







# Activities at Hallmark on the Lake for January 2012

"The color of springtime is in the flowers, the color of winter is in the imagination." ~Terri Guillemets



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>3:00</b> Chapel Service led by Peter Boyle of Mackenzie Road Christian Fellowship held at Hallmark on the Park	<b>2</b> <b>9:30</b> Coffee Break (CM) <b>2:30</b> Ice Cream Social (CM) <b>3:00</b> Skip-Bo (CM)	<b>3</b> <b>Christmas De-Decorating Day</b> <b>9:30</b> Coffee Break (CM) <b>11:00</b> Stretch & Exercise(EX) <b>2:30</b> <b>Winter Hangman(AC)</b>	<b>4</b> <b>9:30</b> Shuttle Service <b>9:30</b> Coffee Break (CM) <b>2:00</b> Stretch and Exercise (EX) <b>2:30</b> Ice Cream Social (CM) <b>3:00</b> Card Games (CM)	<b>5</b> <b>9:30</b> Coffee Break (CM) <b>11:00</b> Stretch & Exercise (EX) <b>2:00</b> <b>Baking with Ryan (AC)</b>	<b>6</b> <b>9:30</b> Shuttle Service <b>9:30</b> Coffee Break (CM) <b>2:30</b> <b>Fall Prevention Presentation (PH)</b>	<b>7</b> <b>10:30</b> Coffee Break (CM) <b>2:00</b> Movie Afternoon (PH) <b>"Andre Rieu: The Flying Dutchman"</b>
<b>8</b> <b>2:30</b> Gaither Video (PH)	<b>9</b> <b>9:30</b> Shuttle Service <b>9:30</b> Coffee Break (CM) <b>2:00</b> Stretch & Exercise (EX) <b>2:30</b> Ice Cream Social (CM) <b>3:00</b> Skip-Bo (CM) <b>3:30</b> <b>A Year in Review Video Presentation (PH)</b>	<b>10</b> <b>9:30</b> Coffee Break (CM) <b>10:45</b> Bible Study (PH) <b>2:00</b> Hymn Sing (TS) <b>3:30</b> <b>BINGO (AC)</b> 	<b>11</b> <b>9:30</b> Shuttle Service <b>9:30</b> Coffee Break (CM) <b>2:00</b> Stretch and Exercise (EX) <b>2:30</b> Ice Cream Social (CM) <b>3:00</b> Card Games (CM)	<b>12</b> <b>9:30</b> Coffee Break (CM) <b>11:00</b> Stretch & Exercise (EX) <b>2:00</b> <b>Outing to Walmart</b> 	<b>13</b> <b>9:00-3:00</b> <b>Fall Prevention Clinic by Fraser Health (AC)</b> <b>9:30</b> Coffee Break (CM) <b>11:00</b> Stretch & Exercise (EX)	<b>14</b> <b>10:30</b> Coffee Break (CM) <b>11:30</b> <b>Yale Secondary School Turkey Luncheon</b> 
<b>15</b> <b>3:00</b> Chapel Service with Cascade Community Church held at Hallmark on the Park	<b>16</b> <b>9:30</b> Shuttle Service <b>9:30</b> Coffee Break (CM) <b>2:00</b> Stretch and Exercise(EX) <b>2:30</b> Ice Cream Social (CM) <b>3:00</b> Skip-Bo (CM)	<b>17</b> <b>9:30</b> Coffee Break (CM) <b>10:45</b> Bible Study (PH) <b>2:00</b> Hymn Sing (TS) <b>3:30</b> <b>Cribbage (AC)</b>	<b>18</b> <b>9:30</b> Shuttle Service <b>9:30</b> Coffee Break (CM) <b>2:00</b> Stretch and Exercise (EX) <b>2:30</b> Ice Cream Social (CM) <b>3:00</b> Card Games (CM)	<b>19</b> <b>9:30</b> Coffee Break (CM) <b>9:30</b> Sonus Hearing Clinic in the Activities Center <b>11:00</b> Stretch & Exercise (EX) <b>2:00</b> <b>Hallmark Documentary Presentation (PH)</b> 	<b>20</b> <b>9:30</b> Coffee Break (CM) <b>10:00</b> Brain Fitness (AC) <b>11:00</b> Stretch & Exercise (EX) <b>11:45</b> <b>Leave for lunch at the Jasmine Garden Chinese Restaurant</b>	<b>21</b> <b>10:30</b> Coffee Break (CM) <b>2:00</b> Movie Afternoon (PH) <b>"IMAX China: The Panda Adventure "</b>
<b>22</b> <b>3:00</b> Chapel Service with St. Matthew's Anglican Church held at Hallmark on the Park 	<b>23 CHINESE NEW YEAR</b> <b>9:30</b> Shuttle Service <b>9:30</b> Coffee Break (CM) <b>2:00</b> Stretch & Exercise (EX) <b>2:30</b> Ice Cream Social (CM) <b>3:00</b> Skip-Bo (CM)	<b>24</b> <b>9:30</b> Coffee Break (CM) <b>10:45</b> Bible Study (PH) <b>2:00</b> Hymn Sing (TS) <b>3:30</b> <b>Scattergories (AC)</b>	<b>25 ROBBIE BURNS DAY</b> <b>9:30</b> Shuttle Service <b>9:30</b> Coffee Break (CM) <b>2:00</b> Stretch and Exercise (EX) <b>2:30</b> Ice Cream Social (CM) <b>3:00</b> Card Games (CM)	<b>26</b> <b>9:30</b> Coffee Break (CM) <b>11:00</b> Stretch & Exercise (EX) <b>2:00</b> <b>Country Drive</b>	<b>27</b> <b>9:30</b> Coffee Break (CM) <b>10:00</b> Brain Fitness (AC) <b>11:00</b> Stretch & Exercise (EX) <b>2:30</b> <b>January Birthday Celebration with Once in a Blue Moon (TS)</b>	<b>28</b> <b>10:30</b> Coffee Break (CM) <b>2:00</b> Movie Afternoon (PH) <b>"Gentlemen Prefer Blondes"</b>
<b>29</b> <b>2:30</b> Gaither Video (PH)	<b>30</b> <b>9:30</b> Shuttle Service <b>9:30</b> Coffee Break (CM) <b>2:00</b> Stretch & Exercise (EX) <b>2:30</b> Ice Cream Social (CM) <b>3:00</b> Skip-Bo (CM)	<b>31</b> <b>9:30</b> Coffee Break (CM) <b>10:45</b> Bible Study (PH) <b>2:00</b> Hymn Sing (TS) <b>3:30</b> <b>BINGO (AC)</b>	Any activity with a snowflake has a description of it on the back of the calendar 	AC Activity Centre WC Wellness Centre EX 4th Floor Exercise Room S3 3rd Floor Sun Room CM Cafe du Monde TS Town Square PH Preservation Hall DS Billiards Room downstairs	<i>Happy Birthday to...</i> Pat T. 15th Islay Z. 21st Clara P. 22nd Sarah W. 29th	Crib Wed/Sat/6:30pm (CM) Bridge Wed/3:00pm (S3) <b>Please sign up at the Concierge desk for any activity that is inside the lines</b>

