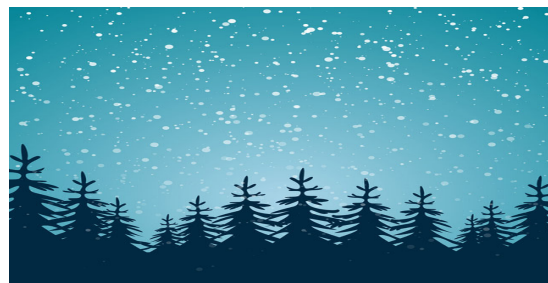


January 2019

Balsam Bay 9C



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Happy 2019!</i>	2 <i>6:00 New Year Reminis-</i>	3 <i>1:00 Clothing Sale</i>	4 <i>10:00 Tea & Talk</i>	5 
6	7	8 <i>10:00 Visits</i>	9 <i>10:00 Mass</i>	10 <i>2:00 Snowflake Tea</i> 	11 <i>2:00 Trivia</i>	12 <i>2:00 Kathy's Songs Rec Space</i>
13	14 <i>10:30 Reading</i>	15 <i>10:00 Chocolate</i>	16 <i>10:00 Exercise</i>	17 <i>2:00 Goody Cart</i>	18 <i>10:00 Tea and Talk</i>	19
20	21 	22	23 <i>10:00 Sort it!</i>	24 <i>2:00 Bingo</i>	25 <i>2:00 Out and About</i>	26
27 	28 <i>2:00 Josie's Songs</i>	29 <i>6:00 Cards</i>	 <i>10:00 Exercise</i>	31 <i>2:00 Craft</i>	Questions? Please contact: Kathy Martin Email: kmartin@nwood.ns.ca Ph: 902-454-3167	

The events listed above are events where Kathy or a volunteer will be present. For other activities at Northwood please consult the Recreation Department's FACILITY WIDE calendar that is posted on the Resident Communication Board on the unit. Friends/Family are always welcome.