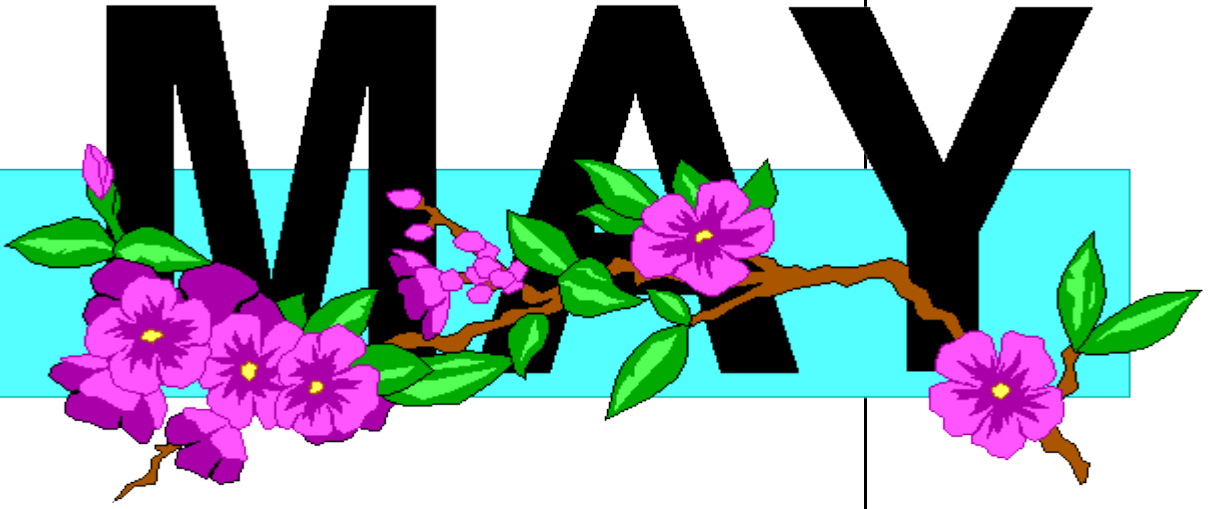




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p><b>Location of Activity</b></p> <p>RR= Retirement Residence    SS= Senior Suites            B= Bistro    Lib= Library            T= Theatre    AR= Activity Room            C= Chapel    FC= Fitness Centre            L= Lobby    GR= Games Room            LL= Lower Level    DR= Dining Room</p> <p><b>Type of Activity</b></p> <p>Blue—Fitness    Green—Spiritual    Red— Events            Purple— Vendors    Brown— Excursions</p>	
			<p><b>1</b></p> <p>9:30 Kiwanis Club (SS-AR)            9:50 Shopping: Grocery Shuttle            10:00 Zumba (RR-AR)            1:30 Exercise Class (RR-LL)            1:30 Movie: Mona Lisa Smile (T)            2:45 Aquafit (P)            3:30 Social (RR-B)            4:00 Social (SS-B)</p>	<p><b>2</b></p> <p>10:00 Exercise Class (SS- AR)            10:30 Community Ex. Class (SS-AR)            1:15 Bridge (RR-GR)            12:30 Out to Lunch at Panera            3:30 Social (RR-B)            4:00 Social (SS-B)            7:15 Bingo (RR-AR)</p>	<p><b>3</b></p> <p>No Aquafit Today</p> <p>10:30 Throw Away Bingo (RR-B)            11:00 Exercise with Natalie (SS-AR)            1:30 Exercise Class (RR-LL)            2:00 Current Events with Professor Cammy (T)            3:30 Spiritual Hymn Sing with Fidele (C)            3:30 Social (RR-B)            4:00 Social (SS-B)</p>	<p><b>4</b></p> <p>10:00 Fit Minds (SS-B)</p> <p>10:30 Neighbourhood Tea &amp; Coffee (RR &amp; SS-B)</p> <p>2:15 Afternoon Bingo (RR-AR)</p> <p>2:30 Afternoon Music with Steve Paul Simms (SS-AR)            3:30 Social (RR-B)</p> <p>7:15 Movie: Brooklyn (T)</p>
<p><b>5</b></p> <p>10:30 Neighborhood Tea and Coffee (RR &amp; SS B)            11:00 St. Monica's Catholic Service (T)            2:00 Movie: Walk.Ride. Rodeo (T)            2:15 Wii Games (SS-GR)            3:00 Interdenominational Church Service w/Rev. Jim Scheel (C)            3:30 Social (RR-B)</p>	<p><b>6</b></p> <p>10:00 Brain Games (T)            10:30 30 Min. Mingle (RR-B)            10:30 Exercise (RR-AR)            11:00 Chair Yoga (SS-AR)            11:00 Exercise (RR-AR)            1:15 Tai Chi (SS-AR)            2:45 Aquafit (P)            3:30 Social (RR-B)            4:00 Social (SS-B)</p> <p>7:30 Music Appreciation (T)</p>	<p><b>7</b></p> <p>10:00 Exercise Class (SS-AR)            10:30 30 Minute Mingle (RR-B)            10:30 Coffee with our GM (RR-B)            10:30 Community Ex. Class (SS-AR)            2:30 Tea for Mom with music by Dai Bassett (RR-DR)            3:30 Social (RR-B)            4:00 Social (SS-B)</p>	<p><b>8</b></p> <p>9:30 Kiwanis Club (SS-AR)            9:50 Shopping: Grocery Shuttle            10:00 Zumba (RR-AR)            1:30 Exercise Class (RR-LL)            1:30 Movie: Dare to Be Wild (T)            2:00 Giant Crossword (RR-B)            2:45 Aquafit (P)            3:30 Social (RR-B)            4:00 Social (SS-B)</p>	