


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			2020		<p style="text-align: center;"><u>Location of Activity</u></p> <p>RR= Retirement Residence SS= Senior Suites</p> <p>B= Bistro T= Theatre P= Pool L= Lobby LL= Lower Level BP= Back Patio</p> <p>Lib= Library AR= Activity Room G= Gym GR= Games Room DR= Dining Room</p> <p style="text-align: center;"><u>Type of Activity</u></p> <p>Blue—Fitness Green—Spiritual Red— Events</p>		
					<p style="text-align: center;">Blue—Fitness Green—Spiritual Red— Events</p>		
			1	2	3	4	5
			<p>10:00 TV Exercise (RR-GR)</p> <p>10:30 Exercise with Natalie (SS-AR)</p> <p>2:00 Down to Earth (T)</p> <p>2:00 Crossword (RR-AR)</p> <p>2:30 Pictionary (SS-AR)</p> <p>3:30 Assisted Walks</p> <p>4:00 Social (RR & SS Lobby)</p>	<p>10:00 Exercise (RR-GR)</p> <p>10:00 TV Exercise (SS-AR)</p> <p>2:15 Bingo (SS-AR)</p> <p>2:30 Aquafit (P)</p> <p>3:30 Assisted Walks</p> <p>3:30 Aquafit (P)</p> <p>4:00 Social (RR & SS Lobby)</p>	<p>10:00 TV Exercise (RR-GR)</p> <p>10:00 TV Exercise (SS-AR)</p> <p>10:45 Exercise with Natalie (RR-AR)</p> <p>2:00 Fitminds (RR-AR)</p> <p>2:30 Hangman (SS-AR)</p> <p>3:30 Assisted Walks</p> <p>4:00 Social (RR & SS Lobby)</p>	<p>10:00 TV Exercise (RR-GR)</p> <p>10:30 Exercise with Natalie (SS-AR)</p> <p>1:00 Exercise (RR-GR)</p> <p>2:00 Pictionary (RR-AR)</p> <p>2:30 Fitminds (SS-AR)</p> <p>3:30 Assisted Walks</p> <p>4:00 Social (RR & SS Lobby)</p>	<p style="text-align: center;">Facetime calls</p> <p style="text-align: center;">Walks</p> <p style="text-align: center;">7:15 Movie: Wonder (T)</p>
6	Labour Day	7	8	9	10	11	12
<p>11:00 St. Monica's Catholic Service Live Stream (T)</p> <p style="text-align: center;">Facetime calls</p> <p style="text-align: center;">Walks</p> <p>7:15 Movie: The Age of Adaline (T)</p>	<p>10:00 TV Exercise (RR-GR)</p> <p>10:00 TV Exercise (SS-AR)</p> <p>2:00 Words in Words (RR-AR)</p> <p>2:30 Aquafit (P)</p> <p>2:30 Walker Repair (RR-L)</p> <p>2:30 Trivia (SS-AR)</p> <p>3:15 Walker Repair (SS-L)</p> <p>3:30 Aquafit (P)</p> <p>3:30 Assisted Walks</p> <p>4:00 Social (RR & SS Lobby)</p>	<p>10:00 TV Exercise (RR-GR)</p> <p>10:30 Exercise with Natalie (SS-AR)</p> <p>2:00 Down to Earth (T)</p> <p>2:00 Share your Story (RR-AR)</p> <p>2:30 Crossword (SS-AR)</p> <p>3:30 Assisted Walks</p> <p>4:00 Social (RR & SS Lobby)</p>	<p>10:00 Exercise (RR-GR)</p> <p>10:00 TV Exercise (SS-AR)</p> <p>2:15 Bingo (SS-AR)</p> <p>2:30 Aquafit (P)</p> <p>3:30 Aquafit (P)</p> <p>3:30 Assisted Walks</p> <p>4:00 Social (RR & SS Lobby)</p>	<p>10:00 TV Exercise (RR-GR)</p> <p>10:00 TV Exercise (SS-AR)</p> <p>10:45 Exercise with Natalie (RR-AR)</p> <p>2:00 Spelling Bee (RR-AR)</p> <p>2:30 Share your Story (SS-AR)</p> <p>3:30 Assisted Walks</p> <p>4:00 Social (RR & SS Lobby)</p>	<p>10:00 TV Exercise (RR-GR)</p> <p>10:30 Exercise with Natalie (SS-AR)</p> <p>1:00 Exercise (RR-GR)</p> <p>2:00 Scattegories (RR-AR)</p> <p>2:30 Spelling Bee (SS-AR)</p> <p>3:30 Assisted Walks</p> <p>4:00 Social (RR & SS Lobby)</p>	<p style="text-align: center;">Facetime calls</p> <p style="text-align: center;">Walks</p> <p style="text-align: center;">7:15 Movie: The Net (T)</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>13</p> <p>11:00 St. Monica's Catholic Service Live Stream (T)</p> <p>Facetime calls</p> <p>Walks</p> <p>7:15 Movie: Concussion (T)</p>	<p>14</p> <p>10:00 Exercise (RR-GR)</p> <p>10:00 TV Exercise (SS-AR)</p> <p>2:00 Name that