



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>PROGRAM LOCATION</p> <p>* Sign Up Required \$ - Cost Associated AR - Activity Room FC - Fitness Centre B - Bistro G - Games Room L - Lobby C - Chapel LL - Lower Lounge WC - Wellness Centre FD - Front Desk</p>	<p>PROGRAM DESCRIPTION</p> <p>Red - Special Event Orange - New Program Green - Spiritual Program Blue - Fitness Program Grey - Cognitive Program Brown - Bus Outing</p>	<p>NEW YEARS DAY 1</p> <p>10:30 FitMinds (AR) 2:00 Bingo (AR) 2:00 Bridge (G) 3:00 Exercises (FC) 3:00 Hangman (B) 4:00 1/2 Price Happy Hour (B) 7:00 Bridge (G) 7:00 Movie (T)</p> <p style="text-align: center;">2019</p>	<p>2</p> <p>10:00 Exercises (FC) 10:00 Outing: Place D'Orleans & Mystery Drive 10:45 News & Views (B) 12:30 Outing: Canada Aviation & Space Museum (\$) 1:30 Cards with Bill (G) 2:00 Classical Music on YouTube (T) 3:00 Hangman (B) 4:00 Happy Hour (B)</p>	<p>3</p> <p>10:30 Neighbourhood Coffee and Tea (B) 11:10 Music with Jenn (3rd) 10:30 FitMinds(B) 2:00 Mass (C) 2:00 Cranium Crunches (B) 2:00 TED Talks (T) 3:00 Exercises (LL) 4:00 Happy Hour (B) 7:00 Movie (T)</p>	<p>4</p> <p>10:00 Zumba Gold Chair Dancing (LL) 10:30 Neighbourhood Coffee and Tea (B) 10:45 News & Views (B) 11:20 Latin Chair Dancing (3rd) 2:00 Bingo (AR) 3:00 Tuck Shop (G) 3:15 January Puzzles (B) 4:00 Happy Hour (B) 7:00 Movie (T)</p>	<p>5</p> <p>11:00 Exercises (FC)</p> <p>2:00 Word Searches *Pick up at Front Desk*</p> <p>3:30 Billiards (G) 7:00 Movie (T)</p>
<p>6</p> <p>10:00 French Mass with Communion (B) 10:30 Documentary: Terry Fox (T) 2:30 TV Series: "Outlander" (T) 7:00 Cribbage (G)</p>	<p>7</p> <p>10:00 Scrabble (B) 10:45 News & Views B) 2:00 "Babies Who Volunteer" (LL) 3:15 Cranium Crunches (B) 4:00 Happy Hour (B) 7:00 Movie (T)</p>	<p>8</p> <p>10:30-11:30 Blood Pressure Clinic/ Pendant Checks 10:00 Tuck Shop (GR) 10:30 Neighbourhood Coffee and Tea (B) 10:30 FitMinds (AR) 11:10 Music with Jenn (3rd) 2:00 Bingo (AR) 2:00 Bridge (G) 2:30 Christian Church Service (C) 3:00 Exercises (LL) 3:00 Hangman (B) 4:00 1/2 Price Happy Hour (B) 6:00 Discuss and Recall (B) 7:00 Bridge (G) 7:00 Movie (T)</p>	<p>9</p> <p>10:00 Sit & Stretch (FC) 10:45 News & Views (B) 10:00 Outing: SuperStore & Mystery Drive 12:30 Outing: St. Hubert (\$) 1:30 Cards with Bill (G) 2:00 Classical Music on YouTube (T) 3:00 Hangman (B) 4:00 Happy Hour (B) 7:00 Movie (T)</p>	<p>10</p> <p>9:30 Foot Care Clinic *Sign Up at Reception* 10:30 Neighbourhood Coffee and Tea (B) 11:10 Music with Jenn (3rd) 10:30 FitMinds(B) 2:00 Trivia (B) 2:00 Mass (C) 3:00 Exercises (LL) 4:00 Happy Hour (B) 7:00 Movie (T)</p>	<p>11</p> <p>10:00 Zumba Gold Chair Dancing (LL) 10:30 Neighbourhood Coffee and Tea (B) 11:20 