completed I am grateful for the lessons learned, the ongoing demonstration of care and compassion throughout our community and how we all joined together in a collaborative approach with the same goal in mind - TO KEEP OUR COMMUNITY AND THOSE IN IT - SAFE, WELL AND JOYFUL.

This past year we have seen an increase in demand for assistance from our staff at the Centre. The pandemic has created the perfect storm for crisis among some residents living in our community. As an organization we strive to assist residents and their loved ones to the best of our ability. Often, we are limited due to restrictions, access to health information for our residents, policies and procedures of the organization, as well as inadequate access to outside resources for our seniors with the closure or work from home practice being utilized by many agencies which can delay timely response. I can speak to the fact that I have witnessed, with much pride, our staff demonstrating astonishing perseverance, resourcefulness and even heroism beyond my greatest expectations to help individuals in our facility.

I have sincere admiration for the "little things" that have sprouted in our community this last year. I experience much delight watching residents come together to enjoy mutual interest activities and fellowship. There is no greater sound than the laughter of neighbors ringing in the community and friendly jests between competitors at the card, shuffle, and pool tables or residents singing at the piano. We have adjusted many activities in our community in response to the pandemic and it is a relief to see some sense of normalcy returning to the community while still maintaining public health guidelines.

Together, we can all make a real and immediate difference for a person or people in our community. It simply starts with a joyful smile, warm hello or the simple act of patience and empathy. This year I strive to follow this one thing "In a world where you can be anything - BE KIND".

As we venture together into 2022 together let's give a toast to the past and say goodbye to what has been! 2021 is not to be forgotten but honored as an experience like no other. I am confident that this coming year will be filled with brilliance, revitalization, and camaraderie. As a collective group during 2021 we demonstrated our commitment to ourselves, our neighbors, and our community and we shall "march forward" in 2022. I know that there will be happy memory making in the coming days, weeks, and months in front of us.

HAPPY NEW YEAR!!

Warmest Regards,

Wanda

IMPORTANT NOTICES

★ **MAIN OFFICE CLOSED**

Monday, JANUARY 3, 2022, in lieu of New Year's Day (Jan 1st).
Security Staff will be on site to assist with EMERGENCIES - **Contact Security @ 780-452-4444**

★ **GENERATOR TESTING**

Thursday, JANUARY 6, 2022 starting at 2:00pm, the Maintenance Department will be performing routine testing of the building's generators (used in case of power outages).

★ **BUILDING SECURITY** – It is very important that residents do not allow any visitors into the building except through the Main Entrance (Front Lobby). If no staff are available at the Health Assessment Desk when your visitor arrives, please instruct them to wait there for security to arrive and allow entry after signing in.

★ **COLD WEATHER** – A friendly reminder not to leave windows or patio doors open for long during winter weather and cold temperatures. Pipes are prone to freezing and bursting in these conditions, which may cause flooding in suites.

Please call the Main Office @ 780-452-4444 and request a Maintenance Work Order if you feel your suite thermostat is not adjusting properly to keep the suite temperature comfortable for you.

★ **PORTABLE HEATERS** – Portable heaters are available for temporary use by residents in their suites during extremely cold temperatures if you are not otherwise able to be comfortable in your suite. Please call the Main Office to request a Maintenance Work Order for allocation of a portable heater to your suite.

★ **GARBAGE CHUTES** – Please **do not** leave garbage, boxes, bottles, cans, etc. on the floor in garbage rooms. Residents must dispose of their own household garbage appropriately. Please use the large green dumpster in the west parking lot for larger items. Contact our Hospitality Department if you require assistance with removing trash from your suite. (Please be aware this service is subject to a fee.)

Items found to be improperly disposed of will be tracked using our security cameras, and the resident will be charged a disposal fee

★ **FLYER DELIVERY** – If you do not wish to receive flyers in your mailbox, please advise the main office and we will place a sticker in your mailbox to alert the Canada Post Mail Carrier of your wishes.

★ **RESIDENT PARKING STALLS** – Residents must park their vehicles inside the lines of their assigned spot in the underground parkade. The office is having difficulty placing new tenants in underground parking when other residents are not parked appropriately. Warnings will be issued if inappropriate parking is not corrected. Please remember that parking stalls cannot be used as a storage space for articles of any kind.

