

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Location of Activity

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

Type of Activity

Blue—Fitness Green—Spiritual Red— Events
 Purple— Vendors Brown— Excursions

	<p>No Exercise 1</p> <p>10:00 Ted Talks (T) 10:30 30 Minute Mingle (RR-B) 11:00 St. Monica's Catholic Service— Holy Solemnity Day of Mary (T) 1:00 Bridge (RR-GR) 3:30 Social (RR-B) 4:00 Social (SS-B)</p> <p>Happy New Year!</p>	<p>2</p> <p>10:00 Zumba (RR-AR) 10:45 Hymn Sing (C) 1:30 Exercise Class (C) 1:30 Movie: Hitch (T) 2:30 Presentation about Heart Health (T) 2:45 Aquafit (P) 3:30 Social (RR-B) 4:00 Social (SS-B)</p>	<p>3</p> <p>10:00 Exercise Class (SS- AR) 10:30 Community Ex. Class (SS-AR) 1:30 Walking Club at Minto Walking Track 3:30 Social (RR-B) 4:00 Social (SS-B) 7:15 Bingo (RR-AR)</p>	<p>4</p> <p>9:30 Shopping: Merivale Mall 10:00 Aquafit (P) 10:30 Throw Away Bingo (RR-B) 1:30 Exercise Class (RR-LL) 12:30 Out for Lunch -Swiss Chalet 3:30 Spiritual Hymn Sing with Fidele (C) 3:30 Social (RR-B) 4:00 Social (SS-B)</p>	<p>5</p> <p>10:30 Neighbourhood Tea & Coffee (RR & SS-B) 2:30 Afternoon Bingo (RR-AR) 7:15 Movie: Firewall (T)</p>	
<p>10:30 Neighborhood Tea and Coffee (RR & SS B) 11:00 St. Monica's Catholic Service (T) 2:00 Movie: I am not an Easy Man (T) 3:30 Social (RR-B)</p> <p>6</p>	<p>9:45 Watercolour Painting with Maggie (SS-AR) 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>7</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) 2:30 Knit and Knatter (RR-Lib) 3:30 Social (RR-B) 4:00 Social (SS-B)</p> <p>8</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: Nick of Time (T) 2:45 Aquafit (P) 3:30 Social (RR-B) 4:00 Social (SS-B)</p> <p>9</p>	<p>10:00 Exercise Class (SS- AR) 10:30 Community Ex. Class (SS-AR) 1:30 Excursion: Scenic Drive along Canal 3:30 Social (RR-B) 4:00 Social (SS-B) 7:15 Bingo (RR-AR)</p> <p>10</p>	<p>9:30 Shopping: Carlingwood Mall 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 Beavertail Drive 3:00 SS Resident Council (T) 3:30 Spiritual Hymn Sing with Fidele (C) 3:30 Social (RR-B) 4:00 Social (SS-B)</p> <p>11</p>	<p>10:30 Neighbourhood Tea & Coffee (RR & SS-B) 2:30 Afternoon Bingo (RR-AR) 7:15 Movie: Ladder 49 (T)</p> <p>12</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>13</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: <i>Empire of the Sun</i> (T)</p> <p>2:30 Interdenominational Church Service w/Rev. Pauline Williams (C)</p> <p>3:30 Social (RR-B)</p>	<p>14</p> <p>10:00 Mini Manicures (RR-L)</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>2:45 Aquafit (P)</p> <p>3:30 Social (SS-B)</p> <p>4:00 Social (RR-B)</p>	<p>15</p> <p>10:00 Exercise Class (SS-AR)</p> <p>10:30 30 Minute Mingle (RR-B)</p> <p>10:30 Community Ex. Class (SS-AR)</p> <p>10:00 TED Talks (T)</p> <p>1:00 Bridge (RR-GR)</p> <p>1:30 Beginners French (SS-B)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p>	<p>16</p> <p>9:30 Kiwanis Club (SS-AR)</p> <p>9:50 Shopping: Grocery Shuttle</p> <p>10:00 Zumba (RR-AR)</p> <p>10:45 Hymn Sing (C)</p> <p>1:30 Exercise Class (C)</p> <p>1:30 Movie: <i>The Big Wedding</i> (T)</p> <p>2:30 Afternoon music with Peter Foret (SS-B)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p>	<p>17</p> <p>10:00 