Latin Chair Dancing (3rd) 10:30 Billberry Baptist Church (C) 10:45 News & Views (B) 2:00 Bingo (AR) 3:15 You Be The Judge (B) 3:00 Tuck Shop (G) 4:00 Happy Hour (B) 7:00 Movie (T)</p>	<p>12</p> <p>11:00 Exercises (FC)</p> <p>2:00 Baking: Muffins (AR) 2:00 Afternoon Movie (T) 3:30 Billiards (G) 4:00 Happy Hour (B)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>13</p> <p>10:00 French Mass with Communion (T)</p> <p>10:30 Neighbourhood Coffee and Tea (B)</p> <p>2:00 tea and Chat (B)</p> <p>2:30 TV Series: "Outlander" (T)</p> <p>7:00 Cribbage (G)</p>	<p>14</p> <p>10:00 Scrabble (B)</p> <p>10:30 Neighbourhood Coffee and Tea (B)</p> <p>10:45 News & Views (B)</p> <p>2:00 Travel Logue: Chile (T)</p> <p>3:15 Cranium Crunches (B)</p> <p>4:00 Happy Hour (B)</p> <p>7:00 Movie (T)</p>	<p>15</p> <p>10:00 Tuck Shop (G)</p> <p>10:30 FitMinds (AR)</p> <p>11:10 Music with Jenn (3rd)</p> <p>2:00 Bingo (AR)</p> <p>2:00 Bridge (B)</p> <p>2:30 Lutheran Church Service (C)</p> <p>3:00 Exercises (LL)</p> <p>3:00 Hangman (B)</p> <p>4:00 1/2 Price Happy Hour (B)</p> <p>7:00 Bridge (G)</p> <p>7:00 Discuss and Recall (L)</p> <p>7:00 Movie (T)</p>	<p>16</p> <p>10:00 Exercises (LL)</p> <p>10:00 Outing: St. Laurent & Mystery Drive</p> <p>12:00 Outing: Kallisto's Greek Restaurant (\$)</p> <p>10:45 News & Views (B)</p> <p>1:30 Cards with Bill (G)</p> <p>2:00 Classical Music on YouTube (T)</p> <p>3:00 Hangman (B)</p> <p>4:00 Happy Hour (B)</p> <p>7:00 Lions Bingo (AR)</p>	<p>17</p> <p>10:30 Neighbourhood Coffee and Tea (B)</p> <p>10:30 FitMinds (AR)</p> <p>2:00 TED Talks (T)</p> <p>2:00 Mass (C)</p> <p>3:00 Exercises (LL)</p> <p>4:00 Happy Hour (B)</p> <p>7:00 Movie (T)</p> <p></p>	<p>18</p> <p>10:00 Zumba Gold Chair Dancing (LL)</p> <p>10:30 Neighbourhood Coffee and Tea (B)</p> <p>11:10 Music with Jenn (3rd)</p> <p>10:45 News & Views (B)</p> <p>11:20 Latin Chair Dancing (3rd)</p> <p>2:00 Bingo (AR)</p> <p>3:00 Tuck Shop (G)</p> <p>3:15 Trivia (B)</p> <p>4:00 Happy Hour (B)</p>	<p>19</p> <p>11:00 Exercises (FC)</p> <p>2:00 Painting (B)</p> <p>2:30 Afternoon Movie (T)</p> <p>3:30 Billiards (G)</p>
<p>20</p> <p>10:00 French Mass with Communion (T)</p> <p>10:30 Neighbourhood Coffee and Tea (B)</p> <p>2:00 Mindful Colouring (FD)</p> <p>2:30 TV Series: "Outlander" (T)</p> <p>5:30 Entertainment: Evan Runge (DR)</p> <p>7:00 Cribbage (G)</p>	<p>21</p> <p>10:00 Scrabble (B)</p> <p>10:30 Neighbourhood Coffee and Tea (B)</p> <p>10:45 News & Views (B)</p> <p>2:00 "Babies Who Volunteer" (LL)</p> <p>2:00 Reminiscent Corner with Gary Whitten (T)</p> <p>2:00 Travel Logue: Hawaii (T)</p> <p>3:15 Cranium Crunches (B)</p> <p>4:00 Happy Hour (B)</p>	<p>22</p> <p>10:00 Tuck Shop (G)</p> <p>10:30 Neighbourhood Coffee