



News & Events

January is the first month of the year in the Julian and Gregorian calendars. The month did not exist until around 713 BC, when it was added to the original Roman calendar along with February. January is named after Janus, the god of gateways and beginnings, who is typically depicted as a two-headed man looking forward and backward simultaneously. This is a fitting image for the first month of the year—remembering the past while also looking to the future.

Welcome to AgeCare Midnapore

Your AgeCare Family Welcomes YOU

Trivia Answers Questions on Front

1. Sir Isaac Newton
2. Neil Armstrong
3. Search for Tomorrow
4. John D Rockefeller
5. Anne Taylor, 1901
6. Amelia Earhart
7. Norway
8. Laika
9. My Bonnie

IN HOUSE LUNCHES

On Friday's we will be hosting a "Hot Dog" In House lunch in the neighbourhoods. Sign up with recreation staff today as seating is limited. Cost will be charged to the Resident Trust Account.

- Friday January 8** — Bridlewood & Heritage Pointe
 - Friday Jan 15**—Chaparral & Evergreen
 - Friday January 22** —Shawnessy
- *sorry no modified textures allowed at this time**

VIRTUAL MEMORIAL SERVICE

We will be hosting a Virtual Memorial Service to honor and remember residents who have passed. If you would like to be included please contact Alexa Grinevitch, SW to provide email address which we can send the Zoom Link to. In person seating for residents is limited.

Alexa Grinevitch
agrinevitch@agecare.ca or 403-873-2617



The days are short. The sun a spark, hung thin between the dark and dark
 Fat snowy footsteps track the floor. And parkas pile up near the door.
 The river is a frozen place. Held still beneath the trees' black lace.
 The sky is low. The wind is gray. The radiator purrs all day.

a poem by John Updike

AgeCare Midnapore Calendar & Newsletter JANUARY 2021

Hello 2021,

The recreation team is looking forward to celebrating a new year with all of our residents and family.

Please note: if a neighbourhood is on COVID Outbreak, there are no group recreation program that occur. Only 1:1 visits in the resident rooms.

If you would like to connect with a family member who is not a Designated Visitor, please arrange for a Virtual Visit through recreation.

PROTECT OUR RESIDENTS THIS SEASON

Do not visit if you are feeling unwell

Cover your Cough

Clean your Hands

1. Get vaccinated— vaccinations are available soon. Nursing is contacting residents/families/agents to get consent for the flu vaccine.
2. Practice hand hygiene
3. Follow respiratory etiquette
4. Drink water and get plenty of rest if you are sick

If you need information and want to know more about influenza, please contact Anna Andres, Clinical Resource Nurse aandres@agecare.ca



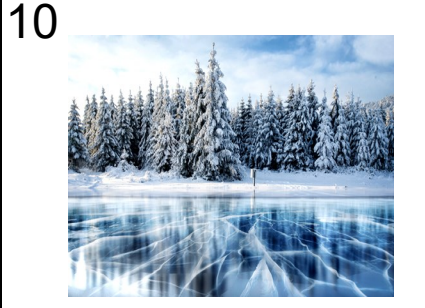

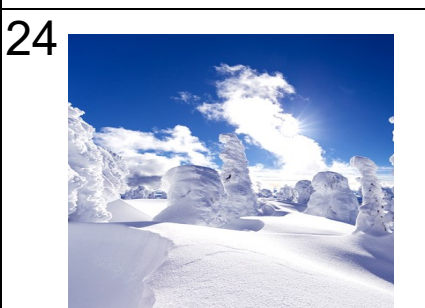
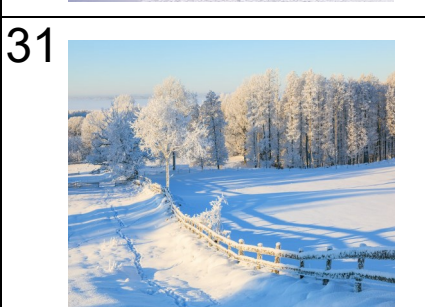