<p><b>9</b></p> <p>10:00 Exercise Class (SS- AR)            10:30 Community Ex. Class (SS-AR)            1:15 Bridge (RR-GR)            1:30 Memory Care Drive            2:00 Celebrating Nurses (T)            3:30 Social (RR-B)            4:00 Social (SS-B)            7:15 Bingo (RR-AR)</p>	<p><b>10</b></p> <p>9:30 Shopping: Merivale Mall            10:00 Aquafit (P)            10:30 Throw Away Bingo (RR-B)            11:00 Exercise with Natalie (SS-AR)            1:30 Late Shop: College Square Mall            1:30 Exercise Class (RR-LL)            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><b>11</b></p> <p>10:30 Neighbourhood Tea &amp; Coffee (RR &amp; SS-B)</p> <p>2:15 Afternoon Bingo (RR-AR)</p> <p>3:30 Social (RR-B)</p> <p>7:15 Movie: Going in Style (T)</p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>HAPPY MOTHER'S DAY</b> 12</p> <p>10:30 Neighborhood Tea and Coffee (RR &amp; SS B)</p> <p>11:00 St. Monica's Catholic Service (T)</p> <p>2:00 Movie: Colette (T)</p> <p>2:15 Wii Games (SS-GR)</p> <p>3:00 Interdenominational Church Service w/Rev. Jim Scheel (C)</p> <p>3:30 Social (RR-B)</p>	<p>13</p> <p>9:45 Watercolour Painting with Maggie (SS-AR)</p> <p>10:30 Exercise (RR-AR)</p> <p>10:30 30 Min. Mingle (RR-B)</p> <p>11:00 Exercise (RR-AR)</p> <p>1:15 Tai Chi (SS-AR)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p>	<p>14</p> <p>10:00 VoxxLife (SS-L)</p> <p>10:00 Exercise Class (SS-AR)</p> <p>10:30 Community Ex. Class (SS-AR)</p> <p>10:30 Relay For Life: Decorate Luminary Bag (SS-B)</p> <p>10:30 30 Min. Mingle (RR-B)</p> <p>2:00 iPad Workshop (SS-B)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p>	<p>15</p> <p>8:00 Community Breakfast (RR-DR)</p> <p>9:30 Kiwanis Club (SS-AR)</p> <p>9:50 Shopping: Grocery Shuttle</p> <p>10:00 Zumba (RR-AR)</p> <p>1:30 Exercise Class (RR-LL)</p> <p>1:30 Movie: Irreplaceable You (T)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p>	<p>16</p> <p>10:00 Exercise Class (SS-AR)</p> <p>10:30 Community Ex. Class (SS-AR)</p> <p>1:15 Bridge (RR-GR)</p> <p>1:00 Excursion: Tulip Drive</p> <p>2:00 Afternoon music with Shamrock &amp; Thistle (RR-AR)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p> <p>7:15 Bingo (RR-AR)</p>	<p>17</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>11:00 Exercise with Natalie (SS-AR)</p> <p>1:00 Excursion: Tulip Drive</p> <p>1:30 Exercise Class (RR-LL)</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>18</p> <p>10:00 Fit Minds (SS-B)</p> <p>10:30 Neighbourhood Tea &amp; Coffee (RR &amp; SS-B)</p> <p>2:15 Afternoon Bingo (RR-AR)</p> <p>3:30 Social (RR-B)</p> <p>7:15 Movie: Little Women (T)</p>
