

ACTIVITIES CALENDAR

SHOPPING & OUTINGS

Please be sure to sign-up at Reception,
use a face mask, follow the physical
distancing and bring your own hand
sanitizer.

JULY 2020



LEGENDS

- A Auditorium
- AR Activity Room
- B Bistro
- C Chapel
- DR Dining Room
- FR Fitness Room
- GR Games Room
- L Lobby
- RR Retirement Residence
- SS Senior Suites
- SS-RR Senior Suites Red Room
- T Theatre
- WC Wellness Centre

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Happy

Canada Day

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			10:00 Resistance Band Exercise (SS-A) 10:00 Coffee Social (SS-Lobby) 10:00 Coffee Social (RR-Bistro) 10:30 Canada Day Celebration (Parking Lot) 02:30 Chair Exercise (RR-A) 03:00 Gentle Chair Exercise (RR-4/F) 03:00 Moderate Intensity Exercise (SS-A) 03:30 Canada Day Social Hour (SS-L) Canada Day Social Hour (RR-B) 07:15 Movie Night (SS-Theatre) Gosford Park	09:30 Shuttle: Westgate Mall 10:00 Coffee Social (SS-Lobby) 10:00 Coffee Social (RR-Bistro) 10:30 BINGO (SS-Auditorium) 10:30 BINGO (RR-B) 02:00 Book Club (SS-Red Room) 02:30 Arts & Craft (RR-4/F) 02:30 Resistance Band Exercise (SS-Auditorium) 03:00 Resistance Band Exercise (SS-Auditorium) 03:30 Social Hour (RR-B) 07:15 Movie Night (SS-Theatre) Gosford Park	10:00 Chair Dance (SS-A) 10:00 Outing: Mystery Drive (RR) 10:00 Coffee Social (SS-Lobby) 10:00 Coffee Social (RR-Bistro) 10:15 Tuck Shop (SS-Room 101) 02:00 Shuttle: Walmart 02:00 Chair Exercise (SS-A) 02:30 Chair Exercise (SS-A) 02:30 Chair Exercise (RR-A) 03:00 Gentle Chair Exercise (RR-4/F) 03:00 Moderate Intensity Exercise (SS-A) 03:30 Social Hour (SS-L) 07:15 Movie Night (SS-Theatre) Funny Girl	09:45 Resident Fitness (SS-A) 10:00 Coffee Social (SS-Lobby) 10:00 Coffee Social (RR-Bistro) 03:30 Social Hour (RR-B) 07:15 Movie Night (SS-Theatre) Funny Girl
5	6	7	8	9	10	11
10:00 Coffee Social (SS-Lobby) 10:00 Coffee Social (RR-Bistro) 10:30 Catholic TV Mass SS Theatre	09:30 Shuttle: Giant Tiger 10:00 Chair Dance (SS Theatre) 10:00 Coffee Social (SS-L / RR-B) 02:00 Chair Exercise (SS-A) 02:30 Chair Exercise (SS-A) 02:30 Chair Exercise (RR-A) 03:00 Gentle Chair Exercise (RR-4/F) 03:00 Moderate Intensity Exercise (SS-A) 03:30 Social Hour (SS-L) 07:15 Movie Night (SS-Theatre) Groundhog Day	09:30 Shuttle: Merivale Mall 10:00 Outing: Mystery Drive (RR) 10:00 Coffee Social (SS-L / RR-B) 10:15 Tuck Shop (SS-Room 101) 10:30 Fit Minds (SS-A) 10:30 Fit Minds (RR-B) 02:30 Resistance Band Exercise (SS-Auditorium) 03:00 Resistance Band Exercise (SS-Auditorium) 03:30 Social Hour (RR-B) 07:15 Movie Night (SS-Theatre) Groundhog Day	10:00 Resistance Band Exercise (SS-A) 10:00 Coffee Social (SS-Lobby) 10:00 Coffee Social (RR-Bistro) 02:00 Documentary Film (SS-T) 02:30 Chair Exercise (RR-A) 03:00 Gentle Chair Exercise (RR-4/F) 03:00 Moderate Intensity Exercise (SS-A) 03:30 Social Hour (SS-L) 07:15 Movie Night (SS-Theatre) Julie & Julia	10:00 Coffee Social (SS-Lobby) 10:00 Coffee Social (RR-Bistro) 10:30 BINGO (SS-Auditorium) 10:30 BINGO (RR-B) 02:00 Knitting Group (SS-Lobby) 02:30 Arts & Craft (RR-4/F) 02:30 Resistance Band Exercise (SS-Auditorium) 03:00 Resistance Band Exercise (SS-Auditorium) 03:30 Social Hour (RR-B) 07:15 Movie Night (SS-Theatre) Julie & Julia	10:00 Outing: Mystery Drive (RR) 10:00 Chair Dance (SS-A) 10:00 Coffee Social (SS-Lobby) 10:00 Coffee Social (RR-Bistro) 10:15 Tuck Shop (SS-Room 101) 02:00 Outing: Walk in the Park 02:00 Chair Exercise (SS-A) 02:30 Chair Exercise (SS-A) 02:30 Chair Exercise (RR-A) 03:00 Gentle Chair Exercise (RR-4/F) 03:00 Moderate Intensity Exercise (SS-A) 03:30 Social Hour (SS-L) 07:15 Movie Night (SS-Theatre) Schindler's List	09:45 Resident Fitness (SS-A) 10:00 Coffee Social (SS-Lobby) 10:00 Coffee Social (RR-Bistro) 03:30 Social Hour (RR-B) 07:15 Movie Night (SS-Theatre) Schindler's List

