

calendar & activities
JAN 2020

Fullerton Gardens-Winter Wonderland

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT



Location Keys

EMBRACE ROOM
GARDEN
LARGE DINING ROOM
PATIO
THEATRE ROOM
TV ROOM

Resident Birthdays

Anne M. 1/17
Lillian L. 1/25

Office Hours
Monday-Saturday
9 a.m.-5:30 p.m.
Main House

Sunday
9 a.m.-5:00 p.m.
Community

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



SENIOR
LIFESTYLE
your life, your style

New Year's Day 1

AM ● New Year's Memories [TR]
AM ● Crafting Club
AM ● Puzzles & Table Games [ER]
PM ● Walk With Me
PM ● Karaoke! [LDR]
PM ● Chair Yoga
PM ● Armchair Travels
PM ● Bingo [LDR]
PM ● Evening Stroll [G]

2

AM ● Art Classes w/ Alexis [LDR]
AM ● Garden Meditation
AM ● Gardening w/ Sheryl [G]
AM ● Aroma Therapy [P]
AM ● Fancy Nails
PM ● Exercise w/ Alexis [LDR]
PM ● Karaoke Sing-a-Long
PM ● Men's Group [ER]
PM ● Late Night Chats [LDR]

3

AM ● Stretch & Flex [TR]
AM ● Trivia Challenge [LDR]
AM ● Reminiscing [LDR]
PM ● Mini Manicures [TR]
PM ● Walk With Me
PM ● Bingo [ER]
PM ● Trivia [ER]
PM ● Mini Massages [LDR]
PM ● Story Time [ER]

4

AM ● Short Stories [LDR]
AM ● Move & Groove [ER]
AM ● Bible Reading with Irene [LDR]
PM ● Bookmarks [ER]
PM ● Collages [LDR]
PM ● Music Therapy [ER]
PM ● Evening News [LDR]
PM ● Resident Choice Movie [LDR]

5

AM ● Conductorcise [LDR]
AM ● Sunday Inspiration [TR]
AM ● Sing-a-Long [LDR]
PM ● Garden Meditation [G]
PM ● Horse Races [LDR]
PM ● Crafting Club
PM ● Spark
PM ● Karaoke [LDR]
PM ● Movie Night [ER]

6

AM ● Senior Topics-Mind, Body, & Soul [TR]
AM ● Morning Garden Walk [LDR]
AM ● Holy Communion [TVR]
PM ● Fit & Well with Leah [LDR]
PM ● Memory Games & Sorting [ER]
PM ● Trivia Challenge [TR]
PM ● Evening News
PM ● Aroma Therapy/ Massage [LDR]

7

AM ● Senior Topics with Lisa [TR]
AM ● Travelogue [ER]
AM ● Thymeless Cooking Club [LDR]
PM ● Parachute Fun [P]
PM ● Afternoon Stretch & Flex [LDR]
PM ● Thymeless Garden Club [G]
PM ● Pet Therapy [LDR]
PM ● Chats & Facts
PM ● Black & White Movie Night [LDR]

8

AM ● Journey Back into Time with Joanna [TR]
AM ● Crafting Club
AM ● Puzzles & Table Games [ER]
PM ● Walk With Me
PM ● Music with Natalie [LDR]
PM ● Chair Yoga
PM ● Armchair Travels
PM ● Bingo [LDR]
PM ● Evening Stroll [G]

9

AM ● Art Classes w/ Honour [LDR]
AM ● Garden Meditation
AM ● Aroma Therapy [P]
AM ● Fancy Nails
PM ● Fit and Well with Eunice [LDR]
PM ● Karaoke Sing-a-Long
PM ● Men's Group [ER]
PM ● Late Night Chats [LDR]