CURRENT CONDITIONS

COVID-19 PANDEMIC
Congregate Living Centers

OMICRON VARIANT

As we are all aware this new variant has entered the Edmonton Zone. This variant has been reported as highly contagious. The Centre kindly reminds residents to practice good hand hygiene and to continue the practice of wearing masks while in our common areas. Please, if you are experiencing illness of any kind - stay in your suite until all symptoms of illness have passed.

New measures have been introduced into our facility.

Please read the following carefully:

- ✓ Residents who are absent for more than 24 hours regardless of their immunization status are required to actively screen daily for symptoms of COVID-19 and wear a surgical/procedure mask when outside of their room, except when eating or drinking, **for 14 days post-return**.

Resident screening checklists and appropriate masks are available from the main office and the health assessment desk.

ALL RESIDENTS are encouraged to wear masks in our common area regardless if they have been absent from the Centre or not. Please continue to practice good hand hygiene. If you are feeling unwell you must stay in your suite until symptoms have resolved.

VISITOR POLICIES

In accordance with health measures prescribed by the Chief Medical Officer of Health (CMOH), for Alberta:

- ✓ ALL visitors to the Centre must enter the building through the Main Door to be screened at the Health Assessment Desk (Front Lobby) and to sign in.
- ✓ ALL visiting persons must wear a surgical/procedure mask while in our facility, even in RESIDENT SUITES, unless a resident has communication challenges where a mask would inhibit interacting. In which case, the resident and visiting persons should maintain a distance of two (2) meters from each other.
- ✓ Anyone who is a close contact of someone who has tested positive for COVID, will **not be allowed entry into our facility** (within 14 days of last exposure) regardless of vaccination status. This is a change that was made by the CMOH in mid-December.

And, in keeping with results of our most recent Resident Survey:

- ✓ Visitors of residents are now permitted to visit and eat in The Garden Café and common areas of the Center if verifiable proof of vaccination is provided (not required for children under 12 years of age).

To facilitate this, staff now have “QR” code scanners at the Health Assessment Desk (Front Lobby) and at the cash register in the Garden Café.

CENTRE EVENTS

RESIDENT FORUM

(Please feel free to bring any questions you may have to this meeting)

When: Thursday, January 27, 2022
Where: Auditorium
Time: 1:00 pm

****Event MAY be postponed due to COVID measures****

A time for residents to hear updates on Centre actions, future planning as well as any special Centre announcements.

AMENITIES

Farmer's Market

When: Bi-Weekly on Thursdays  **RETURNING on FEBRUARY 17, 2022**
Time: 10:00 am – 12:00 noon
Where: Auditorium

The Farmer's Market will return to the Centre after a winter break. We look forward to welcoming them back.

Community Cupboard

Thank You to all who have donated to our *Community Cupboard*, by way of giving food and household staples, or monetary gifts to help us purchase necessary items for those in need within the St. Andrew's Centre community. Please be reminded that we **cannot accept expired food items** for health and safety reasons. Our main office staff are pleased to assist you retrieving items from the cupboard, if you have any need, with compassion and discretion. We are here to help.

Centre Library

We are continuing the suspension of accepting donated books for the library until further notice. We appreciate your patience as we allow our wonderful volunteers the opportunity to go through our current inventory to perform clean up and re-organization.

Special Touch Hair Salon

~ How old you are is your business... How young you look is ours!!! ~

Located on the main floor of the Centre next to the Garden Café, our staff can provide all your hair, foot, and beauty needs. **To book an appointment, call 780- 452-1105**, and let our staff make your day a little more beautiful.

CareRx Tuck Shoppe

Open on Mondays and Fridays from 10:00 am – 4:00 pm for your pharmacy and related needs. Please call Rian @ 780-451-5471 for more information.

Guest Suite Rentals

Our guest suites are now open for booking by loved ones of residents, with verified vaccination status. Please contact the Hospitality Department @ 587-525-8714 for availability and bookings.

ACTIVITIES



WHIST

When: Wednesdays @ 6:00 pm Where: Games Room

BRIDGE

When: Thursdays @ 6:00 pm Where: Games Room

CANASTA

When: Sun, Tues, Fri @ 5:30 pm Where: Games Room

CREATED BY VECTORPORTAL.COM

CARD BINGO

When: Monday/Wednesday/Friday @ 2:00pm
Where: Games Room

CRIBBAGE

When: Tuesdays @ 6:00 pm
Where: Games Room



\$3.00 BINGO

When: *Saturdays @ 6:00 pm
Where: Games Room
*January 8, 15, 22 & 29

SHUFFLEBOARD

When: Mondays & Thursdays @ 2:00 pm
Where: Games Room

HAPPY HOOKERS CLUB

When: Tuesdays @ 1:00 pm
Where: North Atrium, near the Koi Pond

Have created and sent **80 toques** to *Boyle Street Community Services* in October, and then **60 more** were done for Christmas! Everyone is welcome to join. No experience is needed.

