



**FRED DOUGLAS LODGE** **FACILITY** **JANUARY** **2023**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>Happy New Year</b> 	<b>2</b>		<b>3</b>		<b>4</b>	
		1:15 Bingo A.R		10:15 Ladder Ball AR 1:15 Bocce Ball AR		1:15 Ukrainian Christmas Special lunch to be served on all units 1:15 Ukrainian Travelog AR	Exercises Ring Toss & Finish the Phrase on all units
<b>8</b>	<b>9</b>		<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
		1:15 Bingo A.R		10:15 Horse Racing AR 1:15 Snowman Bowling AR		1:15 Sing-a-long AR	Exercise & Riddles & Basketball on all units
<b>15</b>	<b>16</b>		<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
		1:15 Bingo A.R		10:15 Shufflebowl AR 1:15 Golf Pong AR		1:15 Movie Day A.R	Exercise & Ball Toss & Trivia on all units
<b>22</b>	<b>23</b>		<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
		1:15 Bingo A.R	Chinese New Year Special lunch to be served on all units	10:15 Exercise Dance Class AR 1:15 Craft Club AR			Exercise & Noodle Hockey & Name that song on all units
<b>29</b>	<b>30</b>		<b>31</b>				
		1:15 Bingo A.R					AR : ACTIVITY ROOM CD: CAFÉ DINING CH: CHAPEL GR : GAMES ROOM DR: DINING ROOM FD: FAMILY DINING BR: BOARDROOM

**SUBJECT TO CHANGES**