10

AM ● Stretch & Flex [TR]
AM ● Music with Jonathan [LDR]
AM ● Reminiscing [LDR]
PM ● Mini Manicures [TR]
PM ● Walk With Me
PM ● Bingo [ER]
PM ● Trivia [ER]
PM ● Mini Massages [LDR]
PM ● Story Time [ER]

11

AM ● Short Stories [LDR]
AM ● Move & Groove [ER]
AM ● Bible Reading with Irene [LDR]
PM ● Bookmarks [ER]
PM ● Collages [LDR]
PM ● Music Therapy [ER]
PM ● Evening News [LDR]
PM ● Resident Choice Movie [LDR]

12

AM ● Conductorcise [LDR]
AM ● Sunday Inspiration [TR]
AM ● Sing-a-Long [LDR]
PM ● Garden Meditation [G]
PM ● Horse Races [LDR]
PM ● Crafting Club
PM ● Spark
PM ● Karaoke [LDR]
PM ● Movie Night [ER]

13

AM ● Senior Topics-Mind, Body, & Soul [TR]
AM ● Morning Garden Walk [LDR]
AM ● Holy Communion [TVR]
PM ● Fit & Well with Leah [LDR]
PM ● Memory Games & Sorting [ER]
PM ● Trivia Challenge [TR]
PM ● Evening News
PM ● Aroma Therapy/ Massage [LDR]

14

AM ● Garden Walk w/ Heidi
AM ● Senior Topics with Lisa [TR]
AM ● Travelogue [ER]
AM ● Thymeless Cooking Club [LDR]
PM ● Parachute Fun [P]
PM ● Afternoon Stretch & Flex [LDR]
PM ● Thymeless Garden Club [G]
PM ● Cooking w/ Christine
PM ● Pet Therapy [LDR]
PM ● Chats & Facts
PM ● Black & White Movie Night [LDR]

15

AM ● Journey Back into Time with Joanna [TR]
AM ● Crafting Club
AM ● Puzzles & Table Games [ER]
PM ● Walk With Me
PM ● Music with Natalie [LDR]
PM ● Chair Yoga
PM ● Armchair Travels
PM ● Bingo [LDR]
PM ● Evening Stroll [G]

16

AM ● Art Classes w/ Honour [LDR]
AM ● Garden Meditation
AM ● Aroma Therapy [P]
AM ● Fancy Nails
PM ● Fit and Well with Eunice [LDR]
PM ● Karaoke Sing-a-Long
PM ● Men's Group [ER]
PM ● Late Night Chats [LDR]

17

AM ● Stretch & Flex [TR]
AM ● Music with Jonathan [LDR]
AM ● Reminiscing [LDR]
PM ● Mini Manicures [TR]
PM ● Walk With Me
PM ● Bingo [ER]
PM ● Fancy Nails w/Karina [ER]
PM ● Trivia [ER]
PM ● Mini Massages [LDR]
PM ● Story Time [ER]

18

AM ● Short Stories [LDR]
AM ● Move & Groove [ER]
AM ● Bible Reading with Irene [LDR]
PM ● Bookmarks [ER]
PM ● Collages [LDR]
PM ● Music Therapy [ER]
PM ● Evening News [LDR]
PM ● Resident Choice Movie [LDR]

19

AM ● Conductorcise [LDR]
AM ● Sunday Inspiration [TR]
AM ● Sing-a-Long [LDR]
PM ● Garden Meditation [G]
PM ● Horse Races [LDR]
PM ● Crafting Club
PM ● Spark
PM ● Karaoke [LDR]
PM ● Movie Night [ER]

Martin Luther King, Jr. Day 20

AM ● Senior Topics-Mind, Body, & Soul [TR]
AM ● Morning Garden Walk [LDR]
AM ● Holy Communion [TVR]
PM ● Fit & Well with Leah [LDR]
PM ● Getting to Know MLK Jr. [ER]
PM ● Trivia Challenge [TR]
PM ● Evening News
PM ● Aroma Therapy/ Massage [LDR]