JULY 2020 ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13	14	15	16	17	18
<p>10:00 Coffee Social (SS-Lobby)</p> <p>10:00 Coffee Social (RR-Bistro)</p> <p>10:30 Catholic TV Mass SS Theatre</p>	<p>09:30 Shuttle: Billings Bridge Mall</p> <p>10:00 Chair Dance (SS Theatre)</p> <p>10:00 Coffee Social (SS-L / RR-B)</p> <p>02:00 Chair Exercise (SS-A)</p> <p>02:30 Chair Exercise (RR-A)</p> <p>02:30 Chair Exercise (SS-A)</p> <p>03:00 Gentle Chair Exercise (RR-4/F)</p> <p>03:00 Moderate Intensity Exercise (SS-A)</p> <p>03:30 Social Hour (SS-L)</p> <p>07:15 Movie Night (SS-Theatre) <i>The Last Laugh</i></p>	<p>09:30 Shuttle: Westgate</p> <p>10:00 Outing: Mystery Drive (RR)</p> <p>10:00 Coffee Social (SS-L / RR-B)</p> <p>10:15 Tuck Shop (SS-Room 101)</p> <p>10:30 Fit Minds (SS-A)</p> <p>10:30 Fit Minds (RR-B)</p> <p>02:30 Resistance Band Exercise (SS-Auditorium)</p> <p>03:00 Resistance Band Exercise (SS-Auditorium)</p> <p>03:30 Social Hour (RR-B)</p> <p>07:15 Movie Night (SS-Theatre) <i>The Last Laugh</i></p>	<p>10:00 Resistance Band Exercise (SS-A)</p> <p>10:00 Coffee Social (SS-Lobby)</p> <p>10:00 Coffee Social (RR-Bistro)</p> <p>02:30 Afternoon Concert at the Park (Parking Lot)</p> <p>03:30 Social Hour (SS-L)</p> <p>07:15 Movie Night (SS-Theatre) <i>Breakfast at Tiffany's</i></p>	<p>10:00 Coffee Social (SS-Lobby)</p> <p>10:00 Coffee Social (RR-Bistro)</p> <p>10:30 BINGO (SS-Auditorium)</p> <p>10:30 BINGO (RR-B)</p> <p>02:30 Arts & Craft (RR-4/F)</p> <p>02:30 Resistance Band Exercise (SS-Auditorium)</p> <p>03:00 Resistance Band Exercise (SS-Auditorium)</p> <p>03:30 Social Hour (RR-B)</p> <p>07:15 Movie Night (SS-Theatre) <i>Breakfast at Tiffany's</i></p>	<p>10:00 Outing: Mystery Drive (RR)</p> <p>10:00 Chair Dance (SS-A)</p> <p>10:00 Coffee Social (SS-Lobby)</p> <p>10:00 Coffee Social (RR-Bistro)</p> <p>10:15 Tuck Shop (SS-Room 101)</p> <p>02:00 Outing: City Drive</p> <p>02:00 Chair Exercise (SS-A)</p> <p>02:30 Chair Exercise (SS-A)</p> <p>02:30 Chair Exercise (RR-A)</p> <p>03:00 Gentle Chair Exercise (RR-4/F)</p> <p>03:00 Moderate Intensity Exercise (SS-A)</p> <p>03:30 Social Hour (SS-L)</p> <p>07:15 Movie Night (SS-Theatre) <i>Scent of a Woman</i></p>	<p>09:45 Resident Fitness (SS-A)</p> <p>10:00 Coffee Social (SS-Lobby)</p> <p>10:00 Coffee Social (RR-Bistro)</p> <p>03:30 Social Hour (RR-B)</p> <p>07:15 Movie Night (SS-Theatre) <i>Scent of a Woman</i></p>
19	20	21	22	23	24	25
