
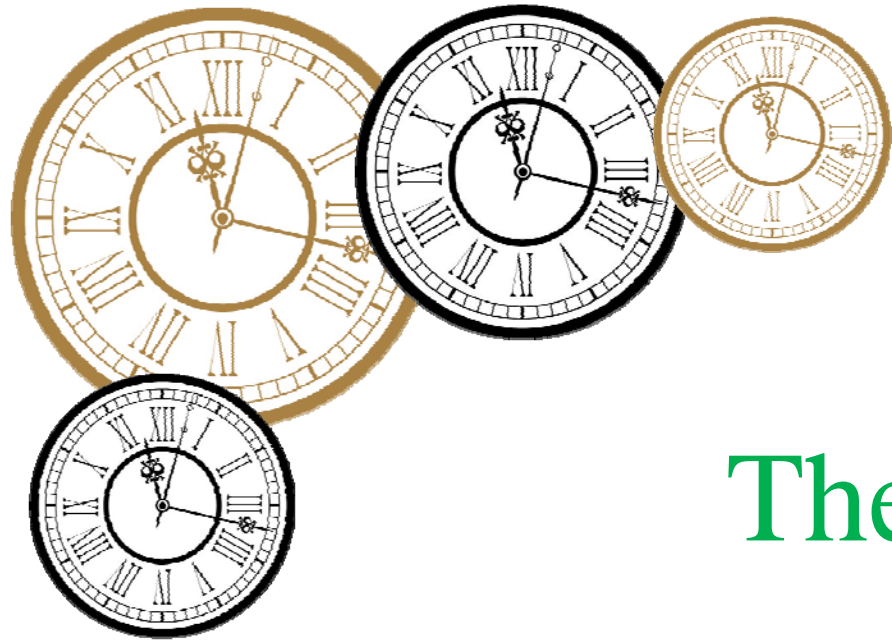


Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NEW YEARS DAY 2:00 Movie: The Bells of St. Mary's (HL)	2 10:15 Sing a-long with Ian Anderson (HL) 11:11 Seated Soccer (FR) 2:30 Adult Colouring (HL) 3:30 Pictionary (HL) 7:30 Bingo (FR)	3 10:15 Chair Movement(FR) 11:11 Fun Fit (FR) 2:30 Wine and Cheese Social (HL) 4:00 Knitting Group (HL) 7:00 Singing, Bible Study & Prayer (HL)	4 10:00 Hymns (HL) 11:11 Chair Movement(FR) 2:30 Casa Portuguesa(HL) 3:30 Dance Fit (FR) 3:30 I Love Lucy (HL) 7:00 Movie: Barry (HL)	5 10:15 St. Sebastien Catholic Church Service (HL) 11:11 Fun Fit (FR) 2:00 Current Events (HL) 3:00 History of the TTC (HL) 4:00 Ryerson Virtual	6 10:00 Trivia (TR) 11:11 Fun Fit (FR) 2:00 Family Feud (HL) 3:00 Card/ Board Games (HL)
7 10:30 Morning Service (A) 2:00 Movie: What Women Want (HL)	8 10:00 Brain Teasers (HL) 11:11 Fun Fit (FR) 2:00 Trivia (HL) 3:00 Documentary: Confucius (HL) 7:00 Monday Euchre Night (TR)	9 10:15 Sing a-long with Ian Anderson (HL) 11:11 Fun Fit (FR) 2:30 Exploring PEI (HL) 3:30 Reading: Jack London (HL) 7:30 Bingo (FR)	10 10:15 Chair Movement(FR) 11:11 Fun Fit (FR) 2:30 Guest Lecture: Elizabethan Music (A) 4:00 Knitting Group (HL) 7:00 Singing, Bible Study & Prayer (HL)	11 10:00 Hymns (HL) 11:11 Chair Movement(FR) 2:30 Casa Portuguesa(HL) 3:30 Dance Fit (FR) 3:30 I Love Lucy (HL) 7:00 Movie: The Pursuit of Happyness (HL)	12 10:00 Piano and Puzzles(HL) 11:11 Fun Fit (FR) 2:00 Current Events (HL) 3:00 Celebrating Hot Tea Month (HL)	13 10:00 Trivia (TR) 11:11 Fun Fit (FR) 2:00 Crosswords (HL) 3:00 Piano Concert with Kevin and Billy (A)
14 10:30 Morning Service (A) 2:00 Sunday Classic: Les Miserables (HL)	15 10:00 Brain Teasers (HL) 11:11 Fun Fit (FR) 2:00 Blues Monday (HL) 3:00 Documentary: Buddha (HL) 7:00 Monday Euchre Night (TR)	16 10:15 Dominos (HL) 10:30 Outing: COC Performance - The English Violin (L) 11:11 Fun Fit (FR) 2:00 Art Class with Marina (TR) 3:30 Pictionary (HL)	17 10:15 Chair Movement(FR) 11:11 Fun Fit (FR) 2:30 Camera Club: Scottish Isles & Norwegian Fjords (A) 4:00 Knitting Group (HL) 7:00 Singing, Bible Study & Prayer (HL)	18 10:00 Hymns (HL) 11:11 Chair Movement(FR) 2:30 Casa Portuguesa(HL) 3:30 Dance Fit (FR) 3:30 I Love Lucy (HL) 7:00 Movie: Julia (HL)	19 10:00 Piano and Puzzles(HL) 11:11 Sit Fit (FR) 2:30 Birthday Party with Cindy and Ryan (A)	20 10:00 Trivia (TR) 11:11 Fun Fit (FR) 2:00 Family Feud (HL) 3:00 Card/ Board Games (HL)
