

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November

2021

Location of Activity

RR= Retirement Residence SS= Senior Suites

B= Bistro
T= Theatre
C= Chapel
L= Lobby
LL= Lower LevelLib= Library
AR= Activity Room
FC= Fitness Centre
GR= Games Room
DR= Dining RoomType of ActivityBlue—Fitness Green—New Orange—Game Black—Outing
Pink—Special Red—Virtual/Movie/TV Show

10:00 Moderate Intensity Exercise (SS-A) **1**
10:15 Chair Dance RR-Bistro)
11:00 Ted Talk (SS-T)
2:00 Chair Exercise (RR-525)
2:00 Chair Exercise (SS-A)
2:45 Chair Exercise (RR-525)
3:00 Bridge (RR-Bistro)
3:30 Virtual Sing-A-Long with Beth (SS-T)
7:15 BINGO with Dora (SS-A)

10:00 Outing: Walmart Baseline **2**
10:00 Chair Dance (SS-T)
10:00 Fitminds (RR-AR)
10:15 The Tuck Shop (RR-LL)
10:45 Virtual Armchair Travel (SS-T): Kauai Island, Hawaii
11:00 Community Exercise (RR-A)
2:00 Outing: Carlingwood Mall
2:00 Chair Exercise (RR-525)
2:00 Chair Exercise (SS-A)
3:00 Baking Group (RR-AR)
3:00 Tea and Chatter with Debbie (RR-Bistro)
7:15 Movie Night (SS-T): Gandhi

10:00 Moderate Intensity Exercise (SS-A) **3**
10:30 Giant Crossword (RR-Bistro)
10:45 Chair Yoga with Georgia (SS-A)
2:00 Scenic Drive
2:00 Concert with Roxy Swan (RR-Dining Room)
7:15 Movie Night (SS-T): Catch & Release

9:45 Walking Group with Linda (RR) **4**
10:00 Chair Dance (SS-T)
10:45 Fitminds (SS-A)
11:00 Community Exercise (SS-A)
2:00 PM Monthly Book Club (SS-Red Room)
2:00 BINGO (RR-AR)
2:45 Afternoon TV Series (SS-T): Explained
3:00 Drinks and Chatter with Linda (RR-AR)
2:00 Chair Tai Chi (SS-A)
2:30 Chair Exercise (SS-A)
3:15 Drinks at the Bar (SS-B)
7:15 Movie Night (SS-T): Judy

10 AM Blood Pressure Clinic (RR-WC) **5**
10:00 Moderate Intensity Exercise (SS-A)
10:00 Chair Dance (RR-Bistro)
10:15 The Tuck Shop (RR-LL)
10:45 Men's Group (SS-A)
2:00 Chair Exercise (RR-525)
2:00 Chair Exercise (SS-A)
2:45 Chair Exercise (RR-525)
3:00 Board Games (SS-B)
3:30 Afternoon TV Series: Explained (RR-Bistro)
7:15 Cards and Games (SS-B)
7:15 Movie Night (SS-T): The Queen

10:15 Virtual Catholic TV Mass (SS-T) **6**
10:30 Chair Dance (RR-B)
11:00 Walking Club (SS/RR)
2:00 BINGO (SS-A)
3:15 When Calls the Heart (SS-T)
7:15 Movie Night (SS-T): Last Holiday

10:15 Virtual United Church Service (SS-T) **7**
10:35 Songs and Stories for the Soul (RR-Chapel)
2:00 Chair Exercise (RR-525)
2:30 Knitting Club (SS-L)
2:45 The Crown (SS-T)
3:15 The Crown (RR-B)
7:15 Movie Night (SS-T): My Fair Lady

10:00 Moderate Intensity Exercise (SS-A) **8**
10:15 Chair Dance RR-Bistro)
10:40 Women's Group (SS-A)
2:00 Chair Exercise (RR-525)
2:00 Hymn Sing with Fidele (SS-T)
2:00 Chair Exercise (SS-B)
2:45 Chair Exercise (RR-525)
3:00 Bridge (RR-Bistro)
3:30 Virtual Sing-A-Long with Beth (SS-T)
7:15 BINGO with Dora (SS-A)

10:00 Chair Dance (SS-T) **9**
10:00 Fitminds (RR-AR)
10:15 The Tuck Shop (RR-LL)
10:45 Virtual Armchair Travel (SS-T): London, England
11:00 Outing: Rideau Carleton Casino
11:00 Community Exercise (R-A)
2:30 Outing: Magic Show of Lights
2:00 Chair Exercise (RR-525)
2:00 Chair Exercise (SS-A)
3:00 Baking Group (RR-AR)
3:00 Tea and Chatter (RR-B)
7:00 Painting with Navy (SS-A)