<p>10:00 Coffee Social (SS-Lobby)</p> <p>10:00 Coffee Social (RR-Bistro)</p> <p>10:30 Catholic TV Mass SS Theatre</p>	<p>09:30 Shuttle: Walmart</p> <p>10:00 Chair Dance (SS Theatre)</p> <p>10:00 Coffee Social (SS-L / RR-B)</p> <p>02:00 Chair Exercise (SS-A)</p> <p>02:30 Chair Exercise (RR-A)</p> <p>02:30 Chair Exercise (SS-A)</p> <p>03:00 Gentle Chair Exercise (RR-4/F)</p> <p>03:00 Moderate Intensity Exercise (SS-A)</p> <p>03:30 Social Hour (SS-L)</p> <p>07:15 Movie Night (SS-Theatre) <i>Police Academy</i></p>	<p>09:30 Shuttle: Carlingwood Mall</p> <p>10:00 Outing: Mystery Drive (RR)</p> <p>10:00 Coffee Social (SS-L / RR-B)</p> <p>10:15 Tuck Shop (SS-Room 101)</p> <p>10:30 Fit Minds (SS-A)</p> <p>10:30 Fit Minds (RR-B)</p> <p>02:30 Resistance Band Exercise (SS-Auditorium)</p> <p>03:00 Resistance Band Exercise (SS-Auditorium)</p> <p>03:30 Social Hour (RR-B)</p> <p>07:15 Movie Night (SS-Theatre) <i>Police Academy</i></p>	<p>10:00 Resistance Band Exercise (SS-A)</p> <p>10:00 Coffee Social (SS-Lobby)</p> <p>10:00 Coffee Social (RR-Bistro)</p> <p>02:00 Documentary Film (SS-T)</p> <p>02:30 Chair Exercise (RR-A)</p> <p>03:00 Gentle Chair Exercise (RR-4/F)</p> <p>03:00 Moderate Intensity Exercise (SS-A)</p> <p>03:30 Social Hour (SS-L)</p> <p>07:15 Movie Night (SS-Theatre) <i>Hachi: A Dog's Tale</i></p>	<p>10:00 Coffee Social (SS-Lobby)</p> <p>10:00 Coffee Social (RR-Bistro)</p> <p>10:30 BINGO (SS-Auditorium)</p> <p>10:30 BINGO (RR-B)</p> <p>02:30 Arts & Craft (RR-4/F)</p> <p>02:30 Resistance Band Exercise (SS-Auditorium)</p> <p>03:00 Resistance Band Exercise (SS-Auditorium)</p> <p>03:30 Social Hour (RR-B)</p> <p>07:15 Movie Night (SS-Theatre) <i>Hachi: A Dog's Tale</i></p>	<p>10:00 Outing: Mystery Drive (RR)</p> <p>10:00 Chair Dance (SS-A)</p> <p>10:00 Coffee Social (SS-Lobby)</p> <p>10:00 Coffee Social (RR-Bistro)</p> <p>10:15 Tuck Shop (SS-Room 101)</p> <p>11:00 Movie Committee Meeting (SS-Theatre)</p> <p>02:00 Outing: Walk in the Park</p> <p>02:00 Chair Exercise (SS-A)</p> <p>02:30 Chair Exercise (SS-A)</p> <p>02:30 Chair Exercise (RR-A)</p> <p>03:00 Gentle Chair Exercise (RR-4/F)</p> <p>03:00 Moderate Intensity Exercise (SS-A)</p> <p>03:30 Social Hour (SS-L)</p> <p>07:15 Movie Night (SS-Theatre) <i>Glory</i></p>	<p>09:45 Resident Fitness (SS-A)</p> <p>10:00 Coffee Social (SS-Lobby)</p> <p>10:00 Coffee Social (RR-Bistro)</p> <p>03:30 Social Hour (RR-B)</p> <p>07:15 Movie Night (SS-Theatre) <i>Glory</i></p>
26	27	28	29	30	31	August 1