# Whats Happening this January

## **Fall Prevention Presentation and Clinic Friday January 6th and January 13th**

Fraser Health is conducting Fall Prevention clinics all around the Fraser Valley. They will be coming to do a presentation explaining why they are having this clinic and why they think it can benefit everyone. This presentation will also be the opportunity for you to sign up for the clinic itself on the 13th. On the day of the clinic you will have the opportunity to see a pharmacist, nurse, physiotherapist and physiologist to see what things they suggest individually for you to help you prevent any future falls. We recommend that everyone take advantage of this free clinic. Please note that they only have room for 13 individuals at this specific clinic but if more spaces are needed they will set a second date.

## **A Year in Review by Video Monday January 9th**

You might have seen Dave MacDonald from our head office out and about this past year taking video of all kinds of great events and even spending some time to film some residents. He has made some amazing video's of the Hallmark Community over the year and he is coming to show them to us!

## **Yale Secondary Turkey Luncheon Saturday January 14th**

The Leadership students from Yale Secondary School have planned an amazing afternoon for all of you. They are coming Hallmark to pick everyone up in their very own school bus and the students will be spending their day making a wonderful Turkey Dinner for you to have for Saturday lunch. Please make the time to come to this fantastic event that the students have worked very hard on planning just for you! Please note that those needing transportation by wheelchair will be taken on the Hallmark bus.

## **Hallmark Documentary Presentation Thursday January 19th**

Over the past couple of years Hallmark's head office has been working diligently on a documentary, made about seniors and specifically seniors from our Hallmark Community. Come and see this amazing presentation and hear the stories about how it came to be!