

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p>  <p>New Year's Day</p>	<p>2</p> <p>Home Support Exercise - 10:30am - MW CANCELLED</p>	<p>3</p> <p>Exercise &amp; Falls Prevention 10am - MW</p> <p>Chap Blood Pressure 2pm - BW</p> <p>Grocery Delivery - 2pm</p>	<p>4</p> <p>Exercise &amp; Falls Prevention 10am - BW</p> <p>Tabletop Shuffleboard 2pm BW</p>	<p>5</p> <p>Exercise &amp; Falls Prevention 10am - MW</p> <p>Dance Fit - 2pm MW</p>	<p>6</p> <p>Exercise &amp; Falls Prevention 10am - BW</p>	<p>7</p> <p>Community Outreach 519 - 236 - 4373 Ext.632</p>
<p>8</p>	<p>9</p> <p>Home Support Exercise - 10:30am - MW</p> <p>Grocery Delivery - 2pm</p> <p>Community Delivery Order Due</p>	<p>10</p> <p>Exercise &amp; Falls Prevention 10am - MW</p> <p>Tabletop Shuffleboard 2pm MW</p>	<p>11</p> <p>Exercise &amp; Falls Prevention 10am - BW</p> <p>Cards - 2pm BW</p> <p>Community Meal Delivery Big Kahuna River bar - Grand Bend</p>	<p>12</p> <p>Exercise &amp; Falls Prevention 10am - MW</p> <p>Dance Fit - 2pm MW</p>	<p>13</p> <p>Exercise &amp; Falls Prevention 10am - BW</p>	<p>14</p>
<p>15</p>	<p>16</p> <p>Home Support Exercise - 10:30am - MW</p> <p>Grocery Delivery - 2pm</p> <p>Community Delivery Order Due</p> <p>Martin Luther King Jr. Day</p>	<p>17</p> <p>Exercise &amp; Falls Prevention 10am - MW</p> <p>Tenzi game - 2pm MW</p>	<p>18</p> <p>Exercise &amp; Falls Prevention 10am - BW</p> <p>Bingo - 2pm BW</p>	<p>19</p> <p>Exercise &amp; Falls Prevention 10am - MW</p> <p>Community Meal Delivery Huron Family Restaurant - Exeter</p>	<p>20</p> <p>Exercise &amp; Falls Prevention 10am - BW</p>	<p>21</p>
<p>22</p> <p>Chinese New Year (Year of the Rabbit)</p>	<p>23</p> <p>Home Support Exercise - 10:30am - MW</p> <p>Grocery Delivery - 2pm</p> <p>Community Delivery Order Due</p> <p>Community Footcare</p> <p>Activity Professionals Wee</p>	<p>24</p> <p>Exercise &amp; Falls Prevention 10am - MW</p> <p>Bingo - 2pm MW</p>	<p>25</p> <p>Exercise &amp; Falls Prevention 10am - BW</p> <p>Community Meal Delivery Paddington's - Grand Bend</p> <p>Tabletop Shuffleboard 2pm BW</p>	<p>26</p> <p>Exercise &amp; Falls Prevention 10am - MW</p> <p>Chap Blood Pressure 1pm - MW</p> <p>Community Footcare</p> <p>Australia Day (observed)</p>	<p>27</p> <p>Exercise &amp; Falls Prevention 10am - BW</p>	<p>28</p>
<p>29</p>	<p>30</p> <p>Home Support Exercise - 10:30am - MW</p> <p>Grocery Delivery - 2pm</p>	<p>31</p> <p>Exercise &amp; Falls Prevention 10am - MW</p> <p>Tabletop Shuffleboard 2pm MW</p>	 <p>January 2023</p>			

MW - Maplewood's , BW - Birchwood's, CW - Cedarwood's, RR - Risi Room, OP - Pavilion, BWFHT - Bluewater Family Health