21 10:30 Morning Service (A) 2:00 Movie: The Harvey Girls (HL)	22 10:00 Brain Teasers (HL) 11:11 Sit Fit (FR) 2:00 Trivia (HL) 3:00 Documentary: Nat Turner (HL) 7:00 Monday Euchre Night (TR)	23 10:15 Sing a-long with Ian Anderson (HL) 11:11 Fun Fit (FR) 2:00 Art Class with Marina (TR) 3:30 Reading: Leo Tolstoy (HL) 7:30 Bingo (FR)	24 10:15 Chair Movement(FR) 11:11 Sit Fit (FR) 2:30 NHT Cooking Show (DR) 3:00 Kitchen Tour (DR) 4:00 Knitting Group (HL) 7:00 Singing, Bible Study & Prayer (HL)	25 10:00 Hymns (HL) 11:11 Chair Movement(FR) 2:30 Robbie Burns Celebration (HL) 3:30 Dance Fit (FR) 3:30 I Love Lucy (HL) 7:00 Movie: The Intern (HL)	26 10:00 Piano and Puzzles(HL) 11:11 Sit Fit (FR) 2:00 Current Events (HL) 3:00 History of the Toronto Zoo (HL)	27 10:00 Trivia (TR) 11:11 Fun Fit (FR) 2:00 Crosswords (HL) 3:00 Card/ Board Games (HL)
28 10:30 Morning Service (A) 2:00 Movie: Going My Way (HL)	29 10:00 Brain Teasers (HL) 11:11 Sit Fit (FR) 2:00 Trivia (HL) 3:00 Documentary: Usain Bolt (HL) 7:00 Monday Euchre Night (TR)	30 10:15 Sing a-long with Ian Anderson (HL) 11:11 Fun Fit (FR) 2:00- 4:30 The Green Screen Queen (A) 2:30 Adult Colouring (HL) 3:30 Pictionary (HL) 7:30 Bingo (FR)	31 10:15 Chair Movement(FR) 11:11 Sit Fit (FR) 2:30 Nicole's Piano Concert (A) 4:00 Knitting Group (HL) 7:00 Singing, Bible Study & Prayer (HL)	FR—Friendship Room HL—Heritage Lounge DR—Dining Room A—Auditorium 2F—2nd Floor TR—Trillium Room L—Lobby 8F- 8th Floor Lounge C - Café		

JANUARY 2018



The Green

About the Photographer:

Martha Davis is a newly retired Elementary School Teacher. For 14 years, she has run intergenerational programmes in her school and at NHT. She has been active as a still photographer for over 30 years and has self-published five books of photographs using Green Screen. She currently volunteers as a Therapy Dog Handler with St. John Ambulance and visits two seniors' homes each week with her dog Casey.

