

## Weekly Activities at The Manor

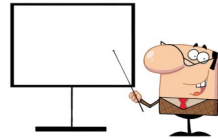
### **Monday January 13**

- 9:15 Morning Coffee & Snacks (Dining Rm.)
- 10:00 Exercise Class (Dining Rm.)
- 1:30 Charades Guessing Game (Fireside Lounge)
- 2:15 Afternoon Snacks & Social Time (Dining Rm.)



### **Tuesday January 14**

- 9:15 Morning Coffee & Snacks (Dining Rm.)
- 10:00 Exercise Class (Dining Rm.)
- 11:00 Drop-In Art (Fireside Lounge)
- 1:30 Group Games with Bob (Fireside Lounge)
- 2:15 Afternoon Snacks & Social Time (Dining Rm.)



### **Wednesday January 15**

- 9:15 Morning Coffee & Snacks (Dining Rm.)
- 10:00 Exercise Class (Dining Rm.)
- 1:15 Bingo with Jenni (Dining Rm.)
- 2:15 Afternoon Snacks & Music by Carolyn (Dining Rm.)



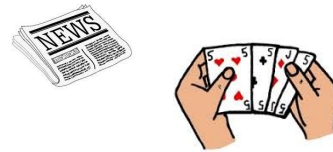
### **Thursday January 16**

- 9:15 Morning Coffee & Snacks (Dining Rm.)
- 10:00 Exercise Class (Dining Rm.)
- 11:00 Drop-In Art (Fireside Lounge)
- 1:15 Valentine Craft Project (Dining Rm.)
- 2:15 Afternoon Snacks & Social Time (Dining Rm.)



### **Friday January 17**

- 9:15 Morning Coffee & Snacks (Dining Rm.)
- 10:00 Exercise Class (Dining Rm.)
- 10:45 Peak Newspaper Reading (Fireside Lounge)
- 1:15 Cribbage with Rae, Nan & Lorraine (Dining Rm.)
- 2:15 Afternoon Snacks & Social Time (Dining Rm.)



### **Saturday January 18**

- 9:15 Self-Serve Morning Coffee & Snacks (Dining Rm.)
- 1:15 Bingo with Saskia (Dining Rm.)
- 2:30 Afternoon Snacks with Jo & Nena (Dining Rm.)



### **Sunday January 19**

- 9:15 & 2:15 Self-Serve Coffee & Snacks (Dining Rm.)

# The Manor Weekly

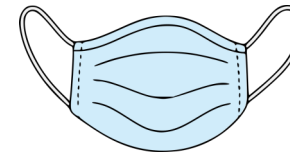
Jan. 13 to Jan. 19, 2025



## Cold & Flu Season

As we are in the midst of Cold & Flu Season, as always, we are asking residents to isolate if showing symptoms. Room service will be provided free of charge to any residents needing to isolate. If you need to be in the common areas for any reason, please wear a mask.

We are also asking family members and friends to please consider not coming into the building if you have a cold or flu. If you must, please wear a mask.



## Charades

Join us Monday afternoon for a fun and active game of Charades. This is a game where someone acts out a word or phrase and others try to guess.

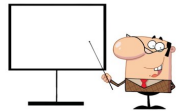
**Monday Jan. 13th**  
**1:30 PM**



## Group Games with Bob

Volunteer Bob Duggan will be here to lead Group Games on Tuesday. The games are quiz and trivia style games. Everyone welcome! Feel free to come and just watch if you like.

**Tuesday Jan. 14th**  
**1:30 PM**



## Welcome!

We would like to extend a warm welcome to our newest resident, Ann Innes.

We look forward to getting to know Ann & her family.

*Welcome*

## Valentine Craft



Join us Thursday to make a Valentine themed craft. We are making them early so we can display them on our Art Board in the hallway.

**Thursday Jan. 16th**