CARPET BOWLING

When: Wednesdays 10 am (please arrive by 9:45 am for equipment set up)
Where: Auditorium
No experience needed, only a sense of humour!



WALKING GROUP

When: Tuesdays and Fridays @ 10:00 am (**NOTE: Change of days from last year**)
Where: Meet in the Atrium for a 20-30 minute indoor walk, then coffee at the *Garden Café*
Everyone is welcome to join. It does not matter how slow or fast you are.

MOVIE NIGHT

When: *Fridays @ 7:00 pm
Where: TV Room

Check notice board for film titles.

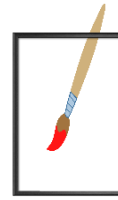
*Starting again January 7



ACTIVITIES

COFFEE PAINTING

When: Tuesday, January 25 @ 1:00 pm – 2:00 pm
Where: Games Room
Registration: Main Office – Space is Limited
Cost: Fee of \$2 for supplies paid directly to Linda at the class



Artist Linda Finstad demonstrates using instant coffee as paint, then guides you through making your own bookmarks.

KEEP FIT (Exercise Class)

When: Monday & Thursday Mornings @ 10:00 am – 11:00 am (NO classes Feb 21 & Apr 18)
Where: Auditorium
Registration: Main Office by Friday, January 7
Cost: Fee of \$50 paid directly to Bonnie at the first class

Welcome back Bonnie and join her for exercise twice a week!

Benefits of being physically active: reduce risk of falls, stronger muscles and bones, better sleep, improved mood and much more.

MINDFUL MONDAYS

When: Monday, January 17 and January 31 @ 1:00 pm – 2:00 pm
Where: Pink Room

Join us every second week to watch either a webinar, podcast or video followed by a group discussion. Topics will be posted in advance and will vary including: Managing Social Isolation, Wills and Estates, Keeping Connected and more. For everyone.

FIT FRIDAYS with SUSAN

When: Friday, January 7 and January 21 @ 1:00 pm – 1:30 pm
Where: Auditorium

Join Susan every second week for fun and fitness. Learn things like getting up from a fall, standing/sitting tall, what stretches help your back, what muscles help your balance, sciatica relief and more. For everyone.

INTRODUCTION to CHAIR VOLLEYBALL

When: Tuesday, January 11 @ 1:00 pm – 1:30 pm
Where: Auditorium



For everyone. Have some laughs and challenge yourself to some fun!
Come check this out and see if we should schedule it regularly.



SUSAN'S NEWS

Happy Winter Solstice!

Like many of you, I look forward to the extra few minutes of daylight that we will soon notice.

Atrium – The Christmas decorating event was successful and now common areas are filled with lovely Christmas trees and decorations. The poinsettias throughout the atrium add extra colour making it brighter.

Koi Pond – The Koi fish are doing well and continue to grow. Koi will grow to the size of their environment so these fish will likely get a little bigger as the bottom pond area is a about 600 gallons of water.

Tower Gardens – The towers have been washed down and new seedlings started. We will see this back upstairs soon and look forward to harvesting produce later in January.

Did You Know? *Poinsettias originate from Mexico and Central America. Joel Roberts Poinsett, first US Ambassador to Mexico, introduced the plant to the US in the 1820's. Poinsettias grow into large shrubs and trees in various regions.*

HOSPITALITY DEPARTMENT

*~ Please note that we are trying to accommodate all additional requests from our department.
I will return your call as soon I am able to. Thank you for your patience. ~Tess*

Housekeeping – Hourly housekeeping services are available by appointment. Fees based on time.

Laundry – Hourly laundry services are available by appointment. Fees based on time taken, and number of loads.

*Maximum of 3 loads per service. (Coins for machines @ \$4/load, detergent @ \$2/load and softener @\$1/load are extra if not provided by resident)

Garbage Disposal – Available by request. Fee to be determined per request.

Window Washing – Available by request. Fee depends on suite style.

Carpet Cleaning – Available by request. Fee to be determined per request.

For all services, please contact **Tess @ 587-525-8714** for full details, scheduling, charges and payment options.