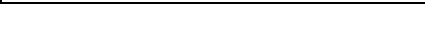





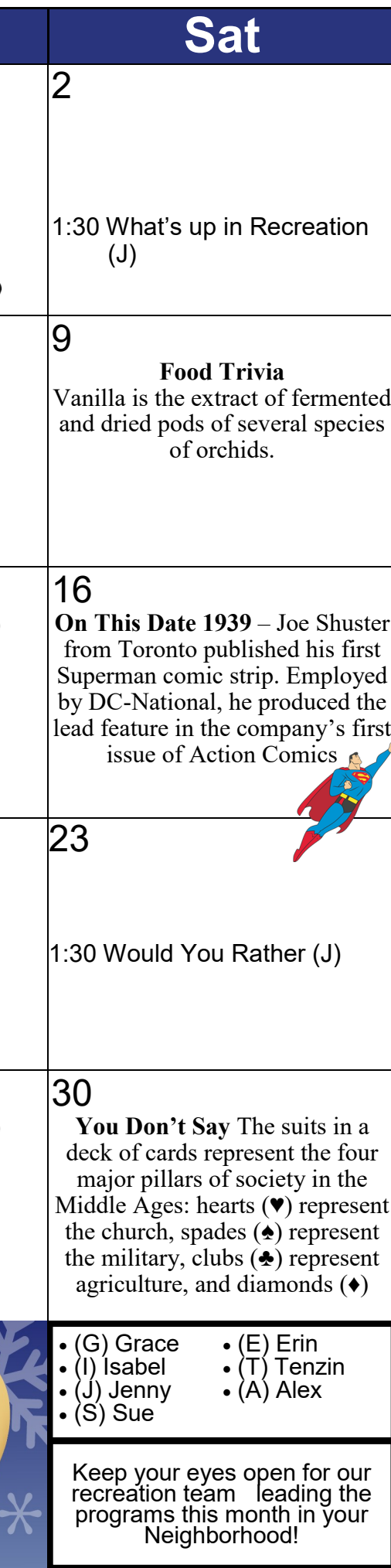



Celebrate the first day of the first month of the year with some "first" trivia.

1. Who was the first person to discover the laws of motion?
2. Who was the first man to walk on the moon?
3. What was the first successful American TV soap opera?
4. Who was the worlds first billionaire in 1916?
5. Who was the first person to go over Niagara Falls in a barrel?
6. Who was the first women to fly solo over the transatlantic?
7. Which countries flag was the first to reach South Pole?
8. What was the name of the first dog in Space?
9. What was the name of the first single on which the Beatles performed?
10. What hockey player is the first to hold 61 NHL records?



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <h1 style="color: gold;">January 2021</h1> <p style="color: white;">TRUST THE MAGIC OF NEW BEGINNINGS</p> 						
						