<p>19</p> <p>10:30 Neighborhood Tea and Coffee (RR &amp; SS B)</p> <p>11:00 St. Monica's Catholic Service (T)</p> <p>2:00 Movie: Billy Elliot (T)</p> <p>3:00 Interdenominational Church Service w/Rev. Pauline Williams (C)</p> <p>3:30 Social (RR-B)</p>	<p><b>VICTORIA DAY</b> 20</p> <p>10:00 Brain Games (T)</p> <p>10:30 30 Min. Mingle (RR-B)</p> <p>11:00 Chair Yoga (SS-AR)</p> <p>1:15 Tai Chi (SS-AR)</p> <p>No Aquafit Today</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p>	<p>21</p> <p>10:00 Exercise Class (SS-AR)</p> <p>10:30 Community Ex. Class (SS-AR)</p> <p>10:30 Coffee with our GM (SS-B)</p> <p>10:30 30 Min. Mingle (RR-B)</p> <p>2:30 Afternoon Music with Arlene Quinn (SS-B)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p>	<p>22</p> <p>9:30 Kiwanis Club (SS-AR)</p> <p>9:50 Shopping: Grocery Shuttle</p> <p>10:00 Zumba (RR-AR)</p> <p>1:30 Exercise Class (RR-LL)</p> <p>1:15 Book Club Meeting (RR-Lib)</p> <p>1:30 Movie: The Bounty Hunter (T)</p> <p>2:00 Giant Crossword (RR-B)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p>	<p>23</p> <p>10:00 Brightening Lives Pet Visits (RR-L)</p> <p>10:00 Exercise Class (SS-AR)</p> <p>10:30 Community Ex. Class (SS-AR)</p> <p>1:15 Bridge (RR-GR)</p> <p>1:30 Late Shop: Dollar Tree</p> <p>2:30 Knit and Knatter (RR-Lib)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p> <p>5:00 Birthday/Anniversary Dinner (RR &amp; SS DR)</p> <p>7:15 Bingo (RR-AR)</p>	<p>24</p> <p>No Aquafit Today</p> <p>9:30 Shopping: Wal-Mart</p> <p>10:30 Throw Away Bingo (RR-B)</p> <p>11:00 Exercise with Natalie (SS-AR)</p> <p>1:30 Memory Care Drive</p> <p>1:30 Exercise Class (RR-LL)</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>25</p> <p>10:30 Neighbourhood Tea &amp; Coffee (RR &amp; SS-B)</p> <p>2:00 A Taste of Africa with Fidele (RR-AR)</p> <p>3:30 Social (RR-B)</p> <p>7:15 Movie: Our Souls at Night (T)</p>
<p>26</p> <p>10:30 Neighborhood Tea and Coffee (RR &amp; SS B)</p> <p>11:00 St. Monica's Catholic Service (T)</p> <p>2:00 Movie: Greater (T)</p> <p>2:15 Wii Games (SS-GR)</p> <p>3:00 Interdenominational Church Service w/Rev. Jim Scheel (C)</p> <p>3:30 Social (RR-B)</p>	<p>27</p> <p>9:45 Watercolour Painting with Maggie (SS-AR)</p> <p>10:30 Exercise (RR-AR)</p> <p>10:30 30 Min. Mingle (RR-B)</p> <p>11:00 Exercise (RR-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 (RR-B)</p> <p>4:00 Social (SS-B)</p>	<p>28</p> <p>10:00 Bijoux (RR-L)</p> <p>10:00 Exercise Class (SS-AR)</p> <p>10:30 Community Ex. Class (SS-AR)</p> <p>10:30 30 Min. Mingle (RR-B)</p> <p>2:00 iPad Workshop (SS-B)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p>	<p>29</p> <p>9:30 Kiwanis Club (SS-AR)</p> <p>9:50 Shopping: Grocery Shuttle</p> <p>10:00 Pam's Travelling Shop (RR-L)</p> <p>10:00 Zumba (RR-AR)</p> <p>1:30 Exercise Class (RR-LL)</p> <p>1:30 Movie: Yes Man (T)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Social (RR-B)</p> <p>4:00 Social (SS-B)</p>	<p>30</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>1:15 Bridge (RR-GR)</p> <p>1:30 Later 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>31</p> <p>9:30 Shopping: Carlingwood Mall</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>12:30 Rideau Carleton Raceway</p> <p>1:30 Exercise Class (RR-LL)</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>	