

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025

Recreation Calendar



<p>9:30 Chair Aerobics (3) 10:45 Chair Aerobics (2) 2:00 SEAC Church (3) 1:1 Visits</p>	<p>9:30 Chair Aerobics (3) 9:30 Drum Fit (2) 1:30 Tai Chi (3) 1:1 Visits</p>	<p>9:30 Chair Aerobics (2) 10:45 Chair Aerobics (1) 1:30 Travelogue: Pacific Ocean (3) 1:1 Visits</p>	<p>9:30 Chair Aerobics (3) 10:45 Chair Aerobics (1) 1:30 Mahjong (3) 1:45 Card Bingo (2) 2:45 Card Bingo (1) 1:1 Visits</p>	<p>9:30 Chair Aerobics (1 & 2) 10:45 Ping Pong with Tony (3) 1:30 Live Entertainment: Thomas So (2)</p>	<p>9:30 Chair Aerobics (1 & 3) 10:30 CNY Decorations (All) 1:30 Mahjong (3) 1:30 Casino Games (2) 2:45 Casino Games (1)</p>	
	<p>9:30 Chair Aerobics (2) 9:30 Drum Fit (3) 10:30 CNY Decorations (All) 1:30 Tai Chi (2) 2:45 CNY Games (1) 1:1 Visits</p>	<p>9:30 Chair Aerobics (3) 10:45 Chair Aerobics (1) 1:30 CNY game: Are you a Snake? (2) 1:1 Visits</p>	<p>9:30 Chair Aerobics (2) 10:45 Chair Aerobics (1) 1:30 Mahjong (3) 1:45 Number Bingo (2) 2:45 Number Bingo (1) 1:1 Visits</p>	<p>9:30 Chair Aerobics (2 & 3) 10:45 Chair Aerobics (1) 1:30 Baking: Red Bean Pastry (3) 1:1 Visits</p>	<p>9:30 Chair Aerobics (2 & 3) 10:45 Chair Aerobics (1) 1:30 Mahjong (3) 1:30 Dice Games (2) 2:45 Dice Games (1)</p>	<p>9:30 Active Games (1) 10:45 Active Games (3) 1:30 Sing-Along (2) 2:45 Sing-Along (1)</p>
<p>9:30 Active Games (3) 10:45 Chair Aerobics (1) 2:00 ECGO Church (2) 1:1 Visits</p> <p><small>Activity Professionals Week</small></p>	<p>9:30 Chair Aerobics (3) 9:30 Drum Fit (2) 10:45 Chair Aerobics (1) 1:30 Tai Chi (3) 1:1 Visits</p> <p><small>Martin Luther King Jr. Day</small></p>	<p>9:30 Chair Aerobics (2) 10:45 Chair Aerobics (1) 1:30 BINGO (3) 1:1 Visits</p>	<p>9:30 Chair Aerobics (3) 10:45 Chair Aerobics (1) 1:30 Mahjong (3) 1:45 CNY: Arts and Crafts (2) 2:45 CNY Arts (1)</p>	<p>9:30 Chair Aerobics (1 & 3) 10:45 Ping Pong with Tony (2) 1:30 Live Entertainment: Thomas So (3)</p>	<p>9:30 Chair Aerobics (2 & 3) 10:30 Live Dance Performance: Fusion G (2) 1:30 Mahjong (3) 1:30 Casino Games (2) 2:45 Casino Games (1)</p>	
	<p>9:30 Chair Aerobics (2) 9:30 Drum Fit (3) 11:30 CNY Restaurant Lunch (L) 1:30 Nature Documentary (All) 1:1 Visits</p>	<p>9:30 Chair Aerobics (3) 10:45 Chair Aerobics (1) 1:1 Visits</p>	<p>9:30 Exercise (All) 11:00 CNY Celebrations (All)</p>	<p>9:30 Chair Aerobics (2 & 3) 10:45 Chair Aerobics: 1 1:30 Mahjong (3) 1:30 Dice Games (2) 2:45 Dice Games (1) 1:1 Visits</p>	<p>9:30 Chair Aerobics (2 & 3) 10:45 Chair Aerobics (1) 1:30 January Birthday Party (3) 1:1 Visits</p>	<p><u>Location of programs:</u></p> <p>1= 1st Floor Unit 2= 2nd Floor Unit 3= 3rd Floor Unit L= Main Floor Lobby All: All floors</p>