<p>3</p> 	<p>4</p> <p>Christmas Take Down</p>	<p>5</p> <p>9:45 Word Games (S)</p> <p>1:30 Short Stories (I)</p>	<p>6</p> <p>3:00 Exercise (S)</p>	<p>7</p> <p>9:45 Morning Stretch (J)</p> <p>1:30 You be the Judge (S)</p>	<p>8</p> <p>9:45 Exercise (G)</p> <p>In House Hot Dog Lunch (HP&BW Only)</p>	<p>9</p> <p>Happy Birthday Madga R</p> <p>9:45 Uno (G)</p>
<p>10</p> 	<p>11</p> <p>1:30 Afternoon Stretch (S)</p> <p>3:00 Family Feud (S)</p>	<p>12</p> <p>9:45 Word Games (G)</p> <p>10:45 Sip & Listen (G)</p> <p>1:30 Getting to Know You (G)</p> <p>3:00 Poker (G)</p>	<p>13</p> <p>9:45 Exercise (G)</p> <p>10:45 Reminiscing: 40s Fads (G)</p> <p>3:00 Jeopardy (G)</p>	<p>14</p> <p>9:45 Balloon Badminton (G)</p> <p>10:00 Library Cart</p> <p>10:45 Tile Rummy (G)</p> <p>2:00 Shawnessy Bingo</p> <p>2:00 Travelling Tuck Cart</p>	<p>15</p> <p>9:45 Exercise (G)</p> <p>In House Hot Dog Lunch (CH&EG Only)</p>	<p>16</p> <p>On This Date 1939 – Joe Shuster from Toronto published his first Superman comic strip. Employed by DC-National, he produced the lead feature in the company’s first issue of Action Comics </p>
<p>17</p> 	<p>18</p> <p>9:45 Bowling (S)</p> <p>2:00 Resident Council in Classroom</p>	<p>19</p> <p>9:45 Word Games (G)</p> <p>10:45 Music & Memories (G)</p> <p>3:00 Card Games (G)</p>	<p>20</p> <p>9:45 Exercise (G)</p> <p>10:45 Family Feud (G)</p> <p>2:00 Science Experiment: Don't Melt the Ice</p>	<p>21</p> <p>9:45 Balloon Badminton (G)</p> <p>10:00 Food Council in Bridlewood Retreat</p> <p>10:45 Board Games (G)</p> <p>2:00 Travelling Tuck Cart</p> <p>2:00 Snowflake Craft (G)</p>	<p>22</p> <p>9:45 Exercise (G)</p> <p>In House Hot Dog Lunch (SH Only)</p>	<p>23</p> <p>You Don't Say The suits in a deck of cards represent the four major pillars of society in the Middle Ages: hearts (♥) represent the church, spades (♠) represent the military, clubs (♣) represent agriculture, and diamonds (♦) represent the merchant class.</p>
<p>24</p> 	<p>25</p> <p>9:45 Morning Stretch (G)</p> <p>10:45 Music & Memories (G)</p> <p>2:00 Shawnessy Bingo (G)</p>	<p>26</p> <p>9:45 Word Games (G)</p> <p>10:45 Dolly Parton Music (G)</p> <p>1:30 1:1 Visits (G)</p> <p>3:00 Poker (G)</p>	<p>27</p> <p>Happy Birthday Anna W</p> <p>9:45 Exercise (G)</p> <p>10:45 Would you Rather? (G)</p> <p>1:30 Memorial Service in Bridlewood Retreat</p>	<p>28</p> <p>10:00 Library Cart</p> <p>10:45 Morning Stretch (J)</p> <p>2:00 Travelling Tuck Cart</p>	<p>29</p> <p>9:45 Exercise (G)</p> <p>10:45 Famous Faces (G)</p> <p>3:00 Board Games (G)</p>	<p>30</p> <p>9:45 Card Games (G)</p>
<p>31</p> 	 <h1 style="color: white;">SHAWNESSY</h1>					<ul style="list-style-type: none"> • (G) Grace • (I) Isabel • (J) Jenny • (S) Sue • (E) Erin • (T) Tenzin • (A) Alex <p>Keep your eyes open for our recreation team leading the programs this month in your Neighborhood!</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <h1 style="color: gold;">January 2021</h1> <p>TRUST THE MAGIC OF NEW BEGINNINGS</p>						
						