Exercise Class (SS-AR)</p> <p>10:30 Community Ex. Class (SS-AR)</p> <p>1:30 Late Shop: Giant Tiger</p> <p>2:30 Afternoon Music with Dai Bassett (SS-AR)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p> <p>7:15 Bingo (RR-AR)</p>	<p>18</p> <p>9:30 Shopping: Billings Bridge Mall</p> <p>10:00 Aquafit (P)</p> <p>10:30 Throw Away Bingo (RR-B)</p> <p>1:30 Exercise Class (RR-LL)</p> <p>1:30 Rideau Carleton Raceway Casino</p> <p>3:30 Spiritual Hymn Sing with Fidele (C)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p>	<p>19</p> <p>10:30 Neighbourhood Tea & Coffee (RR & SS-B)</p> <p>2:30 Afternoon Bingo (RR-AR)</p> <p>7:15 Movie: <i>Along Came Polly</i> (T)</p>
<p>20</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: <i>The Cider House Rules</i> (T)</p> <p>3:30 Social (RR-B)</p>	<p>21</p> <p>9:00 Walker Repair Clinic (RR-L)</p> <p>9:45 Walker Repair Clinic (SS-L)</p> <p>9:45 Watercolor Painting with Maggie (SS-AR)</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>2:45 Aquafit (P)</p> <p>3:30 Social (SS-B)</p> <p>4:00 Social (RR-B)</p>	<p>22</p> <p>10:00 Exercise Class (SS-AR)</p> <p>10:30 Craft with Bien (SS-B)</p> <p>10:30 Community Ex. Class (SS-AR)</p> <p>1:00 Bridge (RR-GR)</p> <p>2:30 Afternoon music with Noel (RR-B)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p>	<p>23</p> <p>9:30 Kiwanis Club (SS-AR)</p> <p>9:50 Shopping: Grocery Shuttle</p> <p>10:00 Zumba (RR-AR)</p> <p>10:45 Hymn Sing (C)</p> <p>1:15 Book Club Meeting (RR-Lib)</p> <p>1:30 Exercise Class (C)</p> <p>1:30 Movie: <i>Breach</i> (T)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p>	<p>24</p> <p>10:00 Exercise Class (SS-AR)</p> <p>10:00 Brightening Lives: Pet Visits (RR-L)</p> <p>10:30 Community Ex. Class (SS-AR)</p> <p>1:30 Walking Club at Minto Walking Track</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>25</p> <p>9:30 Shopping: Wal-Mart</p> <p>10:00 Aquafit (P)</p> <p>10:30 Throw Away Bingo (RR-B)</p> <p>1:30 Exercise Class (RR-LL)</p> <p>1:15 Royal Canadian Mint Tour</p> <p>3:30 Spiritual Hymn Sing with Fidele (C)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p>	<p>26</p> <p>10:30 Neighbourhood Tea & Coffee (RR & SS-B)</p> <p>2:30 Afternoon Bingo (RR-AR)</p> <p>7:15 Movie: <i>Walk, Don't Run</i> (T)</p>
<p>27</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: <i>Sense and Sensibility</i> (T)</p> <p>3:30 Social (RR-B)</p>	<p>28</p> <p>10:00 Mini Manicures (RR-L)</p> <p>10:30 Exercise (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>2:30 RR Resident Council (T)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Social (SS-B)</p> <p>4:00 Social (RR-B)</p>	<p>29</p> <p>10:00 Exercise Class (SS-AR)</p> <p>10:30 30 Minute Mingle (RR-B)</p> <p>10:30 Community Ex. Class (SS-AR)</p> <p>1:00 Bridge (RR-GR)</p> <p>2:00 Line Dancing (SS-AR)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p>	<p>30</p> <p>9:30 Kiwanis Club (SS-AR)</p> <p>9:50 Shopping: Grocery Shuttle</p> <p>10:00 Zumba (RR-AR)</p> <p>10:45 Hymn Sing (C)</p> <p>1:30 Exercise Class (C)</p> <p>1:30 Movie: <i>North by Northwest</i> (T)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p>	<p>31</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 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>		