

Calendar & Newsletter

Goderich Place | Melanie Nurse, Activity Manager | 519-524-4243 ext. 221 | activationgp@hurontiel.on.ca

January Birthdays!!

Residents

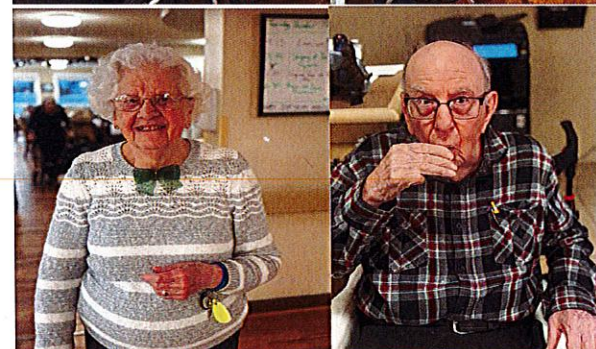
- Stephen January 3rd
- Mary D January 4th
- Mike January 7th
- Cheryl January 10th
- Mary R January 15th
- Ann P January 22nd
- Bill M January 22nd
- Doug January 30th

Staff

- Reece January 8th
- Nancy January 12th
- Heather January 17th
- Julie January 24th
- Alyssa January 30th

Music & Memories at MacKay Centre

Music & Memories is a new program that is now offered at the MacKay Centre, once a month, every third Tuesday at 3:00pm. The start date is Tuesday, January 21st. There is no charge, tea & coffee will be available by donation. Please come prepared to share one of your favorite songs. Nothing speaks to who you are like the music you grew up with. Join us for this monthly get together to enjoy each other's company while listening to the tunes of yesteryear, otherwise known as "the good stuff"-You will be able to enjoy everything from Big Band Swing to seventy's soft rock. Your host will be Charles Nolan, he has years of experience supporting Seniors (a club he also belongs to) and, more importantly, he is a songwriter and performer. Charles also has a working CD and cassette player so that you can play your music. Come and enjoy music and memories. If you are planning to attend, please call the MacKay Centre to register.



Celebrating January

New Years Day!!
January 1st

Elvis Presley Birthday
January 9th

Bird Feeder Craft
January 13th

Sing and Dance with Val Gillies
January 14th

Wacky Winter Wardrobe Day
January 15th

The Organizer – Peggy Denomme
January 15th

Craft with Betty
January 16th

Sing and Dance with The Irish Cowboys
January 20th

Sing and Dance with Leavin' Tracks
January 21st

Sing and Dance with Meggi Faye
January 22nd

Sing and Dance with Ron Allin
January 23rd

Cardmaking with Harriet
January 27th

Chinese New Year
January 29th

Welcome to January, and 2025!!

Happy New year to all our residents, families and staff! January is here, bringing with it a fresh start and the beauty of winter. I hope all of you had an amazing holiday season!

A New Year is a great time to attend a program that you have always been curious about but have not attended. We have book club, knitting group, quilt tying, both men's and ladies' group, crafts, and of course bingo! Research has proven that staying socially active is key to healthy aging, by decreasing anxiety, boosting the immune system and enhancing your quality of life.

Here are some winter safety tips: **Dress warmly** - wear layers, including a hat and scarf when walking outside. Be mindful of snow and ice. **Hydrate** – keep drinking water to stay hydrated. **Wash hands**- wash hands or use hand sanitizer before and after meals, when touching high contact surfaces, and when re-entering building.

The Irish Cowboys, Ron Allin, and Leavin' Tracks will be back to entertain us as well as Val Gillies, and Meggi Faye coming in! Refer to your calendar and noticeboards for dates and times.

Peggy Denomme will be here on Wednesday, January 15th to give us tips and pointers on how to get organized in our home. Friends and family are welcome to join us.

A big thank you to our wonderful staff for their hard work and dedication during the holiday season. Your care makes a difference every day!!

I wish you all a Happy New Year and wish you the best in 2025!!

Here's to a great New Year!

Melanie

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025



9:15 Exercises 1
 10:00 Communion Service
 2:00 New Years Day Word Games
 6:00 Cards



9:15 Exercises 2
 9:45 Ladies Group
 10:00 Tuck Shop
 2:00 Monthly Chronicles and Trivia
 6:30 Bingo!!
 6:30 Tea Time in the Dining Room

9:15 Exercises 3
 10:00 Men's Group
 10:00 Free Bingo
 2:00 Cranium Crunches
 6:30 Adult Colouring

Melanie Away

10:00 Coffee Group 4



good morning

10:30 Exercises
 1:00 Afternoon Movie

10:00 Mind Joggers 5
 10:30 St Peter's Church Ch 1 (Hurontel)
 1:00 Lake Shore United Church Service Ch 1 (Hurontel)

9:15 Exercises 6
 9:45 Knitting Group
 2:00 Who What or Where Am I?
 6:30 Tea Time in the Dining Room

9:15 Exercises 7
 10:00 Shopping – Walmart
 2:00 Citrus Month!!
 6:30 Scrabble/Cribbage

