

# December 2018

## BLACKADAR CONTINUING CARE CENTRE

Sun

Mon

Tue

Wed

Thu

Fri

Sat

**SPIRIT DAYS IN DECEMBER...GET INTO THE HOLIDAY MOOD**  
**EVERY SATURDAY HOLIDAY DRESS DOWN DAYS—wear your green/red/white!**  
**EVERY SUNDAY PYJAMA DAY—how relaxing is that?**

1 9:45 Morning Motivation 3  
 10:30 Mini Kitchen "Apple Strudel Cookies" 2  
 2:00 David Kirby "On Request Christmas" 2

2 = 2nd Floor 3 = 3rd Floor L = 1st Floor Resident Lounge R = Room to Room D = Main Floor Dining Room O = Outside



<p>2 10:15 Strength and Conditioning Class 3                  2:00 Gospel Sing with Eagle World Wide Ministries 2</p>	<p>3 10:00 Strength and Conditioning Class 2                  12:00 Men's Group Grilled Cheese Sandwich and Tomato Soup Luncheon L                  2:15 Armchair Travel "Christmas Around The World" 3</p>	<p>4 9:30 Manicures and Relaxation Spa L                  1:30 Strength and Conditioning Class 3                  XMAS DECORATING 2/3                  6:30 Evening Bingo 2</p>	<p>5 * 10:00 Mini Kitchen "Goopy Brownie Bars" 3                  10:30 St. James Anglican Communion Service 2                  10:30 Pet Visiting with Sassy R                  1:00 Holiday Fair Prize Draws</p>	<p>6 10:15 Strength and Conditioning Class 2                  1:00 Pet Visiting with Doug R                  2:00 Craft "Homemade Christmas Cards" 2                  7:00 Salvation Army Service/Band Group 3</p>	<p>7 10:00 Strength and Conditioning Class 3                  11:00 Out &amp; About O                  2:00 Bingo 2                  6:30 MOVIE NIGHT 2/3</p>	<p>8 9:45 Morning Motivation 2                  10:30 Mini Kitchen 3                  11:00 Chime Choir A                  2:00 Christmas Sing-A-Long with M.T. Kristen 2</p>
<p>9 * 9:45 Devotional Thoughts 2                  10:30 Devotional Thoughts 3                  2:30 Chapel Service with Adam 3</p>	<p>10 10:00 Strength and Conditioning Class 3                  11:00 Chime Choir L                  2:00 Music Makers with M.T. Kristen 2</p>	<p>11 9:30 Manicures and Relaxation Spa L                  10:15 S &amp; C Class 2                  1:30 Dundas Montessori Caroling &amp; Show &amp; Tell 2                  2:30 Pancake Social 3                  6:30 Evening Bingo 2</p>	<p>12 * 9:30 Rehoboth Christian School Travelling Carols R                  10:30 Pet Visiting with Sassy R                  11:15/1:30 Gospel Favorites 2/3                  6:00 Resident and Family Dinner D</p>	<p>13 10:15 Strength and Conditioning Class 3                  1:00 Pet Visiting with Doug R</p>	<p>14 10:00 Strength and Conditioning Class 2                  11:00 Out &amp; About O                  2:00 Bingo 3                  6:30 MOVIE NIGHT 2/3</p>	<p>15                  9:45 Morning Motivation 3                  10:30 Mini Kitchen 2                  2:00 Carolyn Reed on the Guitar 3</p>
<p>16 *                  9:45 Chapel Service 3                  10:30 Chapel Service 2                  11:15/11:30 Carol Sing 3/2</p>	<p>17 10:00 Strength and Conditioning Class 2                  1:45 Holiday Baking Festival 3</p>	<p>18 9:30 Manicures and Relaxation Spa L                  12:00 Take Out Luncheon "SWISS CHALET D                  2:00 Hangman Game 3                  7:00 OUTING—Dundas Concert Band @ Town Hall</p>	<p>19 * 10:00 St. Augustine's Roman Catholic Mass 2                  10:30 Pet Visiting with Sassy R                  2:00 Resident Christmas Party D</p>	<p>20 10:15 Strength and Conditioning Class 2                  1:00 Pet Visiting with Doug R                  1:45 Christmas Movie 3                  6:30 "Go Caroling Day"                  Xmas Sing-A-Long 3</p>	<p>21 10:00 Strength and Conditioning Class 3                  11:00 Out &amp; About O                  2:00 Bingo 2                  6:30 MOVIE NIGHT 2/3</p>	<p>22                  9:45 Morning Motivation 2                  10:30 Mini Kitchen 3                  2:00 Yuletide Party with Vili V.</p>
<p>23 10:15 10:15 Strength and Conditioning Class 3                  2:00 John Moorhouse on the piano "Traditional Holiday Sing-A-Long" 2</p>	<p>24 * 10:15 Christmas Eve Candlelight Church Service 3                  2:00 Eggnog and Cookie Social</p>	<p>25                  10:15 Christmas Stories With Nida  <b>Christmas Day</b></p>	<p>26 10:15 Java Music Club Music and Reminiscing 2                  10:30 Pet Visiting with Sassy R  <b>Boxing Day</b></p>	<p>27 10:15 Strength and Conditioning Class 3                  6:30 "Snowflake Day"                  3-D Snowflake Creations 2</p>	<p>28 10:00 Strength and Conditioning Class 2                  11:00 Out &amp; About O                  2:00 Bingo 2                  6:30 MOVIE NIGHT 2/3</p>	<p>29                  9:45 Morning Motivation 3                  10:30 Mini Kitchen 2                  2:00 New Year's Eve SOCIAL</p>
<p>30 10:15 Snow Man Craft 2                  * = Chaplain Adam at Blackadar on this day</p>	<p>31 10:00 Strength and Conditioning Class 2                  2:00 Ring in the New Year with Mike Woods (on guitar) 3</p>	<p><b>OUTINGS IN DECEMBER</b>                  December 6—SHOPPING AND LUNCH AT WALMART (WATERDOWN)                  December 10 AND DECEMBER 13—CHRISTMAS LIGHT TOUR(S)                  December 14—ROYAL BOTANICAL GARDENS HOLIDAY TRADITIONS                  December 18—DUNDAS CONCERT BAND PERFORMANCE (DUNDAS TOWN HALL)                  December 27—TIM HORTON'S COFFEE AND DONUTS</p>			<p><b>HAIR SALON</b>                  With Kelly                  Every Tuesday                  9:30—2:30                  NO SERVICE                  DECEMBER 25</p>	

ALL OUTINGS SUBJECT TO CHANGE DUE TO TRANSPORTATION AVAILABILITY