10:00 Moderate Intensity Exercise (RR-A) **10**
10:30 Giant Crossword (RR-Bistro)
10:45 Chair Yoga with Georgia (SS-Bistro)
2:00 PM Special Remembrance Day Concert with Roberta (RR-DR)
7:15 Movie Night (SS-T): Stuck Together

Remembrance Day **11**
9:45 Walking Group with Linda (RR)
10:30 Remembrance Day Ceremony (SS-T)
2:30 Polished Brass Quintet: Concert (RR-Dining Room)
7:15 Movie Night (SS-T): Saving Private Ryan



10:00 Moderate Intensity Exercise (SS-A) **12**
10:00 Chair Dance (RR-Bistro)
10:15 The Tuck Shop (RR-LL)
10:45 Men's Group (SS-A)
2:00 Chair Exercise (RR-525)
2:00 Chair Exercise (SS-A)
2:45 Chair Exercise (RR-525)
3:00 Social Hour (SS-B)
3:30 Afternoon TV Series: Explained (RR-Bistro)
7:15 Cards and Games (SS-B)
7:15 Movie Night (SS-T): The Last Laugh

10:15 Virtual Catholic TV Mass (SS-T) **13**
10:30 Chair Dance (RR-B)
11:00 Walking Club (SS/RR)
2:00 BINGO (SS-A)
3:15 When Calls the Heart (SS-T)
7:15 Movie Night (SS-T): Chocolat