3	4	5	6	7	8	9
	Christmas Take Down	9:45 Exercise (J) 10:45 1:1 Visits (A) 1:30 What's New in 2021 (J)	1:30 New Year Craft (J) 3:00 Junk Drawer Detective (J)	1:30 Current Events (J) 2:00 Travelling Tuck Cart 3:00 Life's Blessings (A)	9:45 Exercise(J)	Food Trivia Vanilla is the extract of fermented and dried pods of several species of orchids.
10	11	12	13	14	15	16
	9:45 Name 5 (J) 1:30 Short Stories (J)	9:45 Exercise (J) 1:30 1:1 Visits (J)	1:30 Bingo (J) 3:00 Music Request Hour (J)	9:45 Throwback Thursday— Superstitions (J) 10:00 Library Cart 1:30 Can you Picture This (J) 2:00 Travelling Tuck Cart	9:45 Balloon Badminton (J)	On This Date 1939 – Joe Shuster from Toronto published his first Superman comic strip. Employed by DC-National, he produced the lead feature in the company's first issue of Action Comics 
17	18	19	20	21	22	23
	Happy Birthday Paul A 1:30 Expressive Coloring (I) 2:00 Resident Council in Classroom	10:45 Exercise(A) 3:00 Armchair Travel to the Philippines (A)	Happy Birthday Eugene K & David G 1:30 Name That Famous Face (J) 3:00 Chicken Soup for the Soul (J)	9:45 Dear Abby (J) 1:30 Recalling Hymns (J) 2:00 Travelling Tuck Cart	9:45 Exercise (J)	1:30 Would You Rather (J)
24	25	26	27	28	29	30
	9:45 Who am I/ What am I (J) 1:30 Name That Tune (J)	9:45 Exercise (J) 1:30 1:1 Visits (J)	1:30 Memorial Service in Bridlewood Retreat 1:30 Bingo (J) 3:00 Snowflake Craft(J)	9:45 You be the Judge(J) 10:00 Library Cart 1:30 Can you Picture this (J) 2:00 Travelling Tuck Cart	9:45 Balloon Badminton.(J) 1:30 Matching Game (J)	You Don't Say The suits in a deck of cards represent the four major pillars of society in the Middle Ages: hearts (♥) represent the church, spades (♠) represent the military, clubs (♣) represent agriculture, and diamonds (♦)
31	 <h1 style="color: white;">SUNDANCE</h1>					<ul style="list-style-type: none"> • (G) Grace • (I) Isabel • (J) Jenny • (S) Sue • (E) Erin • (T) Tenzin • (A) Alex
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <h1 style="color: gold;">January 2021</h1> <p>TRUST THE MAGIC OF NEW BEGINNINGS</p>					<p>1 Happy Birthday Bob B</p> <p>No Recreation</p>	<p>2</p> <p>Quote of the Day “We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year’s Day.” ~ Edith Lovejoy Pierce</p>

3



4

Christmas Take Down

5

10:45 What’s Up in Rec.? (S)

3:00 New Years Jokes (S)

6

9:45 Seated Soccer (S)

1:30 Hymn Songs (S)

7

10:45 Giant Crossword Puzzle (S)

2:00 Travelling Tuck Cart

3:00 Reminiscing Pictures (S)


8

9:45 Exercise (S)

9

3:00 A-Z List (G)

10



11

9:45 Movement & Wellness (S)

5:45 Word Games (T)

12

10:45 Mindful Coloring (S)

3:00 Canadian Trivia (S)

13

9:45 Balloon Toss (S)

1:30 Dear Abby (S)

14

10:00 Library Cart

10:45 Family Feud (S)

2:00 Travelling Tuck Cart

3:00 Music in Color (S)

15 Happy Birthday Philip L

9:45 Exercise (S)

16

1:30 Manicures & Hand Massages (I)

17



18 Happy Birthday Anne W

2:00 Resident Council in Classroom

5:45 Therapeutic Visits (T)

19

10:45 Armchair Travel to Belgium (S)

3:00 Would You Rather? (S)

20

9:45 Bean Bag Toss (S)

1:30 Vinyl Café Stories (S)

21

10:45 Categories (S)

2:00 Travelling Tuck Cart

3:00 You Be The Judge (S)


22

9:45 Exercise (S)

23

You Don’t Say The suits in a deck of cards represent the four major pillars of society in the Middle Ages: hearts (♥) represent the church, spades (♠) represent the military, clubs (♣) represent agriculture, and diamonds (♦) represent the merchant class.

