

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="margin: 0;">DECEMBER 2018</h1>						
<p style="text-align: center;"><u>Location of Activity</u></p> <p>RR= Retirement Residence SS= Senior Suites B= Bistro Lib= Library T= Theatre AR= Activity Room C= Chapel FC= Fitness Centre L= Lobby GR= Games Room LL= Lower Level DR= Dining Room</p> <p style="text-align: center;"><u>Type of Activity</u></p> <p>Blue—Fitness Green—Spiritual Red— Events Purple— Vendors Brown— Excursions</p>						
<p style="text-align: right;">2</p> <p>10:30 Neighborhood Tea and Coffee (RR & SS B)</p> <p>11:00 St. Monica's Catholic Service (T)</p> <p>2:00 Movie: Rain Man (T)</p> <p>3:30 Social (RR-B)</p>	<p style="text-align: right;">3</p> <p>10:00 Mini Manicures (RR-L) 10:30 30 Min. Mingle (RR-B) 10:30 Exercise (RR-AR) 11:00 Chair Yoga (RR-AR) 11:00 Exercise (SS-AR) 1:15 Tai Chi (SS-AR) 2:45 Aquafit (P) 3:30 Social (SS-B) 4:00 Social (RR-B) 7:15 Music Appreciation (T)</p>	<p style="text-align: right;">4</p> <p>10:00 Exercise Class (SS-AR) 10:30 30 Minute Mingle (RR-B) 10:30 Community Ex. Class (SS-AR) 1:00 Bridge (RR-GR) 3:30 Social (RR-B) 4:00 Social (SS-B)</p>	<p style="text-align: right;">5</p> <p>9:30 Kiwanis Club (SS-AR) 9:50 Shopping: Grocery Shuttle 10:00 Zumba (RR-AR) 10:45 Hymn Sing (C) 1:30 Exercise Class (C) 1:30 Movie: Good Will Hunting (T) 2:45 Aquafit (P) 3:30 Social (RR-B) 4:00 Social (SS-B)</p>	<p style="text-align: right;">6</p> <p>10:00 Exercise Class (SS-AR) 10:30 Community Ex. Class (SS-AR) 12:45 Out for Lunch at Panera 2:30 Vintage Fiddlers (SS-AR) 3:30 Social (RR-B) 4:00 Social (SS-B) 7:15 Bingo (RR-AR)</p>	<p style="text-align: right;">7</p> <p>10:00 Aquafit (P) 10:30 Throw Away Bingo (RR-B) 11:00 Exercise with Natalie (SS-AR) 1:30 Exercise Class (RR-LL) 1:30 Shopping: Carlingwood Mall 3:30 A Christmas Story & Carols with Fidele (C) 3:30 Social Hour (RR-B) 4:00 Social Hour (SS-B) 6:30 Magic of Lights Drive (SS)</p>	<p style="text-align: right;">8</p> <p>10:30 Neighbourhood Tea & Coffee (RR & SS-B)</p> <p>2:30 Afternoon Bingo (RR-AR)</p> <p>7:15 Movie: The Last Sin Eater (T)</p>
<p style="text-align: right;">9</p> <p>10:30 Neighborhood Tea and Coffee (RR & SS B)</p> <p>11:00 St. Monica's Catholic Service (T)</p> <p>2:00 Movie: Avatar (T)</p> <p>3:30 Social (RR-B)</p>	<p style="text-align: right;">10</p> <p>9:45 Watercolor painting with Maggie (SS-AR) 10:30 Exercise (RR-AR) 10:30 30 Min. Mingle (RR-B) 11:00 Vendor: Roz Jewelry (RR-L) 11:00 Exercise (SS-AR) 1:15 Tai Chi (SS-AR) 2:45 Aquafit (P) 3:30 Social (SS-B) 4:00 Social (RR-B)</p>	<p style="text-align: right;">11</p> <p>10:00 Exercise Class (SS-AR) 10:30 Community Ex. Class (SS-AR) 10:30 30 Min. Mingle (RR-B) 1:00 Bridge (RR-GR) 1:30 Beginners French (SS-B) 2:30 Knit and Knatter (RR-Lib) 3:30 Social (RR-B) 4:00 Social (SS-B) 7:00 Music with Larry G (RR-B)</p>	<p style="text-align: right;">12</p> <p>9:30 Kiwanis Club (SS-AR) 9:50 Shopping: Grocery Shuttle 10:00 Zumba (RR-AR) 10:45 Hymn Sing (C) 1:15 Book Club Meeting (RR-Lib) 1:30 Exercise Class (C) 1:30 Movie: Billy Elliot (T) 2:45 Aquafit (P) 3:30 Social (RR-B) 4:00 Social (SS-B)</p>	<p style="text-align: right;">13</p> <p>10:00 Vendor: Sunshine Gifts (RR-L) 10:00 Exercise Class (SS-AR) 10:30 Community Ex. Class (SS-AR) 3:30 Social (RR-B) 4:00 Social (SS-B) 6:30 Magic of Lights Drive (RR) 7:15 Bingo (RR-AR)</p>	<p style="text-align: right;">14</p> <p>9:30 Shopping Billings Bridge Mall 10:00 Aquafit (P) 10:00 Vendor: Cards (RR-L) 10:30 Throw Away Bingo (RR-B) 11:00 Exercise with Natalie (SS-AR) 1:30 Exercise Class (RR-LL) 1:30 Late Shop: Giant Tiger 3:00 Resident Council (T) 3:30 A Christmas Story & Carols with Fidele (C) 3:30 Social Hour (RR-B) 4:00 Social Hour (SS-B)</p>	<p style="text-align: right;">15</p> <p>10:30 Neighbourhood Tea & Coffee (RR & SS-B)</p> <p>2:30 Afternoon Bingo (RR-AR)</p> <p>7:15 Movie: Fly Boys (T)</p>