Tune (RR-AR)</p> <p>2:30 Aquafit (P)</p> <p>2:30 Crossword (SS-AR)</p> <p>3:30 Assisted Walks</p> <p>3:30 Aquafit (P)</p> <p>4:00 Social (RR & SS Lobby)</p>	<p>15</p> <p>10:00 TV Exercise (RR-GR)</p> <p>10:30 Exercise with Natalie (SS-AR)</p> <p>2:00 Down to Earth (T)</p> <p>2:00 Crossword (RR-AR)</p> <p>2:30 Pictionary (SS-AR)</p> <p>3:30 Assisted Walks</p> <p>4:00 Social (RR & SS Lobby)</p>	<p>16</p> <p>10:00 Exercise (RR-GR)</p> <p>10:00 TV Exercise (SS-AR)</p> <p>2:00 Ravines Classic Car Show (Front Parking Lot)</p> <p>2:30 Aquafit (P)</p> <p>3:30 Aquafit (P)</p> <p>3:30 Assisted Walks</p> <p>4:00 Social (RR & SS Lobby)</p>	<p>17</p> <p>10:00 TV Exercise (RR-GR)</p> <p>10:00 TV Exercise (SS-AR)</p> <p>10:45 Exercise with Natalie (RR-AR)</p> <p>2:15 Bingo (SS-AR)</p> <p>3:30 Assisted Walks</p> <p>4:00 Social (RR & SS Lobby)</p>	<p>18</p> <p>10:00 TV Exercise (RR-GR)</p> <p>10:30 Exercise with Natalie (SS-AR)</p> <p>1:00 Exercise (RR-GR)</p> <p>2:00 Fitminds (RR-AR)</p> <p>2:30 Hangman (SS-AR)</p> <p>3:30 Assisted Walks</p> <p>4:00 Social (RR & SS Lobby)</p>	<p>19</p> <p>Facetime calls</p> <p>Walks</p> <p>7:15 Movie: Hope Springs (T)</p>
<p>20</p> <p>11:00 St. Monica's Catholic Service Live Stream (T)</p> <p>Facetime calls</p> <p>Walks</p> <p>7:15 Movie: Aloha (T)</p>	<p>21</p> <p>10:00 Exercise (RR-GR)</p> <p>10:00 TV Exercise (SS-AR)</p> <p>2:00 Hangman (RR-AR)</p> <p>2:30 Fitminds (SS-AR)</p> <p>2:30 Aquafit (P)</p> <p>3:30 Assisted Walks</p> <p>3:30 Aquafit (P)</p> <p>4:00 Social (RR & SS Lobby)</p>	<p>First Day of Fall 22</p> <p>10:00 TV Exercise (RR-GR)</p> <p>10:30 Exercise with Natalie (SS-AR)</p> <p>2:00 Down to Earth (T)</p> <p>2:00 Pictionary (RR-AR)</p> <p>2:30 Name that Tune (SS-AR)</p> <p>3:30 Assisted Walks</p> <p>4:00 Social (RR & SS Lobby)</p>	<p>23</p> <p>10:00 Exercise (RR-GR)</p> <p>10:00 TV Exercise (SS-AR)</p> <p>2:15 Bingo (SS-AR)</p> <p>2:30 Aquafit (P)</p> <p>3:30 Aquafit (P)</p> <p>3:30 Assisted Walks</p> <p>4:00 Social (RR & SS Lobby)</p> <p>4:45 & 6:15 Birthday/ Anniversary Dinner (RR/SS DR)</p>	<p>24</p> <p>10:00 TV Exercise (RR-GR)</p> <p>10:00 TV Exercise (SS-AR)</p> <p>10:45 Exercise with Natalie (RR-AR)</p> <p>2:00 Crossword (RR-AR)</p> <p>2:30 Hangman (SS-AR)</p> <p>3:30 Assisted Walks</p> <p>4:00 Social (RR & SS Lobby)</p>	<p>25</p> <p>10:00 TV Exercise (RR-GR)</p> <p>10:30 Exercise with Natalie (SS-AR)</p> <p>1:00 Exercise (RR-GR)</p> <p>2:00 Virtual Current Events with Professor Cammy (T)</p> <p>2:30 Fitminds (SS-AR)</p> <p>3:30 Assisted Walks</p> <p>4:00 Social (RR & SS Lobby)</p>	<p>26</p> <p>Facetime calls</p> <p>Walks</p> <p>7:15 Movie: Money ball (T)</p>
<p>27</p> <p>11:00 St. Monica's Catholic Service Live Stream (T)</p> <p>Facetime calls</p> <p>Walks</p> <p>7:15 Movie: Christopher Robin (T)</p>	<p>28</p> <p>10:00 Exercise (RR-GR)</p> <p>10:00 TV Exercise (SS-AR)</p> <p>2:00 Words in Words (RR-AR)</p> <p>2:30 Crossword (SS-AR)</p> <p>No Aquafit</p> <p>3:30 Assisted Walks</p> <p>4:00 Social (RR & SS Lobby)</p>	<p>29</p> <p>10:00 TV Exercise (RR-GR)</p> <p>10:30 Exercise with Natalie (SS-AR)</p> <p>2:00 Down to Earth (T)</p> <p>2:00 Spelling Bee (RR-AR)</p> <p>2:30 Words in Words (SS-AR)</p> <p>3:30 Assisted Walks</p> <p>4:00 Social (RR & SS Lobby)</p>	<p>30</p> <p>10:00 Exercise (RR-GR)</p> <p>10:00 TV Exercise (SS-AR)</p> <p>2:15 Bingo (SS-AR)</p> <p>No Aquafit</p> <p>3:30 Assisted Walks</p> <p>4:00 Social (RR & SS Lobby)</p>	