24



25

9:45 Movement & Wellness (S)

1:30 Hymn Songs (S)

26 Happy Birthday Milka L

10:45 Junk Draw Detective (S)

3:00 Urban Myths (S)

27

9:45 Table Bowling (S)

1:30 Memorial Service in Bridlewood Retreat

28 Happy Birthday Florence S

10:00 Library Cart

10:45 Who/What Am I? (S)

2:00 Travelling Tuck Cart

29


9:45 Exercise (S)

1:30 Calendar Handouts & Social Visits (S)

30

3:00 Word Games (G)

31



SOMERSET

- (G) Grace
- (I) Isabel
- (J) Jenny
- (S) Sue
- (E) Erin
- (T) Tenzin
- (A) Alex

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <h1 style="color: gold;">January 2021</h1> <p>TRUST THE MAGIC OF NEW BEGINNINGS</p> 						
					1 No Recreation 	2 Quote of the Day “We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year’s Day.” ~ Edith Lovejoy Pierce
3 	4 Christmas Take Down	5 9:45 Exercise (I)	6 10:45 What’s Up in Recreation (I) 3:00 New Year Craft (I)	7 9:45 Exercise (I) 10:45 What’s New in 2021 (I) 2:00 Travelling Tuck Cart	8 9:45 Balloon Badminton (A) 10:45 Board Games (I) In House Hot Dog Lunch (HP&BW Only)	9 Food Trivia Vanilla is the extract of fermented and dried pods of several species of orchids.
10 	11 10:45 Word Games (I) 3:00 Name That Tune (I)	12 9:45 Exercise (I) 1:30 Current Events (I)	13 1:30 Expressive Coloring (G)	14 9:45 Exercise (I) 10:00 Library Cart 10:45 Would you rather (I) 2:00 Travelling Tuck Cart	15 9:45 Ball Darts (A) 10:45 1:1 Visits (I) In House Hot Dog Lunch (CH&EG Only)	16 9:45 Manicures (I)
17 	18 Happy Birthday Sharon L 10:45 Who am I/ What am I (I) 2:00 Resident Council in Classroom 3:00 Short Stories (I)	19 Happy Birthday Peggy C 9:45 Exercise (I) 1:30 Armchair Travel to the Philippines (I)	20 10:45 Don’t Melt the Ice Science Experiment (I) 3:00 Chicken Soup for the Soul (I)	21 Happy Birthday Theresa L 9:45 Exercise (I) 10:00 Food Council in Bridlewood Retreat 10:45 Throwback Thursday— Superstitions (I) 2:00 Travelling Tuck Cart	22 9:45 Balloon Badminton (A) 10:45 Music Biographies— Dolly Parton (I) In House Hot Dog Lunch (SH Only)	23 You Don’t Say The suits in a deck of cards represent the four major pillars of society in the Middle Ages: hearts (♥) represent the church, spades (♠) represent the military, clubs (♣) represent agriculture, and diamonds (♦) represent the merchant class.
24 	25 10:45 Cranium Crunches (I) 3:00 Music Request Hour (I)	26 9:45 Exercise (I) 1:30 You Be The Judge (I)	27 10:45 Snowflake Craft (I) 1:30 Memorial Service in Bridlewood Retreat 3:00 Winter Trivia (I)	28 9:45 Exercise (I) 10:00 Library Cart 10:45 Dear Abby (I) 2:00 Travelling Tuck Cart	29 9:45 Corn Hole (A) 10:45 1:1 Visits (I) 3:00 Hymn Listen (I)	30 1:30 Family Feud (G)
31 	 <h1 style="margin: 0;">CHAPARRAL</h1>					<ul style="list-style-type: none"> <li style="width: 50%;">• (G) Grace <li style="width: 50%;">• (E) Erin <li style="width: 50%;">• (I) Isabel <li style="width: 50%;">• (T) Tenzin <li style="width: 50%;">• (J) Jenny <li style="width: 50%;">• (A) Alex <li style="width: 50%;">• (S) Sue
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CHAPARRAL