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<p>16</p> <p>10:30 Neighborhood Tea and Coffee (RR &SS B)</p> <p>11:00 St. Monica's Catholic Service (T)</p> <p>2:00 Movie: Manchurian Candidate (T)</p> <p>2:30 Interdenominational Church Service w/Rev. Pauline Williams (C)</p> <p>2:30 Piano Recital (RR-B)</p> <p>3:30 Social (RR-B)</p>	<p>17</p> <p>9:00 Walker Repair Clinic (RR-L)</p> <p>9:45 Walker Repair Clinic (SS-L)</p> <p>10:00 Mini Manicures (RR-L)</p> <p>10:30 30 Min. Mingle (RR-B)</p> <p>10:30 Exercise (RR-AR)</p> <p>11:00 Chair Yoga (RR-AR)</p> <p>11:00 Exercise (SS-AR)</p> <p>1:15 Tai Chi (SS-AR)</p> <p>2:00 Book Delivery (RR-LL)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Social (SS-B)</p> <p>4:00 Social (RR-B)</p>	<p>18</p> <p>8:00 Breakfast with Santa (SS-DR)</p> <p>10:00 Baby Volunteers (RR-L)</p> <p>10:00 Exercise Class (SS-AR)</p> <p>10:30 Community Ex. Class (SS-AR)</p> <p>1:00 Bridge (RR-GR)</p> <p>2:30 Did you Know... (SS-B)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p> <p>7:00 Ottawa Harmony Singers (SS-AR)</p>	<p>19</p> <p>9:30 Kiwanis Club (SS-AR)</p> <p>9:50 Shopping: Grocery Shuttle</p> <p>10:00 Zumba (RR-AR)</p> <p>10:30 Music with Dai Bassett (RR-B)</p> <p>10:45 Hymn Sing (C)</p> <p>No Exercise Class</p> <p>1:30 Movie: Babette's Feast (T)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p>	<p>20</p> <p>10:00 Exercise Class (SS- AR)</p> <p>10:30 Community Ex. Class (SS-AR)</p> <p>11:00 Activity Buck Auction (SS-AR)</p> <p>1:30 Mystery Drive</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p> <p>5:00 Birthday/Anniversary Dinner</p> <p>7:15 Bingo (RR-AR)</p>	<p>21</p> <p>10:00 Aquafit (P)</p> <p>10:30 Throw Away Bingo (RR-B)</p> <p>10:30 Vendor: Mona (RR-L)</p> <p>11:00 Exercise with Natalie (SS-AR)</p> <p>1:30 Shopping Merivale Mall</p> <p>2:00 Christmas Gift Delivery -RR& SS Building</p> <p>6:30 Magic of Lights Drive (M/C)</p>	<p>22</p> <p>10:30 Neighbourhood Tea & Coffee (RR & SS-B)</p> <p>2:30 Afternoon Bingo (RR-AR)</p> <p>7:15 Movie: Casablanca (T)</p>
<p>23</p> <p>10:30 Neighborhood Tea and Coffee (RR &SS B)</p> <p>11:00 St. Monica's Catholic Service (T)</p> <p>2:00 Movie: All Good Things (T)</p> <p>3:30 Social (RR-B)</p>	<p>24</p> <p>10:30 Exercise (RR-AR)</p> <p>10:30 30 Min. Mingle (RR-B)</p> <p>11:00 Exercise (SS-AR)</p> <p>1:15 Tai Chi (SS-AR)</p> <p>2:30 Music with Noel (RR-AR)</p> <p>3:30 Social (SS-B)</p> <p>4:00 Social (RR-B)</p>	<p>25</p> <p>No Exercise Class</p> <p>10:30 30 Min. Mingle (RR-B)</p> <p>2:00 Christmas Crafts with Bien (SS-B)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p> 	<p>26</p> <p>9:50 Shopping: Grocery Shuttle</p> <p>10:00 Zumba (RR-AR)</p> <p>No Exercise Class</p> <p>No Hymn Sing</p> <p>1:30 Movie: Indiana Jones and the Kingdom of The Crystal (T)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p>	<p>27</p> <p>10:00 Exercise Class (SS- AR)</p> <p>10:30 Community Ex. Class (SS-AR)</p> <p>1:30 Late Shop: Shoppers Drug Mart</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p> <p>7:15 Bingo (RR-AR)</p>	<p>28</p> <p>9:30 Shopping Wal-Mart</p> <p>10:00 Aquafit (P)</p> <p>10:30 Throw Away Bingo (RR-B)</p> <p>11:00 Exercise with Natalie (SS-AR)</p> <p>1:30 Exercise Class (RR-LL)</p> <p>1:30 Rideau Carleton</p> <p>3:30 Social Hour (RR-B)</p> <p>4:00 Social Hour (SS-B)</p>	<p>29</p> <p>10:30 Neighbourhood Tea & Coffee (RR & SS-B)</p> <p>2:00 Cookies/Crafts/ Caroling (SS-B)</p> <p>2:30 Afternoon Bingo (RR-GR)</p> <p>7:15 Movie: Changeling (T)</p>
<p>30</p> <p>10:30 Neighborhood Tea and Coffee (RR &SS B)</p> <p>11:00 St. Monica's Catholic Service (T)</p> <p>2:00 Movie: Four Feathers (T)</p> <p>3:30 Social (RR-B)</p>	<p>31</p> <p>10:30 30 Min. Mingle (RR-B)</p> <p>11:00 Chair Yoga (RR-AR)</p> <p>1:15 Tai Chi (SS-AR)</p> <p>2:00 New Year's Eve Matinee Toast with Live Music from The Chords (SS-L)</p>					