Laundry Room – Please use the correct setting and do not over-crowd items when loading your clothes in the washing machines. Rubberized bathmats are NOT permitted in the machines. Please do not put any soaking wet clothes in the dryers, as it damages the machines.

Common Areas – For immediate assistance please call the main office @ (780)452-4444 if you spill something on the floor or have other concerns about the cleanliness of our building and for everyone's safety.

Please help keep our community clean by removing snow from footwear, walkers and carts on the floor mats as you enter the building. Thank You.

MAINTENANCE DEPARTMENT



Residents should not be entering the Maintenance Office at any time.

Residents who come directly to the Maintenance Office to make requests will be redirected to the Main Office.

Please call the main office @ 780-452-4444 to request Work Orders for Maintenance tasks in your suite.

Most requests are completed the same day, and at no charge to the resident.

You will be advised if fees are applicable to your request before the work order is dispatched to staff.

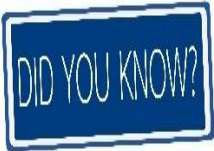
Common Chargeable Items/Requests:

- ✓ Lightbulbs are \$4.00 each, if supplied by the Centre (no charge if you have your own)
- ✓ Batteries are \$2.00 each, if supplied by the Centre (no charge if you have your own)
- ✓ Furniture Assembly – Labour is charged @ \$30.00 per hour (in partial increments if applicable)
- ✓ Furniture Removal (for disposal) – Fee is assessed for each request

NOTE – Mattress & Box Spring disposal fee is \$50.00 per piece (not including labour).

This fee is to cover extra dumpster charges that we incur on our billing from the disposal company

FINANCE DEPARTMENT



- You can purchase **GIFT CERTIFICATES** at the Main Office for Housekeeping/Laundry Services or Meals at the *Garden Café*, in any amount desired. They are great for gift giving!
 - You can subscribe to **MEAL PLANS** (2 or 3 meals per day + snacks) by pre-paying monthly.
 - You can purchase **PUNCH CARDS** for use at the *Garden Café*, and enjoy savings on pricing.
 - Breakfast/Lunch (10 for \$85.00)
 - Dinner (10 for \$110.00)
 - Coffee (20 for \$25.00)
 - You can request a **St. Andrew's Swipe Card** at the main office for use at the *Garden Café*, to conveniently charge your purchases and pay the monthly total on invoicing.
- Monthly Invoices for Hospitality Service and/or Garden Café purchases are **due upon receipt**. If your payment is not received by the **15th of the month**, we will contact you and your account may be suspended until full payment is made. Invoices overdue by 30 days or more will have accounts and services suspended and residents will have to pay per purchase indefinitely. ****PLEASE NOTE** accounts exceeding \$500.00 may be flagged and called sooner than the 15th of the month.**
- Using your DEBIT CARD or a CREDIT CARD is the preferred method when paying invoices.
- **ACCOUNT CHANGES**, such as: parking rental; storage rental; meal packages; or changes to banking information for Pre-Authorized Payments, please inform the main office **before the 20th of the month**. This is important to ensure charges for the following month are stopped if you are cancelling a service, and to ensure all future payment amounts are correct



GARDEN CAFÉ

The *Garden Café* Restaurant is open EVERY DAY all year-round serving:

Breakfast	9:00 am – 11:00 am
Lunch	11:00 am – 1:30 pm
Dinner	4:30 pm – 6:30 pm



DELIVERY IS AVAILABLE for a \$2.50 charge per trip.

To order dinner for delivery, please call the Café directly @ 587-525-8718 before 4:00pm.

Also available all day:

Coffee, Tea, Soft Drinks, Juices, Milk, Fresh Fruit, Yogurt, Muffins, Cinnamon Buns, Assorted Sandwiches, Soup-of-the-Day, Salads, Cold Plates; and a Variety of Desserts such as: Squares, Puddings, Fruit Cups, Pastries, Pies, Cake, Chocolate Bars and Ice Cream Treats.