and Tea (B)</p> <p>10:30 FitMinds (AR)</p> <p>2:00 Bingo (AR)</p> <p>2:00 Bridge (B)</p> <p>3:00 Hangman (B)</p> <p>4:00 1/2 Price Happy Hour</p> <p>7:00 Bridge (G)</p> <p>7:00 Discuss and Recall (L)</p> <p>7:00 Movie (T)</p>	<p>23</p> <p>10:00 Sit & Stretch (FC)</p> <p>10:00 Outing: Convent Glen Shopping Centre & Mystery Drive</p> <p>10:45 News & Views (B)</p> <p>12:30 Outing: Byward Market (\$)</p> <p>2:00 Classical Music on YouTube (T)</p> <p>3:00 Hangman (B)</p> <p>4:00 Happy Hour (B)</p>	<p>24</p> <p>9:30 Foot Care Clinic *Sign Up at Reception*</p> <p>10:30 Neighbourhood Coffee and Tea (B)</p> <p>10:30 FitMinds (AR)</p> <p>10:45 News & Views (B)</p> <p>11:00 Food Committee Meeting (T)</p> <p>11:10 Music with Jenn (3rd)</p> <p>2:00 Mass (C)</p> <p>2:00 Trivia (B)</p> <p>3:00 Exercises (LL)</p> <p>4:00 Happy Hour (B)</p> <p>7:00 Movie (T)</p>	<p>25</p> <p>10:00 Zumba Gold Chair Dancing (LL)</p> <p>10:30 Neighbourhood Coffee and Tea (B)</p> <p>10:30 Billberry Baptist Church (C)</p> <p>11:20 Latin Chair Dancing (3rd)</p> <p>2:00 Bingo (AR)</p> <p>3:15 Trivia (B)</p> <p>3:00 Tuck Shop (G)</p> <p>4:00 Happy Hour (B)</p>	<p>26</p> <p>11:00 Exercises (FC)</p> <p>2:00 Afternoon Bingo (AR)</p> <p>2:30 Afternoon Movie (T)</p> <p>3:30 Billiards (G)</p>
<p>27</p> <p>10:00 French Mass with Communion (T)</p> <p>10:30 Neighbourhood Coffee and Tea (B)</p> <p>2:00 Tea and Chat (B)</p> <p>2:30 TV Series: "Outlander" (T)</p> <p>7:00 Cribbage (G)</p>	<p>28</p> <p>10:30 Neighbourhood Coffee and Tea (B)</p> <p>10:45 News & Views (B)</p> <p>2:00 Travel Logue: Yellowstone National Park (T)</p> <p>2:00 Bingo (AR)</p> <p>3:15 Cranium Crunches (B)</p> <p>4:00 Happy Hour (B)</p> <p>7:00 Movie (T)</p>	<p>29</p> <p>10:00 Tuck Shop (G)</p> <p>10:30 Neighbourhood Coffee and Tea (B)</p> <p>10:30 FitMinds (AR)</p> <p>2:00 Bridge (B)</p> <p>2:00 Resident Council Meeting (T)</p> <p>3:00 Hangman (B)</p> <p>4:00 1/2 Price Happy Hour</p> <p>7:00 Bridge (G)</p> <p>7:00 Discuss and Recall (L)</p> <p>7:00 Movie (T)</p>	<p>30</p> <p>10:00 - 11:00 Ottawa Public Library Visit (B)</p> <p>10:00 Exercises (FC)</p> <p>10:00 Outing: Giant Tiger & Mystery Drive</p> <p>10:45 News & Views (B)</p> <p>12:30 Outing: Red Lobster (\$)</p> <p>2:00 Classical Music on YouTube (T)</p> <p>3:00 Hangman (B)</p> <p>4:00 Happy Hour (B)</p> <p>4:45 Birthday & Anniversary Dinner</p> <p>7:00 Movie (T)</p>	<p>31</p> <p>10:30 Neighbourhood Coffee and Tea (B)</p> <p>10:30 FitMinds (AR)</p> <p>10:45 News & Views (B)</p> <p>11:10 Music with Jenn (3rd)</p> <p>2:00 Mass (C)</p> <p>2:00 TED Talks (T)</p> <p>3:00 Exercises (LL)</p> <p>4:00 Happy Hour (B)</p> <p>7:00 Movie (T)</p>	<p><i>Happy New Year!</i></p> <p>Call 4636 on your phone for</p> 