

# JANUARY 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Thank you to all our residents &amp; family members for your generous Christmas donation that went to all team members! It is a privilege to work with you every day! With much appreciation from all employees at Rus. Meadows!</p>	<p>The Russell Horticultural Society is hosting a Living Locally Fair on Jan. 19<sup>th</sup> at the St Thomas Aquinas High S. Come out with your family to see over 130 exhibitors. Over 5,000 people visit.</p>	<p><b>1 HAPPY NEW YEAR!</b>  <b>2019 has much to offer!</b>            Coffee Break 10:30 2:30 7:30   <b>Happy Birthday!</b>  <b>Sophie Sediva</b></p>	<p><b>2</b>            Exercise class 10:00            Coffee Break 10:30            Come play Bridge 1:00            Coffee Break 2:30</p>	<p><b>3</b>  <b>Physio 1 on 1 8:30</b>            Local outing 9-11:30  <b>Rolling Tuck Shop 10</b>            Coffee Break 10:30 2:30 7:30            Bingo 1:30</p>	<p><b>4 Hearing clinic today 9-11</b>            Exercise class 10:00            Coffee Break 10:30 2:30 7:30            Come play bridge 1:00  <b>Russell Public Library 2:00</b>            Russell 55+ Euchre Party            Community Lounge 7:00</p>	<p><b>5</b>            Coffee Break 10:30 2:30 7:30  <b>Health walk</b></p>
<p><b>6</b>            Coffee Break 10:30  <b>Movie Matinee 1:30 theater</b>            Coffee Break 2:30 &amp; 7:30  <b>Health walk</b></p>	<p><b>7 Physio 1 on 1 8:30</b>            Exercise class 10:00            Coffee Break 10:30 2:30 7:30  <u>Christmas decorations come down today and are packed away for another year.</u></p>	<p><b>8</b>            Local outing 9-11:30  <u>Council Meeting 10:00</u>            Coffee Break 10:30 2:30 7:30            55+Club Bridge 1:00</p>	<p><b>9 FOOT CARE</b>            Exercise class 10:00            Coffee Break 10:30  <u>Catholic Mass 10:45</u>  <u>Hymn Sing 2:00</u>  <u>Ice Cream Social 3:00</u></p>	<p><b>10 FOOT CARE</b>  <b>Physio 1 on 1 8:30</b>            Local outing 9-11:30  <b>Rolling Tuck Shop 10</b>            Bingo 1:30   <b>Happy Birthday!</b>  <b>Marion Habinski</b></p>	<p><b>11</b> Exercise class 10:00            Come play bridge 1:00  <u>Painting Class 1:30</u>  <u>Bible Study – Chapel 2:00</u>            Russell 55+ Euchre Party            Community Lounge 7:00  <b>Happy Birthday!</b>  <b>Lloyd Johnston</b></p>	<p><b>12</b>            Coffee Break 10:30 2:30  <b>Health walk</b></p>
<p><b>13</b>            Coffee Break 10:30  <b>Piano Recital</b>            Coffee Break 2:30 &amp; 7:30            Rosary in Chapel 4:00  <b>Happy Birthday!</b>  <b>Rae Lowe</b></p>	<p><b>14</b>  <b>Physio 1 on 1 8:30</b>            Exercise class 10:00            Coffee Break 10:30  <u>Knitting program 1:30</u>            Coffee Break 2:30 &amp; 7:30</p>	<p><b>15</b>            Local outing 9-11:30            55+Club Bridge 1:00            Coffee Break 10:30 2:30 7:30  <b>Health walk</b></p>	<p><b>16</b>            Exercise class 10:00            Coffee Break 10:30 2:30 7:30  <u>United Church Service 10:45</u>  <u>Horse Races 1:30</u>            Ice Cream Social 2:30</p>	<p><b>17 Physio 1 on 1 8:30</b>            Local outing 9-11:30            Rolling Tuck Shop 10            Coffee Break 10:30 2:30 7:30            Bingo 1:30  <b>Happy Birthday!</b>  <b>Fred Alexander</b></p>	<p><b>18</b> Exercise class 10:00            Coffee Break 10:30 2:30 7:30            Captain's lunch            Come play bridge 1:00  <u>Bible Study – Chapel 2:00</u>            Russell 55+ Euchre Party            Community Lounge 7:00</p>	<p><b>19 Living Locally Fair</b>  <u>St Thomas Aquinas 9:30-4</u>            Coffee Break 10:30 2:30  <b>Health walk</b>  <b>Happy Birthday!</b>  <b>Anne Gazo</b></p>
<p><b>20</b>            Coffee Break 10:30  <b>Movie Matinee 1:30 theater</b>            Coffee Break 2:30 &amp; 7:30            Rosary in Chapel 4:00</p>	<p><b>21 Physio 1 on 1 8:30</b>            Exercise class 10:00            Coffee Break 10:30  <u>Come play Bocce 1:30</u>            Coffee Break 2:30 7:30</p>	<p><b>22 Local outing 9-11:30</b>            Coffee Break 10:30 2:30 7:30  <u>Anglican Service 10:30</u>            55+Club Bridge 1:00  <u>Remember Me Video 1:30</u>   <b>Happy Birthday!</b>  <b>Sue Mack</b></p>	<p><b>23</b>            Exercise class 10:00            Coffee Break 10:30 2:30 7:30  <u>Liturgy of the Word 10:45</u>  <u>Music concert 1:30</u>  <u>Noel Dimaranan</u>  <u>Ice-cream social 2:30</u></p>	<p><b>24 Physio 1 on 1 8:30</b>            Local outing 9-11:30            Rolling Tuck Shop 10            Coffee Break 10:30 2:30 7:30            Bingo 1:30</p>	<p><b>25 Bobby Burns Day!</b>  <u>Wear your Tartans!</u>            Exercise class 10:00            Come play bridge 1:00            Russell 55+ Euchre Party            Community Lounge 7:00  <b>Happy Birthday!</b>  <b>Sophia Salaj</b></p>	<p><b>26</b>            Coffee Break 10:30  <b>Health Walk</b>            Coffee Break 2:30   <b>Happy Birthday!</b>  <b>Alice Wilson</b></p>
<p><b>27</b>            Coffee Break 10:30  <b>Movie Matinee 1:30 theater</b>            Coffee Break 2:30            Rosary in Chapel 4:00</p>	<p><b>28 Physio 1 on 1 8:30</b>            Exercise class 10:00            Coffee Break 10:30  <u>Knitting Program 1:30</u>            Coffee Break 2:30</p>	<p><b>29</b>            Local outing 9-11:30            Coffee Break 10:30 2:30 7:30            55+Club Bridge 1:00</p>	<p><b>30</b>            Exercise class 10:00            Coffee Break 10:30 2:30 7:30  <u>Ice-cream social 2:30</u>  <b>Happy Birthday!</b>  <b>Norman Welk</b></p>	<p><b>31 Physio 1 on 1 8:30</b>            Local outing 9-11:30            Rolling Tuck Shop 10            Coffee Break 10:30 2:30 7:30            Bingo 1:30</p>	<p>Graeme Roy will do a special presentation in the Theater for the Remembering Me Video. Come see what it is all about on Tuesday, Jan. 22 at 1:30. Bring a friend!</p>	<p>The Encore Hearing Clinic has changed to the first Friday of each month. It will still be in the Sun Room from 9-11. Saturday night cards is now Friday nights in the lounge 7</p>

*St Thomas Aquinas High School is hosting a Living Locally Fair Saturday, Jan. 19<sup>th</sup>!*