- ✓ Daily menus specials and options are posted on the white boards in the dining room for each meal period, and copies of monthly menus are available in the Café, and on-line on St. Andrew's Centre website (see *Resident Resources*).
- ✓ Our kitchen also has various grocery items for sale: such as milk; eggs; bread and buns; fresh fruit, and other produce. Please ask at the cash register for pricing and availability.
- ✓ We are now also offering loaves of **fresh homemade bread.**
The *Café* will accept orders on Mondays and pickup of orders is on Thursdays. **The cost per loaf is \$4.00.**
- ✓ Check out our **Garden Café Frozen Entrées** priced @ only **\$8.00 each!**

- Beef Stir Fry with Rice • Butter Chicken with Rice • Chicken Alfredo with Rice • Chicken Fettuccine
- Chicken Pot Pie • Chili Con Carne • Chilean Ribs • Meat Lasagna • Seafood Newburg • Shepherd's Pie
- Spaghetti & Meatballs • Sweet & Sour Pork • Beef Barley Soup • Cream of Mushroom or Tomato Vegetable Soup

Be sure to fully thaw them in your refrigerator and thoroughly reheat before serving.

The *Garden Café* accepts payment by Cash, Debit Card, Punch Card or St. Andrew's Swipe Card only.

Due to many conditions and circumstances, we may experience some shortages with our produce and/or product orders.
Please be understanding as we try our best to ONLY make necessary changes to your daily menu items.

Resident Community Committee

Minutes– December 15th, 2021- 1:30pm

Chair: Gail

Co- Chair: Wanda

1. Call the meeting to order: 1:31 pm
2. Welcome and introductions: Introductions were made via round table: new attendees Marie M and Linda H were introduced.
3. Attendance: Wanda (COO-ADMIN- minute taker): Gerry, Sharon L, Marie M, Joan B, Linda H, Karin V, Gail R, Helen, Pat S (late arrival)

Regrets: Dolores P, Dolores S, Sr Collins, Louise F, Linda B

4. Reading/Acceptance of minutes from last meeting- 1st Joan B
2nd Helen

****Please note that meeting minutes are issued in the monthly newsletter****

Changes to minutes: No changes noted

5. Additions to the Agenda to add under new business, accept Agenda- 1st Gerry
2nd Linda
6. Business arising from the last meeting/old business:
None Noted as incomplete or outstanding
7. Standing Agenda Items:
7.1- Food Service: Not enough pie at dinner service: Lonnie has been made aware of the situation and he will increase the quantity available.

Hamburger Meal: Residents would like to see the option of having a choice of fries or salad when a hamburger meal is offered rather than just fries.

Extra small meals for small appetites: Unfortunately, at this time we do not have the capacity to offer this service as it may pose quantity issues particularly with meat products. (for example: would the person receive a full chicken breast or half? Would the other half be purchased making it viable for the kitchen?)
A suggestion would be for the individual resident to divide the portion they receive and eat the remainder of the meal at another time.

Residents wondered if a more environmental friendly option for take away containers could be used: The Centre will have to investigate this as cost is always a factor in order to keep prices stable and not passed onto the consumer.

Sunday Turkey Dinner: Turkey dinner was scheduled on the menu the night after the annual resident Christmas dinner but was not served. While the residents can understand why they would appreciate a notice being put up in the Café regarding the change should the kitchen know in advance.

7.2- Maintenance/Housekeeping: Snow pile by the east parkade: Residents expressed concerns that the snow removal company is piling snow by the alley blocking entrance into the East parkade. Please Note: After investigation it has been determined that residents are turning from the alley into the main lot to get to the parkade ramp. THIS IS NOT AN ENTRANCE or ROADWAY. Yellow posts are in the area indicating that it is not an entrance and in fact a grass area. A temporary construction barrier has been placed in this area to deter entrance. Residents must exit onto 111 ave from the alley to enter the main entrance and parkade.

7.3- Social/Leisure Activities: EPS will visit the Centre on December 22, 2021 at 10:00am, hot chocolate will be served.

7.4- Security: None Noted

8. New Business (suggestion box/Committee concerns):

Suggestion Box:

8.1- Receiving communion: A concern regarding the receiving of communion via hand to mouth was submitted. This is a parish concern regarding practices of the church and Father Andrew was notified. All concerns regarding the parish must be addressed with Father Andrew and/or the Archdiocese.

8.2- Push buttons for entrance into bathrooms in lobby: This is a shared space between the Parish and the Centre. This item will be placed on the agenda in our discussion meetings with the parish.

8.3- Recycling: It was asked at the meeting if the can recycling bins were also for glass jars and tin cans. Please note that this bin is only for refundable containers. Absolutely no glass jars or tins cans should be disposed of in this bin. This poses a safety risk for our staff.

8.5- Christmas Tress- It was noted at the meeting that some of the Centre's Christmas Tress has seen better days. This will be noted on takedown and if deemed unusable will be disposed of accordingly.