What is so special about green screens?

One can take a picture in front of a green screen and put anything in the background. It can be you and your favourite animal, the place you were born, or a place you would like to go around the world.



Photo Days

Tuesday, January 30th

Thursday, February 1st

Tuesday February 6th

Sign up at the front desk to book your slot.

Location: Auditorium

Order your Prints

Thursday, February 8th

Come and see Martha in the Auditorium to pay and order prints.

\$2 for a 4X6 or \$5 for a 5X7

Guest Lecture: Elizabethan Music

*"When griping grief the heart doth wound,
And doleful dumps the mind oppress,
Then music, with her silver sound,
With speedy help doth lend redress."*

Guest Speaker Joseph Sharon will be lecturing on Walter Raleigh, Shakespeare, Francis Drake, Christopher Marlowe: Truly the golden age of England and music.
Wednesday, January 10th at 2:30 in the Auditorium



Blues Monday

In the dark days, post Christmas and pre- Valentines, is National Blues Monday. Ada Garrison, with contributions from other residents, will be playing an hour of sympathetic blues CDs, old and new. Come comfort your winter sorrows with black rhythms and melodic blues themes.

Monday, January 15th at 2 pm in the Heritage Lounge



Marina and Emily Carr will be leading January Art Classes.

January 16th at 2:00

Mandala: Coloring with pencils & markers

We will work with colouring pencils and Mandala Colouring pages. This exercise is a great way to release stress and stay positive.

January 23rd at 2:00

Meditative Painting I

Get creative and make a Painting using Watercolours, White Glue and Salt. In this class we will immerse in the mindful process of painting.

Location: Trillium Room in the Basement

January Activities



HAPPY BIRTHDAY TO ALL OUR JANUARY BIRTHDAYS!

Joan Dwyer—January 2
Meryl Leslie—January 4
Mary Williams—January 7
Wally Poppe—January 8
Margie Pratt—January 10
Betty Tomlinson—January 14

Zita Schmechel—January 16
Maria Kassian—January 17
Anne Abraham—January 18
Antonia Lykow—January 27
Herminia Polonio—January 31

At the MOVIES

Barry (2016) *Devon Terrell, Anya Taylor-Joy, Jason Mitchell (1h 44min)*

A look at the early life of Barack Obama. Before he became President of the United States, he was one of the few black students at Columbia University NY in the early 80's. Faced with judgmental and racist opinions all around him, he tries to find his place in the

Pursuit of Happyness (2006) *Will Smith, Thandie Newton, Jaden Smith (1h 57min)*

Based on a true story, Christopher Gardner has invested heavily in a device known as a "bone density scanner", however; they do not sell well. As Gardner works to make ends meet, his wife leaves him and he loses his apartment. Forced to live out in the streets with his son, Gardner continues to sell bone density scanners while concurrently taking on an unpaid internship as a stockbroker.

Thursday Evening Films at 7:00 pm In the Heritage Lounge

Julia (1977) *Jane Fonda, Vanessa Redgrave, Jason Robards (1h 57min)*

This Oscar-winning drama depicts the relationship between two friends and its unexpected consequences. After Lillian, a renowned playwright, reunites in Russia with her childhood playmate Julia, the writer is recruited to smuggle funds into Germany

The Intern (2015) *Robert De Niro, Anne Hathaway, Rene Russo (2h 1min)*

A retired 70-year-old widower, Ben, is bored with retired life. He applies to be a senior intern at an online fashion retailer and gets the position. The founder of the company is Jules Ostin, a tireless, driven, demanding, dynamic workaholic.

NHT Cooking Show and Kitchen Tour

Wednesday, January 24th
in the Dining Room

*Cooking Show at 2:30
Kitchen tour at 3:00*

Head Cook Sharon Brook and Director of Dining Elma Luis will be leading the NHT Cooking Show and Kitchen Tour. They will make our delicious Italian Wedding Soup from scratch.

When the soup is ready, our esteemed residents get to taste and enjoy it. Sharon and Elma will then take you on a tour of our kitchen and explain some of the processes and equipment the kitchen uses to prepare your fresh, homemade meals everyday.