Keep your eyes open for our recreation team leading the programs this month in your Neighborhood!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <h1 style="text-align: center;">January 2021</h1> <p style="text-align: center;">TRUST THE MAGIC OF NEW BEGINNINGS</p> 						
3 Happy Birthday Gloria H	4 Happy Birthday Peter T Christmas Take Down	5 10:45 Current Events (I) 3:00 What's New in 2021 (I)	6 9:45 Exercise (I) 10:45 1:1 Visits (A) 1:30 New Year Craft (I)	7 2:00 Travelling Tuck Cart 2:00 EG Bingo (I)	1 No Recreation 	2 3:00 What's up in Rec (J)
10 Happy Birthday Millie S & Alice G & Glenda C	11 9:45 Exercise (I) 1:30 Name That Tune (I)	12 10:45 Cranium Crunches (I) 3:00 Would you Rather (I)	13 9:45 Exercise (A)	14 10:00 Library Cart 2:00 Travelling Tuck Cart 2:00 EG Bingo (I)	15 Happy Birthday Lorna N 9:45 Exercise (I) In House Hot Dog Lunch (CH&EG Only)	16 On This Date 1939 – Joe Shuster from Toronto published his first Superman comic strip. Employed by DC-National, he produced the lead feature in the company's first issue of Action Comics 
17 	18 9:45 Exercise (I) 2:00 Resident Council in Classroom	19 10:45 Don't Melt the Ice Science Experiment (I) 3:00 Armchair Travel to the Philippines (I)	20 9:45 Exercise (I) 10:45 1:1 Visits (A) 1:30 Snowflake Craft (I)	21 10:00 Food Council in Bridlewood Retreat 2:00 Travelling Tuck Cart 2:00 EG Bingo (I)	22 9:45 Exercise (I) In House Hot Dog Lunch (SH Only)	23 3:00 Dear Abby (J)
24 	25 9:45 Exercise (I) 1:30 Music Request Hour (I)	26 10:45 Winter Trivia (I) 3:00 Throwback Thursday— Superstitions (I)	27 9:45 Exercise (I) 10:45 1:1 Visits (A) 1:30 Expressive Coloring (I) 1:30 Memorial Service in Bridlewood Retreat	28 10:00 Library Cart 2:00 Travelling Tuck Cart 2:00 EG Bingo (I)	29 9:45 Exercise (I) 1:30 1:1 Visits (I)	30 You Don't Say The suits in a deck of cards represent the four major pillars of society in the Middle Ages: hearts (♥) represent the church, spades (♠) represent the military, clubs (♣) represent agriculture, and diamonds (♦)
31 	 <h1 style="font-size: 4em; margin: 0;">EVERGREEN</h1>					<ul style="list-style-type: none"> <li style="width: 50%;">• (G) Grace <li style="width: 50%;">• (E) Erin <li style="width: 50%;">• (I) Isabel <li style="width: 50%;">• (T) Tenzin <li style="width: 50%;">• (J) Jenny <li style="width: 50%;">• (A) Alex <li style="width: 50%;">• (S) Sue
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	 <h1 style="color: white;">BRIDLEWOOD</h1>					<ul style="list-style-type: none"> • (G) Grace • (I) Isabel • (J) Jenny • (S) Sue <ul style="list-style-type: none"> • (E) Erin • (T) Tenzin • (A) Alex <p>Keep your eyes open for our recreation team leading the programs this month in your Neighborhood!</p>

3 Happy Birthday Vivian G

4
Christmas Take Down

5
1:30 New Years Jokes (S)
6:00 Who/What Am I? (T)

6
10:45 Table Bowling (S)

7
9:45 Canadian Trivia (S)
2:00 Travelling Tuck Cart

8
10:45 Movement & Wellness (S)
In House Hot Dog Lunch (HP&BW Only)

9
1:30 Family Feud (G)

10
Happy Birthday Emeteria D


11
10:45 Exercise (S)

12
9:45 Urban Myths (S)
1:30 Categories (S)
6:00 Word Games (T)

13
10:45 Bean Bag Toss (S)
3:00 Music in Color (S)

14
9:45 Would You Rather? (S)
10:00 Library Cart
1:30 Dear Abby (S)
2:00 Travelling Tuck Cart

15
10:45 Movement & Wellness (S)
In House Hot Dog Lunch (CH&EG Only)