<p>10:00 Coffee Social (SS-Lobby)</p> <p>10:00 Coffee Social (RR-Bistro)</p> <p>10:30 Catholic TV Mass SS Theatre</p>	<p>09:30 Shuttle: Walmart</p> <p>10:00 Chair Dance (SS Theatre)</p> <p>10:00 Coffee Social (SS-L / RR-B)</p> <p>02:00 Chair Exercise (SS-A)</p> <p>02:30 Chair Exercise (RR-A)</p> <p>02:30 Chair Exercise (SS-A)</p> <p>03:00 Gentle Chair Exercise (RR-4/F)</p> <p>03:00 Moderate Intensity Exercise (SS-A)</p> <p>03:30 Social Hour (SS-L)</p> <p>07:15 Movie Night (SS-Theatre) <i>Twins</i></p>	<p>09:30 Shuttle: Westgate Mall</p> <p>10:00 Outing: Mystery Drive (RR)</p> <p>10:00 Coffee Social (SS-L / RR-B)</p> <p>10:15 Tuck Shop (SS-Room 101)</p> <p>10:30 Fit Minds (SS-A)</p> <p>10:30 Fit Minds (RR-B)</p> <p>02:30 Resistance Band Exercise (SS-Auditorium)</p> <p>03:00 Resistance Band Exercise (SS-Auditorium)</p> <p>03:30 Social Hour (RR-B)</p> <p>07:15 Movie Night (SS-Theatre) <i>Twins</i></p>	<p>10:00 Resistance Band Exercise (SS-A)</p> <p>10:00 Coffee Social (SS-Lobby)</p> <p>10:00 Coffee Social (RR-Bistro)</p> <p>02:30 Birthday Concert at the Park (Parking Lot)</p> <p>Birthday/Anniversary Dinner (RR-Dining Room - 2 Settings)</p> <p>Birthday/Anniversary Dinner (SS-Dining Room - 2 Settings)</p> <p>07:15 Movie Night (SS-Theatre) <i>Monty Python and the Holy Grail</i></p>	<p>09:30 Shuttle: Merivale Mall</p> <p>10:00 Coffee Social (SS-Lobby)</p> <p>10:00 Coffee Social (RR-Bistro)</p> <p>10:30 BINGO (SS-Auditorium)</p> <p>10:30 BINGO (RR-B)</p> <p>01:30 Shuttle: Shoppers Drug Mart (near Food Basic)</p> <p>02:30 Arts & Craft (RR-4/F)</p> <p>02:30 Resistance Band Exercise (SS-Auditorium)</p> <p>03:00 Resistance Band Exercise (SS-Auditorium)</p> <p>03:30 Social Hour (RR-B)</p> <p>07:15 Movie Night (SS-Theatre) <i>Monty Python and the Holy Grail</i></p>	<p>10:00 Outing: Mystery Drive (RR-4/F)</p> <p>10:00 Chair Dance (SS-A)</p> <p>10:00 Coffee Social (SS-Lobby)</p> <p>10:00 Coffee Social (RR-Bistro)</p> <p>10:15 Tuck Shop (SS-Room 101)</p> <p>02:00 Outing: City Drive</p> <p>02:00 Chair Exercise (SS-A)</p> <p>02:30 Chair Exercise (SS-A)</p> <p>02:30 Chair Exercise (RR-A)</p> <p>03:00 Gentle Chair Exercise (RR-4/F)</p> <p>03:00 Moderate Intensity Exercise (SS-A)</p> <p>03:30 Social Hour (SS-L)</p> <p>07:15 Movie Night (SS-Theatre) <i>Miracle Season</i></p>	<p>09:45 Resident Fitness (SS-A)</p> <p>10:00 Coffee Social (SS-Lobby)</p> <p>10:00 Coffee Social (RR-Bistro)</p> <p>03:30 Social Hour (RR-B)</p> <p>07:15 Movie Night (SS-Theatre) <i>Miracle Season</i></p>