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14 10:15 Virtual United Church Service (SS-T) 10:30 Craft (RR-B) 2:00 Chair Exercise (RR-525) 2:30 Knitting Club (SS-L) 2:45 The Crown (SS-T) 3:15 The Crown (RR-B) 7:15 Movie Night: Funny Girl	15 10:00 Moderate Intensity Exercise (SS-A) 10:15 Chair Dance (RR-Bistro) 11:00 Ted Talk (SS-T) 2:00 Hymn Sing with Fidele (SS-T) 2:00 Chair Exercise (RR-525) 2:30 Chair Exercise (SS-B) 2:45 Chair Exercise (RR-525) 3:00 Bridge (RR-Bistro) 3:30 Virtual Sing-A-Long with Beth (SS-T) 7:15 BINGO with Dora (SS-A)	16 10:00 Chair Dance (SS-T) 10:00 Fitminds (RR-AR) 10:00-2:00 PM <i>Bijoux en Rabais Travelling Shop</i> (SS-L) 10:15 The Tuck Shop (RR-LL) 10:45 Virtual Armchair Travel (SS-T): Canada Coast 11:00 Outing: The Vanitea Room on Somerset 11:00 Community Exercise (RR-A) 2:00 Outing: Scenic Drive 2:00 Chair Exercise (RR-525) 2:00 Chair Exercise (SS-A) 7:15 Movie Night (SS-T): After	17 10:00 Moderate Intensity Exercise (SS-A) 10:30 Giant Crossword (RR-Bistro) 10:45 Chair Yoga with Georgia (SS-A) 2:00 Outing: College Square Shopping 2:00 Chair Exercise (SS-A) 2:00 Ball Exercise (RR-525) 3:00 Social Hour (SS-B) 3:00 Walks & 1:1s (RR) 7:15 Movie Night (SS-T) The Pursuit of Happiness	18 9:45 Walking Group (RR) 10:00 Chair Dance (SS-T) 10:45 Fitminds (SS-A) 11:00 Community Exercise (SS-A) 11:00-2:00 PM <i>Anna's Travelling Shop</i> (SS-L) 2:00 BINGO (RR-AR) 2:00 Chair Tai Chi (SS-A) 2:30 Chair Exercise (SS-A) 2:45 Afternoon TV Series (SS-T): Explained 3:00 Drinks and Chatter (RR-AR) 3:15 Drinks at the Bar(SS-B) 7:15 Movie Night (SS-T): Failure to Launch	19 10:00 Moderate Intensity Exercise (SS-A) 10:00 Chair Dance (RR-B) 10:15 The Tuck Shop (RR-LL) 10:45 Men's Group (SS-A) 2:00 Chair Exercise (RR-525) 2:00 Chair Exercise (SS-A) 2:45 Chair Exercise (RR-525) 3:00 Board Games (SS-B) 3:30 Afternoon TV Series: Explained (RR-Bistro) 7:15 Cards and Games (SS-B) 7:15 Movie Night (SS-T): The Holiday	20 10:15 Virtual Catholic TV Mass (SS-T) 10:30 Chair Dance (RR-B) 11:00 Walking Club (RR) 2:00 BINGO (SS-A) 3:15 <i>When Calls the Heart</i> (SS-T) 7:15 Movie Night (SS-T): The Holiday Rush
21 10:15 Virtual United Church Service (SS-T) 10:35 Songs and Stories for the Soul (RR-Chapel) 2:00 Chair Exercise (RR-525) 2:30 Knitting Club (SS-L) 2:45 The Crown (SS-T) 3:15 The Crown (RR-B) 7:15 Movie Night: Christmas Wonderland	22 10:00 Moderate Intensity Exercise (SS-A) 10:15 Chair Dance (RR-Bistro) 10:40 Women's Group (SS-A) 2:00 Chair Exercise (RR-525) 1:30 PM Resident's Council Meeting (SS-A) 2:45 Chair Exercise (RR-525) 3:00 Bridge (RR-Bistro) 3:30 Virtual Sing-A-Long with Beth (SS-T) 7:15 BINGO with Dora (SS-A)	23 Findlay Creek Hearing Clinic (RR-Auditorium) 10:00 Chair Dance (SS-T) 10:00 Fitminds (RR-AR) 10:15 The Tuck Shop (RR-LL) 10:45 Virtual Armchair Travel (SS-T): Alaska 11:00 Community Exercise (RR-A) 11:15 Outing: Lunch at Miller's Oven Manotick 2:00 Concert with Dai Bassett (SS-DR) 7:15 Movie Night (SS-T): Diana	24 10:00 News and Current Events with Professor Cammy (SS-T) 10:30 Giant Crossword (RR-Bistro) 1:45 Painting with Ellen (SS-A) 2:00 Outing: Westgate Mall Shopping 2:00 Ball Exercise (RR-525) 3:00 Walks & 1:1s (RR) 3:35 Yoga with Georgia (SS-A) Monthly Birthday Dinner (Regular Seating Times) 7:15 Movie Night (SS-T): The Founder	25 9:45 Walking Group with Linda (RR) 10:00 Chair Dance (SS-T) 10:45 Fitminds (SS-A) 11:00 Community Exercise (SS-A) 2:00 BINGO (RR-AR) 2:00 Chair Tai Chi (SS-A) 2:30 Chair Exercise (SS-A) 2:45 Afternoon TV Series (SS-T): Explained 3:00 Drinks and Chatter with Linda (RR-AR) 3:15 Drinks at the Bar (SS-B) 7:15 Movie Night (SS-T): A Family Reunion Christmas	26 10:00 Moderate Intensity Exercise (SS-A) 10:00 Chair Dance(RR-B) 10:15 The Tuck Shop(RR-LL) 10:45 Men's Group (SS-B) 11:00 Movie Committee Meeting (SS-T) 2:00 Chair Exercise (RR-525) 2:00 Chair Exercise (SS-A) 2:45 Chair Exercise (RR-525) 3:00 Board Games (SS-B) 3:30 Afternoon TV Series: Explained (RR-Bistro) 7:15 Cards and Games (SS-B) 7:15 Movie Night (SS-T): Mary Queen of Scots	27 10:15 Virtual Catholic TV Mass (SS-T) 10:30 Chair Dance (RR-B) 2:00 BINGO (SS-A) 3:15 <i>When Calls the Heart</i> (SS-T) 7:15 Movie Night (SS-T): Operation Christmas Drop
28 10:15 Virtual United Church Service (SS-T) 10:30 Christmas Cards (RR-B) 2:00 Chair Exercise (RR-525) 2:30 Knitting Club(SS-L) 2:45 The Crown (SS-T) 3:15 The Crown (RR-B) 7:15 Movie Night: Christmas in the Heartland	29 10:00 Moderate Intensity Exercise (SS-A) 10:15 Chair Dance (RR-Bistro) 11:00 Ted Talk (SS-T) 2:00 Chair Exercise (RR-525) 2:00 Christmas Décor (SS) 2:45 Chair Exercise (RR-525) 3:00 Bridge (RR-Bistro) 3:30 Virtual Sing-A-Long with Beth (SS-T) 7:15 BINGO with Dora (SS-A)	30 10:00 Outing: Walmart Baseline 10:00 Chair Dance (SS-T) 10:00 Fitminds (RR-AR) 10:15 The Tuck Shop(RR-LL) 10:45 Virtual Armchair Travel (SS-T): Germany 11:00 Community Exercise (RR-A) 2:00 Outing: Scenic Drive 2:00 Christmas Décor (RR) 2:00 Chair Exercise (RR-525) 2:00 Chair Exercise (SS-A) 3:00 Tea and Chatter with Debbie (RR-Bistro) 3:00 Afternoon Movie (SS-T): Christmas Inheritance 7:00 Painting with Navy (SS-A)				