SOUND THERAPY 9-11

9:15 Exercises 8
 10:00 Communion Service
 10:00 Tuck Shop
 2:00 Cards and Board Games
 6:00 Cards

Melanie Away


9:15 Exercises 9
 9:45 Ladies Group
 10:00 Quilt Tying
 2:00 Elvis Presley Birthday!
 6:30 Tea Time in the Dining Room

Melanie Away

9:15 Exercises 10
 10:00 Men's Group
 10:00 Free Bingo
 2:00 Show and Tell
 6:30 Adult Colouring

Melanie Away

10:00 Coffee Group 11
 10:30 Exercises



1:00 Afternoon Movie

10:00 Mind Joggers 12
 10:30 St Peter's Church Ch 1 (Hurontel)
 1:00 Lake Shore United Church Service Ch 1 (Hurontel)

9:15 Exercises 13
 9:45 Knitting Group
 10:30 Book Club
 2:00 Bird Feeder Craft
 6:30 Tea Time in the Dining Room

9:15 Exercises 14
 10:00 Shopping – The Square
 2:00 Sing and Dance with Val Gillies
 6:30 Scrabble/Cribbage

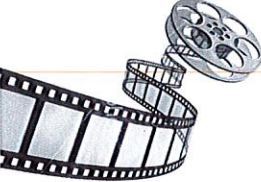
9:15 Exercises 15
 10:00 Communion Service
 10:00 Tuck Shop
 2:00 The Organizer – Peggy Denomme
 6:00 Cards

WACKY WINTER WARDROBE DAY!!

9:15 Exercises 16
 9:45 Ladies Group
 2:00 Anglican Church Service
 2:00 Craft with Betty!
 6:30 Bingo!!
 6:30 Tea Time in the Dining Room

9:15 Exercises 17
 10:00 Men's Group
 10:00 Free Bingo
 1:30 Lutheran Church Service
 2:00 Monthly Birthday Party and Welcome Tea!
 6:30 Adult Colouring

10:00 Coffee Group 18
 10:30 Exercises
 1:00 Afternoon Movie



10:00 Mind Joggers 19
 10:30 St Peter's Church Ch 1 (Hurontel)
 1:00 Lake Shore United Church Service Ch 1 (Hurontel)

Activity Professionals Week

9:15 Exercises 20
 9:45 Knitting Group
 10:30 Book Club
 2:00 Sing and Dance with The Irish Cowboys Happy Hour!!
 6:30 Tea Time in the Dining Room

Martin Luther King Jr. Day

9:15 Exercises 21
 10:00 Shopping – Walmart
 2:00 Sing and Dance with Leavin' Tracks!
 6:30 Scrabble/Cribbage

9:15 Exercises 22
 10:00 Communion Service
 10:00 Tuck Shop
 2:00 Sing and Dance with Meggi Faye!
 6:00 Cards

9:15 Exercises 23
 9:45 Ladies Group
 10:00 Quilt Tying
 2:00 Sing and Dance with Ron Allin Happy Hour!
 6:30 Tea Time in the Dining Room

9:15 Exercises 24
 10:00 Men's Group
 10:00 Free Bingo
 2:00 Junkdrawer Detective
 6:30 Adult Colouring

10:00 Coffee Group 25



10:30 Exercises
 1:00 Afternoon Movie

10:00 Mind Joggers 26
 10:30 St Peter's Church Ch 1 (Hurontel)
 1:00 Lake Shore United Church Service Ch 1 (Hurontel)

Australia Day (Observed)

9:15 Exercises 27
 9:45 Knitting Group
 10:30 Book Club
 2:00 Cardmaking with Harriet!
 6:30 Tea Time in the Dining Room

9:15 Exercises 28
 10:00 Shopping – The Square
 2:00 Armchair Travel to Oxford, England!!
 6:30 Scrabble/Cribbage

9:15 Exercises 29
 10:00 Communion Service
 10:00 Tuck Shop
 2:00 Chinese New Year!!
 6:00 Cards

Chinese New Year (Year of the Snake)

9:15 Exercises 30
 9:45 Ladies Group
 10:00 Resident Meeting
 2:00 Food Tasting
 6:30 Bingo!!
 6:30 Tea Time in the Dining Room

9:15 Exercises 31
 10:00 Men's Group
 10:00 Free Bingo
 2:00 Would you Rather??
 6:30 Adult Colouring

10:00 Coffee Group 31

Sunday

Monday

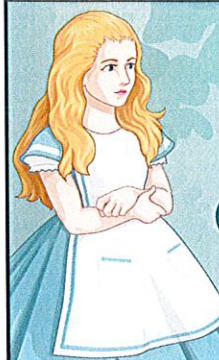
Tuesday

Wednesday

Thursday



Friday

Saturday



January 2025

Memory Care Unit

9:30 **Daily Chronicles** 1
 10:00 **Communion Service**
 10:15 **Wacky Wednesday**
 2:00 **New Years Day Word Games**
 6:30 **Foot Soaks**



