



아리랑한인요양원
ARIRANG KOREAN
LONG-TERM CARE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:30 Exercise/Ball Game 4F 10:30 Exercise/Ball Game 5F 10:30 Exercise/Ball Game 6F 13:20 New Years' Sing-Along 5F 14:30 New Years' Sing-Along 4F 14:45 New Years' Sing-Along 6F	10:30 Morning Exercise 4F 10:30 Morning Exercise 6F 10:30 Morning Exercise 5F 11:00 Sing-Along 5F 13:20 Word Game 5F 14:30 Word Game 4/6F	2 10:30 Exercise/Sing-Along 5F 10:30 Exercise/Sing-Along 6F 10:30 Exercise/Sing-Along 4F 13:20 Bingo 5F 14:30 Bingo 4F 14:30 Bingo 6F
	4 10:00 Worship Service 1F 14:30 Colouring 4F 15:30 Friendly Visits	5 09:20 Physio Exercise 5F 10:30 Physio Exercise 4F 10:30 Morning Exercise 6F 11:00 Sing-Along 6F 13:20 Famous Arts 5F 14:30 Famous Arts 4F 14:45 Famous Arts 6F	6 09:20 Physio Exercise 5F 10:30 Physio Exercise 6F 10:30 Exercise/Sing-Along 4F 13:20 Hymns 5F 14:30 Hymns 4F 14:45 Hymns 6F 18:00 Movie 5F	7 09:20 Physio Exercise 4F 09:20 Morning Exercise 5F 10:30 Exercise/Sing-Along 6F <u>10:45 Worship Service 4F</u> 13:20 Bingo 5F 14:30 Bingo 4F 14:30 Bingo 6F 14:45 What is This for? 6F	8 10:30 Exercise/Ball Game 4F 10:30 Exercise/Ball Game 5F 10:30 Exercise/Ball Game 6F <u>13:20 What is This for? 5F</u> 13:20 What is This for? 4F 14:45 What is This for? 6F 15:30 Friendly Visits	9 10:30 Exercise/Sing-Along 5F 10:30 Exercise/Sing-Along 6F 10:30 Exercise/Sing-Along 4F 13:20 Bingo 5F 14:30 Bingo 4F 14:30 Bingo 6F
	11 10:00 Worship Service 1F 14:30 Colouring 5F 15:30 Friendly Visits	12 09:20 Physio Exercise 5F 10:30 Physio Exercise 4F 10:30 Morning Exercise 6F 11:00 Sing-Along 6F 13:30 Arts & Crafts 4F 14:30 Arts & Crafts 5F 14:30 Arts & Crafts 6F	13 09:20 Physio Exercise 5F 10:30 Physio Exercise 6F 10:30 Exercise/Sing-Along 4F 13:30 Hymns 4F <u>14:45 Catholic Service 5F</u> 18:00 Movie 6F	14 09:20 Physio Exercise 4F 10:30 Physio Exercise 5F 10:30 Exercise/Sing-Along 6F <u>13:30 Resident Council Meeting 5F</u> 15:30 Friendly Visits	15 10:30 Exercise/Ball Game 4F 10:30 Exercise/Ball Game 5F 10:30 Exercise/Ball Game 6F 13:20 Sing-Along 5F 14:30 Sing-Along 4F 14:45 Sing-Along 6F 15:30 Friendly Visits	16 10:30 Exercise/Sing-Along 5F 10:30 Exercise/Sing-Along 6F 10:30 Exercise/Sing-Along 4F 13:20 Bingo 5F 14:30 Bingo 4F 14:30 Bingo 6F
	18 10:00 Worship Service 1F 14:30 Colouring 6F 15:30 Friendly Visits	19 09:20 Physio Exercise 5F 10:30 Physio Exercise 4F 10:30 Morning Exercise 6F 11:00 Sing-Along 6F 13:30 Arts & Crafts 4F <u>13:20 Bowling 4/6F</u> 14:30 Arts & Crafts 5F 14:30 Arts & Crafts 6F	20 09:20 Physio Exercise 5F 10:30 Physio Exercise 6F 10:30 Morning Exercise 4F 11:00 Sing-Along 4F <u>10:45 Worship Service 4F</u> 13:20 Bingo 5F 14:30 Bingo 4F 18:00 Movie 4F	21 09:20 Physio Exercise 4F 09:20 Morning Exercise 5F 10:30 Exercise/Sing-Along 6F <u>13:20 Immune Health 5F</u> 13:20 Bingo 5F 14:30 Bingo 4F 14:30 Bingo 6F	22 10:30 Exercise/Ball Game 4F 10:30 Exercise/Ball Game 5F 10:30 Exercise/Ball Game 6F 13:20 Immune Health 5F 14:30 Immune Health 4F 14:45 Immune Health 6F 15:30 Friendly Visits	23 10:30 Exercise/Sing-Along 5F 10:30 Exercise/Sing-Along 6F <u>10:30 Worship Service 5F</u> 11:00 Morning Exercise 5F <u>14:00 Korea Tour: Inchen 5F</u> Incheon Metropolitan City
	25 10:00 Worship Service 1F 14:30 Colouring 4F 15:30 Friendly Visits	26 09:20 Physio Exercise 5F 10:30 Physio Exercise 4F 10:30 Morning Exercise 6F 11:00 Sing-Along 6F <u>13:30 Vaughan Community Church Concert 1F</u> 15:30 Friendly Visits	27 09:20 Physio Exercise 5F 10:30 Physio Exercise 6F 10:30 Morning Exercise 4F 11:00 Sing-Along 4F <u>13:20 Catholic Mass 5F</u> 14:45 Hymns 6F 18:00 Movie 5F	28 09:20 Physio Exercise 4F 10:30 Physio Exercise 5F 10:30 Exercise/Sing-Along 6F 13:20 Bingo 5F 14:30 Bingo 4F 14:30 Bingo 6F 15:30 Friendly Visits	29 10:30 Exercise/Ball Game 4F 10:30 Exercise/Ball Game 5F 10:30 Exercise/Ball Game 6F 13:20 Monthly News 5F 14:30 Monthly News 4F 14:45 Monthly News 6F 15:30 Friendly Visits	30 10:30 Exercise/Sing-Along 5F 10:30 Exercise/Sing-Along 6F 10:30 Exercise/Sing-Along 4F 13:20 Bingo 5F 14:30 Bingo 4F 14:30 Bingo 6F