8.6- Residents Christmas Dinner- Kudos to all the staff were given for the planning, organization, and assistance to have the resident Christmas Dinner. It was a joyous occasion and appreciated by all who attended.

9. Administration Sharing:

9.1- Visitors of residents with verified vaccination status will be allowed to dine with their loved-ones/friends in the Garden Café and/or Atrium. This same process applies to resident visitors who wish to our common areas as well. (results as indicated on resident survey)

9.2- We will open our guest suite rentals for loved ones of residents with verified vaccination status.

9.3- There will be a resident forum in late January- please watch the notice boards and elevators for posters with additional information.

Meeting Adjourned at 2:40 pm.

NEXT MEETING: Wednesday, January 19, 2022 @ 1:30 pm in the Fr. Irwin (Reception) Room

NOTE: Regular attendees do not need to register to attend. If you are new to the community and/or wish to get involved, please call the main office to register your attendance so that we provide adequate seating

St. Andrew's Centre

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 26 Canasta 5:30pm	27 Shuffleboard 2pm Card Bingo 2pm	28 Walking Group 10am Happy Hookers Club 1pm Canasta 5:30pm	29 Carpet Bowling 10am Card Bingo 2pm Whist 6pm	30 Shuffleboard 2pm Bridge 6pm	31 Walking Group 10am Card Bingo 2pm Canasta 5:30pm New Year's Eve Party 7-9pm @ Auditorium CANCELLED	January 1 HAPPY NEW YEAR!
2 Canasta 5:30pm	3 MAIN OFFICE CLOSED Card Bingo 2pm Shuffleboard 2pm	4 Walking Group 10am Happy Hookers Club 1pm Canasta 5:30pm Cribbage 6pm	5 Carpet Bowling 10am Card Bingo 2pm Whist 6pm	6 GENERATOR TESTING starting @ 2pm Shuffleboard 2pm Bridge 6pm	7 Walking Group 10am Card Bingo 2pm Canasta 5:30pm MOVIE NIGHT 7pm	8 Bingo 6pm
9 Canasta 5:30pm	10 Keep Fit 10-11am Card Bingo 2pm Shuffleboard 2pm	11 Walking Group 10am Happy Hookers Club 1pm Cribbage 6pm	12 Carpet Bowling 10am Card Bingo 2pm Whist 6pm	13 Keep Fit 10-11am Shuffleboard 2pm Bridge 6pm	14 Walking Group 10am Card Bingo 2pm Canasta 5:30pm MOVIE NIGHT 7pm	15 Bingo 6pm

St. Andrew's Centre

January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 Canasta 5:30pm	17 Keep Fit 10-11am Mindful Mondays Grief and Loss 10:30am Card Bingo 2pm Shuffleboard 2pm	18 Walking Group 10am Happy Hookers Club 1pm Cribbage 6pm	19 Carpet Bowling 10am RCC Meeting 1:30pm @ Fr. Irwin Room Card Bingo 2pm Whist 6pm	20 Keep Fit 10-11am Shuffleboard 2pm Bridge 6pm	21 Walking Group 10am Card Bingo 2pm Canasta 5:30pm MOVIE NIGHT 7pm	22 Bingo 6pm
23 Canasta 5:30pm	24 Keep Fit 10-11am Card Bingo 2pm Shuffleboard 2pm	25 Walking Group 10am Coffee Painting 1-2pm Happy Hookers Club 1pm Cribbage 6pm	26 Carpet Bowling 10am Card Bingo 2pm Whist 6pm	27 Keep Fit 10-11am RESIDENT FORUM 1pm @ Auditorium Shuffleboard 2pm Bridge 6pm	28 Walking Group 10am Card Bingo 2pm Canasta 5:30pm MOVIE NIGHT 7pm	29 Bingo 6pm
30 Canasta 5:30pm	31 Keep Fit 10-11am Mindful Mondays Grief and Loss 10:30am Card Bingo 2pm Shuffleboard 2pm	February 1 Walking Group 10am Happy Hookers Club 1pm Cribbage 6pm	2 Carpet Bowling 10am Card Bingo 2pm Whist 6pm	3 Keep Fit 10-11am Shuffleboard 2pm Bridge 6pm	4 Walking Group 10am Card Bingo 2pm Canasta 5:30pm MOVIE NIGHT 7pm	5 Bingo 6pm

While every effort is made to provide up-to-date calendar event listings, they are subject to change. Please check notice boards also.