

## January 2025 Poplar Heights Activities: Lynsey & Alex

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise Calendar Posted on Home Area	One-to-One visits daily when Recreation Staff here		1	2	3 2 One-to-One Visits with Donna	4 Pam's Day 8 Breakfast Program 10 Brainstorming 1:30 Snoezelen Sessions
5 Pam's Day 9:30 Hymn Sing 2 Colouring Club	6	7 2 Sing-a-Long with Lynsey	8 10 Art 2 One-to-One's	9 9 Current Events 9:30 Resident's Council 10 Nail Care 2 Bingo in NP	10 9:30 Indoor Walking Group 2 Trivia in NP	11
12 10 Hymn Sing with Alex	13 9 Current Events 10 Colouring in NP 2 Bingo	14 9:30 Simcoe Library Bus Trip 1:30-3 Tuck Shop Visits	15 10 Name 10 Things in NP 2 One-to-One's	16 10 Coffee Social in NP 10:30 Catholic Mass 2 Table Games	17 9:30 Sensory Room in Spruce Court 2 Music with Angela	18
19	20 9 Current Events 10 Card Sharks 2 Birthday Party	21 10 Word Games 2 Travelogue: Hawaii	22 2 Bingo 6:15 Games Night	23 12 Luncheon with WW 2:30 Nail Care	24 9:30 Indoor Walking Group 2 Cup Half Full Social	25 10:15 Program with Alex
26 10 Hymn Sing with Alex	27 2 Bingo in NP 5 Order in Pizza Supper	28 10 Crown & Anchor in NP 2 Baptist Service 2 Colouring	29 9:30 Country Drive 2 Sensory Room in Spruce Court	30	31 10 Coffee Social 2 Sing-a-Long	

<http://www.norfolkcounty.ca/living/health-and-social-services/norview-lodge/programs> Programs are subject to change.