21

AM ● Senior Topics with Lisa [TR]
AM ● Travelogue [ER]
AM ● Thymeless Cooking Club [LDR]
PM ● Parachute Fun [P]
PM ● Afternoon Stretch & Flex [LDR]
PM ● Thymeless Garden Club [G]
PM ● Pet Therapy [LDR]
PM ● Chats & Facts
PM ● Black & White Movie Night [LDR]

22

AM ● Journey Back into Time with Joanna [TR]
AM ● Crafting Club
AM ● Puzzles & Table Games [ER]
PM ● Walk With Me
PM ● Music with Natalie [LDR]
PM ● Chair Yoga
PM ● Armchair Travels
PM ● Bingo [LDR]
PM ● Evening Stroll [G]

23

AM ● Art Classes w/ Honour [LDR]
AM ● Garden Meditation
AM ● Aroma Therapy [P]
AM ● Fancy Nails
PM ● Fit and Well with Eunice [LDR]
PM ● Karaoke Sing-a-Long
PM ● Men's Group [ER]
PM ● Late Night Chats [LDR]

24

AM ● Stretch & Flex [TR]
AM ● Music with Jonathan [LDR]
AM ● Reminiscing [LDR]
PM ● Mini Manicures [TR]
PM ● Walk With Me
PM ● Bingo [ER]
PM ● Trivia [ER]
PM ● Mini Massages [LDR]
PM ● Story Time [ER]

25

AM ● Short Stories [LDR]
AM ● Move & Groove [ER]
AM ● Bible Reading with Irene [LDR]
PM ● Bookmarks [ER]
PM ● Collages [LDR]
PM ● Lilian's 100th Birthday Bash! [ER]
PM ● Evening News [LDR]
PM ● Resident Choice Movie [LDR]

26

AM ● Conductorcise [LDR]
AM ● Sunday Inspiration [TR]
AM ● Sing-a-Long [LDR]
PM ● Garden Meditation [G]
PM ● Horse Races [LDR]
PM ● Crafting Club
PM ● Spark
PM ● Karaoke [LDR]
PM ● Movie Night [ER]

27

AM ● Senior Topics-Mind, Body, & Soul [TR]
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AM ● Holy Communion [TVR]
PM ● Fit & Well with Leah [LDR]
PM ● Memory Games & Sorting [ER]
PM ● Trivia Challenge [TR]
PM ● Evening News
PM ● Aroma Therapy/ Massage [LDR]

28

AM ● Senior Topics with Lisa [TR]
AM ● Travelogue [ER]
AM ● Thymeless Cooking Club [LDR]
PM ● Parachute Fun [P]
PM ● Afternoon Stretch & Flex [LDR]
PM ● Thymeless Garden Club [G]
PM ● Cooking w/ Christine
PM ● Pet Therapy [LDR]
PM ● Chats & Facts
PM ● Black & White Movie Night [LDR]

29

AM ● Journey Back into Time with Joanna [TR]
AM ● Crafting Club
AM ● Puzzles & Table Games [ER]
PM ● Walk With Me
PM ● Music with Natalie [LDR]
PM ● Chair Yoga
PM ● Armchair Travels
PM ● Bingo [LDR]
PM ● Evening Stroll [G]

30

AM ● Art Classes w/ Honour [LDR]
AM ● Garden Meditation
AM ● Aroma Therapy [P]
AM ● Fancy Nails
PM ● Fit and Well with Eunice [LDR]
PM ● Karaoke Sing-a-Long
PM ● Men's Group [ER]
PM ● Late Night Chats [LDR]

31

AM ● Stretch & Flex [TR]
AM ● Music with Jonathan [LDR]
AM ● Reminiscing [LDR]
PM ● Mini Manicures [TR]
PM ● Walk With Me
PM ● Bingo [ER]
PM ● Trivia [ER]
PM ● Mini Massages [LDR]
PM ● Story Time [ER]