9:30 **Daily Chronicles** 2
 10:15 **Exercises**



2:00 **Monthly Chronicles and Trivia**
 6:30 **Trivia**

9:30 **Daily Chronicles** 3
 10:00 **Bingo**
 2:00 **Cranium Crunches**
 6:30 **Movie Night**



9:30 **Coffee Social** 4
 3:00 **Drawing**
 6:30 **Stories**



9:15 **Church Service** 5
 3:00 **Afternoon Walks**



6:30 **Sort the Stuff**


9:30 **Daily Chronicles** 6
 10:15 **Manicures**
 2:00 **Who What or Where Am I?**
 6:30 **Bean Bag Toss**

9:30 **Daily Chronicles** 7
 10:15 **Roll and Stroll**
 2:00 **Citrus Month!!**
 6:30 **Cards (Scrabble/ Euchre/ Uno)**

SOUND THERAPY
 9-11

9:30 **Daily Chronicles** 8
 10:00 **Communion Service**
 10:15 **Wacky Wednesday**
 2:00 **Cards and Board Games**
 6:30 **Foot Soaks**
 Melanie Away

9:30 **Daily Chronicles** 9
 10:15 **Exercises**
 2:00 **Elvis Presley Birthday!**



6:30 **Trivia**

9:30 **Daily Chronicles** 10
 10:00 **Bingo**
 2:00 **Show and Tell**



6:30 **Movie Night**

9:30 **Coffee Social** 11
 3:00 **Drawing**
 6:30 **Stories**



9:15 **Church Service** 12
 3:00 **Afternoon Walks**
 6:30 **Sort the Stuff**



9:30 **Daily Chronicles** 13
 10:15 **Manicures**
 2:00 **Bird Feeder Craft**



6:30 **Bean Bag Toss**

9:30 **Daily Chronicles** 14
 10:15 **Roll and Stroll**
 2:00 **Sing and Dance with Val Gillies**
 6:30 **Cards (Scrabble/ Euchre/ Uno)**

9:30 **Daily Chronicles** 15
 10:00 **Communion Service**
 10:15 **Wacky Wednesday**
 2:00 **Card Matching Game**
 6:30 **Foot Soaks**
 WACKY WINTER WARDROBE DAY!!

9:30 **Daily Chronicles** 16
 10:15 **Exercises**
 2:00 **Anglican Church Service**
 2:00 **Craft with Betty!**
 6:30 **Trivia**

9:30 **Daily Chronicles** 17
 10:00 **Bingo**
 1:30 **Lutheran Church Service**
 2:00 **Monthly Birthday Party and Welcome Tea!**
 6:30 **Movie Night**

9:30 **Coffee Social** 18
 3:00 **Drawing**
 6:30 **Stories**



9:15 **Church Service** 19
 3:00 **Afternoon Walks**
 6:30 **Sort the Stuff**
 Activity Professionals Week



9:30 **Daily Chronicles** 20
 10:15 **Manicures**
 2:00 **Sing and Dance with The Irish Cowboys!**
 6:30 **Bean Bag Toss**

Martin Luther King Jr. Day

9:30 **Daily Chronicles** 21
 10:15 **Roll and Stroll**
 2:00 **Sing and Dance with Leavin' Tracks!**
 6:30 **Cards (Scrabble/ Euchre/ Uno)**

9:30 **Daily Chronicles** 22
 10:00 **Communion Service**
 10:15 **Wacky Wednesday**
 2:00 **Sing and Dance with Meggi Faye!**
 6:30 **Foot Soaks**

9:30 **Daily Chronicles** 23
 10:15 **Exercises**
 2:00 **Sing and Dance with Ron Allin!**
 6:30 **Trivia**

QUIZ TIME!

9:30 **Daily Chronicles** 24
 10:00 **Bingo**
 2:00 **Junkdrawer Detective**
 6:30 **Movie Night**

9:30 **Coffee Social** 25
 3:00 **Drawing**
 6:30 **Stories**



9:15 **Church Service** 26
 3:00 **Afternoon Walks**
 6:30 **Sort the Stuff**



9:30 **Daily Chronicles** 27
 10:15 **Manicures**
 2:00 **Cardmaking with Harriet!**
 6:30 **Bean Bag Toss**

9:30 **Daily Chronicles** 28
 10:15 **Roll and Stroll**
 2:00 **Armchair Travel to Oxford, England!!**
 6:30 **Cards (Scrabble/ Euchre/ Uno)**

9:30 **Daily Chronicles** 29
 10:00 **Communion Service**
 10:15 **Wacky Wednesday**
 2:00 **Chinese New Year!!**
 6:30 **Foot Soaks**
 Chinese New Year (Year of the Snake)

9:30 **Daily Chronicles** 30
 10:15 **Exercises**
 2:00 **Food Tasting**



6:30 **Trivia**

9:30 **Daily Chronicles** 31
 10:00 **Bingo**
 2:00 **Would you Rather??**
 6:30 **Movie Night**

In this style 10/6

