January 2025 Activities Calendar for Shalom Village Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Location Legend Samuels- SAM Ruth Sherman Centre- RSC Visiting Residents-One on One Bubbi's Cafe- BC Synagogue – SG	Location Legend Shalom Village Original- SVO Shalom Village Too- SVToo Movie Theatre – MT Goldies Place- GP Art Room – AR	1 <u>No Housekeeping</u> Happy New Year 2025!	2 10:30 Banks/Shoppers 12:30 Saigon Asian Restaurant 2:30 Knit and Chat (SVToo 3 rd Floor Lounge)	3 10:30 Food Basics 10:30 One on One 1:30 Fortino's 2:00 Painting Class (Art Room)	4 1:30 SKIP-BO Card Game Outside Rabbi's Office
Menu Week # 3			8 th Candle of Hanukkah	Last Day of Hanukkah		
5 Menu Week # 1	6 10:30 Coffee Corner (SVToo 3 rd Floor Lounge) 10:30 Banks/Shoppers 1:30 Food Basics 2:00 Technology Help with Tracy (Sign up X274)	7 10:00 Parsha Discussion (SG) 10:30 Dollar Store 10:30 Indoor Walking Group (SVToo 4 th Floor) 1:30 Fortino's 2:00 Bingo (Art Room)	8 11:30 Marianne's Coffee & Chat (Bubbi's Café) 10:30 Food Basics 1:30 Second Cup Coffee Shop 1:30 Euchre with Goldies (Samuels)	9 10:45 Walkercise (Samuels) 10:30 Fortino's 1:30 Food Basics 2:00 Piano with Jacqueline (SVO 1 st Floor Lounge)	10 10:30 Tim Hortons 1:30 Fortino's 1:30 Hot Chocolate Social (SVToo 3 rd Floor Lounge) 3:30 Pre-Shabbat Service (Synagogue)	11 1:30 SKIP-BO Card Game Outside Rabbi's Office
12 2:00 Non-denominational Church Service (Goldies Place) Menu Week # 2	13 10:30 Farm Boy 10:30 SVO Traveling Coffee & Tea Cart 1:30 Denninger's 2:00 Billiards (SVToo 4 th Floor Lounge)	14 10:00 Parsha Discussion (SG) 10:30 Indoor Walking Group (SVToo 4 th Floor) 1:30 Sobey's	15Footcare10:30 Metro10:30 One on One1:00 Burlington Mall1:30 Euchre with Goldies(Samuels)3:00 Apartment ResidentTownhall (RSC)	16 10:00 - 1:00 Drop-in Blood Pressure Clinic (Anita's Office 3 rd Floor SVToo) 10:45 Walkercise (Samuels) 1:30 University Plaza	17 10:30 Walmart 1:30 Walmart 2:00 Painting Class (Art Room) 3:45 Pre-Shabbat Service (Synagogue)	18 10:30 Shabbat Service & Kiddush Lunch (Synagogue/Goldies) 1:30 SKIP-BO Card Game Outside Rabbi's Office
19 Menu Week # 3	20 10:30 Healthy Planet 2:00 Technology Help with Tracy (Sign up X274) 1:30 Marshalls/HomeSense 7:00 Karaoke Café with Tom Cowles (Bubbi's)	21 10:00 Parsha Discussion (SG) 10:30 Indoor Walking Group (SVToo 4 th Floor) 1:30 Giant Tiger 2:00 Bingo (Art Room)	22 9:30 – 11:00 Breakfast Club Wear your Pajamas! (SVToo 3 rd Floor Dining Room) 10:30 Farm Boy 1:30 Fortino's Main West	23 10:30 Walmart 10:45 Walkercise (Samuels) 1:30 University Plaza 3:00 Wine Social (SVToo 3 rd Floor Lounge)	24 1:30 Walmart 1:30 Movie Afternoon Playing 'Mary Poppins' (SVToo 3 rd Floor Dining Room Lounge)	25 1:30 SKIP-BO Card Game Outside Rabbi's Office
26 Menu Week # 1	27 10:30 Fortino's Dundurn 10:30 Knit and Chat (SVToo 3 rd Floor Lounge) 1:00 Casino	28 10:00 Parsha Discussion (SG) 10:30 Indoor Walking Group (SVToo 4 th Floor) 1:30 Lococco's	29 10:30 One on one 1:30 Starsky's 1:30 Euchre with Goldies (Samuels)	30 10:30 Cruise 10:45 Walkercise (Samuels 1:30 Walmart 2:00 Hot Topics Discussion Group (SVO 1 st Floor Lounge)	31 1:30 Walmart 2:00 Painting Class (Art Room)	New Year 2025

Please see other side.



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How To Set Realistic New Year's Resolutions

1) What would make my life a little better or easier right now? What do I want? Get specific.
How would I feel if my life looked like this?
Write down and visualize what this would look like in your life.

2) What small steps can I take to make this goal achievable?

3) What has kept me from achieving this goal in the past? What can I do to make this New Year resolution more realistic, convenient and desirable? When something is convenient, it's more likely to happen. The easier it is

for you, the better.

Happy John Happy John

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THINGS TO DO BETTER:	NEW SKILLS TO LEARN :

Shalom Village Phone Number: 905-529-1613

Please see other side.

Announcements



Footcare Wednesday January 15th To set up your appointment please call Tracy X274

Apartment Resident Townhall Wednesday January 15th 3:00 pm SVToo 4th Floor Ruth Sherman Centre

Breakfast Club Pajamas are welcome! 9:30- 11:00 am SVToo 3rd Floor Dining Room