16
On This Date 1939 – Joe Shuster from Toronto published his first Superman comic strip. Employed by DC-National, he produced the lead feature in the company’s first issue of Action Comics 

17


18
10:45 Exercise (S)
2:00 Resident Council in Classroom
3:00 Hymn Songs (S)


19
9:45 Mindful Coloring (S)
1:30 Name 5! (S)
6:00 Therapeutic Visits (T)

20
10:45 Balloon Badminton (S)
3:00 Reminiscing Pictures (S)

21
9:45 Armchair Travel to Belgium (S)
10:00 Food Council in Bridlewood Retreat
1:30 Vinyl Café Stories (S)
2:00 Travelling Tuck Cart

22
10:45 Movement & Wellness (S)
In House Hot Dog Lunch (SH Only)

23
9:45 Manicures & Hand Massages (J)

24


25
10:45 Exercise (S)
3:00 1:1 Visits (S)


26
9:45 A-Z List (S)
1:30 Junk Draw Detective (S)

27
10:45 Seated Soccer (S)
1:30 Memorial Service in Bridlewood Retreat
3:00 You Be The Judge (S)





28
9:45 Who/What Am I? (S)
10:00 Library Cart
2:00 Travelling Tuck Cart

29
10:45 Movement & Wellness (S)
3:00 Calendar Handouts & Social Visits (S)

30
Quote of the Day
“We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year’s Day.”
~ Edith Lovejoy Pierce

31


Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <h1 style="color: gold;">January 2021</h1> <p>TRUST THE MAGIC OF NEW BEGINNINGS</p>						

3 	4 Christmas Take Down	5 10:45 New Years Jokes (E) 3:00 Tile Rummy (J)	6 9:45 Exercise (J) 10:45 Music in Color (J)	7 10:45 Seated Soccer (E) 1:30 Urban Myths (J) 3:00 Travelling Tuck Cart (J) 5:45 Who/What Am I? (T)	8 10:45 Movement & Wellness (J) In House Hot Dog Lunch (BW&HP Only)	9 10:45 Family Feud (G)
10 	11 10:45 Bingo (J) 3:00 Hymn Songs (J)	12 10:45 Farkle (E) 3:00 Scrabble (J)	13 9:45 Exercise (J) 10:45 Canadian Trivia (J)	14 Happy Birthday Shirley Y 10:00 Library Cart 10:45 Corn Hole (E) 1:30 Reminiscing Pictures (J) 3:00 Travelling Tuck Cart (J) 5:45 Word Games (T)	15 Happy Birthday Ken K 10:45 Move & Grove (J) In House Hot Dog Lunch (HP&BW Only)	16 10:45 Manicures & Hand Massages (I)
17 	18 1:30 Bingo (S) 2:00 Resident Council in Classroom	19 10:45 Pen Pals (E) 1:30 1:1 Visits (G)	20 9:45 Exercise (J) 10:45 Would You Rather? (J)	21 10:00 Food Council in Bridlewood Retreat 10:45 Balloon Badminton (E) 1:30 Uno (J) 3:00 Travelling Tuck Cart (J) 5:45 Therapeutic Visits (T)	22 10:45 Chair Exercise (J) In House Hot Dog Lunch (SH Only)	23 10:45 Tile Rummy (J)
24 	25 Happy Birthday Margaret C 10:45 Bingo (J) 3:00 Hymn Songs (J)	26 10:45 Exercise (E) 3:00 Name 5! (J)	27 9:45 Mindful Coloring (J) 10:45 Armchair Travel To Belgium (J) 1:30 Memorial Service in Bridlewood Retreat	28 10:00 Library Cart 10:45 Bowling (E) 1:30 Categories (J)	29 10:45 Movement & Wellness (J) 3:00 Calendar Handouts & Social Visits (J)	30 10:45 Jeopardy (G)

31 	<h1>HERITAGE POINTE</h1>	<ul style="list-style-type: none"> • (G) Grace • (H) Isabel • (J) Jenny • (S) Sue 	<ul style="list-style-type: none"> • (E) Erin • (T) Tenzin • (A) Alex
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