

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2021


Location of Activity
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

Type of Activity

Blue—Fitness Green-Spiritual
Brown— Outing
Red— New Program/Events

	<p style="text-align:right;">1</p> <p>8:30-10:00 Tailor Tam (SS-L) 10:00 Virtual Exercise with Maureen (C/T) 10:00 Seated Ball Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) 2:30 Walker Repair (RR-L) 2:30 Scrabble (RR-AR) 2:45 Aquafit (P) 3:15 Walker Repair (SS-L) 3:30 Mix & Mingle (SS-B)</p>	<p style="text-align:right;">2</p> <p>10:00 Moderate Intensity Exercise (SS-AR) 10:35 Resistance Band Exercise (SS-AR) 10:35 Tech Tuesday (SS-B) 2:00 Euchre (SS-B) 2:15 Downton Abbey Episode:1 (T) 2:30 Rummy-O (GR-AR) 3:30 Mix & Mingle (RR-B)</p>	<p style="text-align:right;">3</p> <p>10:00 Virtual Exercise with Maureen (C/T) 10:00 Zumba (SS-AR) 2:00 Bingo (SS-AR) 2:30 Ladder Ball (RR-L) 2:30 Aquafit (P) 3:30 Mix & Mingle (SS-B)</p>	<p style="text-align:right;">4</p> <p>10:00 Shopping: Wal-Mart 10:00 Seated Ball Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 2:00 Craft Club (SS-AR) 2:00 Euchre (SS-B) 2:00 Shopping at Dollarama 2:30 Aquafit (P) 2:30 Seaspiracy (T) 3:30 Aquafit (P)</p>	<p style="text-align:right;">5</p> <p>10:00 Shopping: Carlingwood Mall 10:00 Moderate Intensity Exercise (SS-AR) 10:30 Chair Yoga (RR-AR) 12:45 Lunch Outing at Montana's 2:00 Bingo (SS-AR) 3:30 Hymn Sing (T) 3:30 Mix & Mingle (SS-B)</p>	<p style="text-align:right;">6</p> <p>Facetime Calls 10:15 Downton Abbey: Episode 2 (T) 10:30 Walking Club (meet in RR lobby) 3:30 Mix & Mingle (RR-B) 7:15 Movie: Ophelia (T)</p>
<p>Daylight Savings 7</p> <p>Facetime Calls 10:30 Walking Club (meet in RR lobby) 11:00 St. Monica's Catholic Live Stream Mass (T) 2:30 Interdenominational Church Service w/Pastor Pauline Williams (C) 3:00 Sing-a-long (SS-AR) 7:15 Movie: Bewitched (T)</p>	<p style="text-align:right;">8</p> <p>10:00 Virtual Exercise with Maureen (C/T) 10:00 Seated Ball Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) 2:30 Fitminds worksheets (RR-AR) 2:45 Aquafit (P) 3:30 Mix & Mingle (SS-B)</p>	<p style="text-align:right;">9</p> <p>10:00 Moderate Intensity Exercise (SS-AR) 10:30 Share your talent/craft (SS-L) 10:35 Resistance Band Exercise (SS-AR) 10:35 Tech Tuesday (SS-B) 2:00 Euchre (SS-B) 2:15 Downton Abbey Episode 3 (T) 2:30 Hangman (RR-AR) 3:30 Mix & Mingle (RR-B)</p>	<p style="text-align:right;">10</p> <p>10:00 Virtual Exercise with Maureen (C/T) 10:00 Zumba (SS-AR) 2:00 Bingo (SS-AR) 2:30 Aquafit (P) 2:30 Paint with us (RR-AR) 3:30 Mix & Mingle (SS-L)</p>	<p style="text-align:right;">Remembrance Day 11</p> <p>10:30 Remembrance Day Service (T) - *For Veterans* 2:00 Euchre (SS-B) 2:00 Craft Club (SS-AR) 1:30 Shopping at Loblaws 2:30 Mission Blue (T) 2:30 Aquafit (P) 3:30 Mix & Mingle (RR-B) 3:30 Aquafit (P)</p>	<p style="text-align:right;">12</p> <p>10:00 Shopping: Billings Bridge Mall 10:00 Moderate Intensity Exercise (SS-AR) 10:30 Chair Yoga (RR-AR) 2:00 Memory Care Drive 2:00 Bingo (SS-AR) 3:30 Hymn Sing (T) 3:30 Mix & Mingle (SS-B)</p>	<p style="text-align:right;">13</p> <p>Facetime Calls 10:15 Downton Abbey: Episode 4 (T) 10:30 Walking Club (meet in RR lobby) 3:30 Mix & Mingle (RR-B) 7:15 Movie: The Queen (T)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
<p>Facetime Calls</p> <p>10:30 Walking Club (meet in RR lobby)</p> <p>11:00 St. Monica's Catholic Live Stream Mass (T)</p> <p>3:00 Sing-a-long (SS-AR)</p> <p>7:15 Movie: Like Father(T)</p>	<p>10:00 Virtual Exercise with Maureen (C/T)</p> <p>10:00 Seated Ball Exercise (SS-AR)</p> <p>10:35 Seated Ball Exercise (RR-AR)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:30 Tree Decorating (RR-Building)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>10:00 Moderate Intensity Exercise (SS-AR)</p> <p>10:35 Resistance Band Exercise (SS-AR)</p> <p>10:35 Tech Tuesday (SS-B)</p> <p>2:00 Euchre (SS-B)</p> <p>2:15 Downton Abbey Episode 5 (T)</p> <p>3:30 Mix & Mingle (RR-B)</p>	<p>10:00 Virtual Exercise with Maureen (C/T)</p> <p>10:00 Zumba (SS-AR)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:30 Walker Repair (RR-L)</p> <p>2:30 Aquafit (P)</p> <p>3:15 Walker Repair (SS-L)</p> <p>3:30 Mix & Mingle</p>	<p>10:00 Seated Ball Exercise (SS-AR)</p> <p>10:00 Shopping at St. Laurent</p> <p>10:35 Seated Ball Exercise (RR-AR)</p> <p>10:30 SS Resident Council Meeting (T)</p> <p>2:00 Craft Club (SS-AR)</p> <p>2:30 Book Club Meeting (RR-Lib)</p> <p>2:00 Euchre (SS-B)</p> <p>2:30 Aquafit (P)</p> <p>2:30 Betty White (T)</p> <p>3:30 Aquafit (P)</p> <p>3:30 Mix & Mingle (RR-B)</p> <p>7:15 Paint Night (SS-AR)</p>	<p>10:00 Shopping at College Square</p> <p>10:00 Moderate Intensity Exercise (SS-AR)</p> <p>10:30 Chair Yoga (RR-AR)</p> <p>1:30 Shopping at LCBO</p> <p>2:00 Bingo (SS-AR)</p> <p>3:30 Hymn Sing (T)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>Facetime Calls</p> <p>10:15 Downton Abbey: Episode 6 (T)</p> <p>10:30 Walking Club (meet in RR lobby)</p> <p>3:30 Mix & Mingle (RR-B)</p> <p>7:15 Movie: Yes Day (T)</p>
21	22	23	24	25	26	27
<p>Facetime Calls</p> <p>10:30 Walking Club (meet in RR lobby)</p> <p>11:00 St. Monica's Catholic Live Stream Mass (T)</p> <p>3:00 Sing-a-long (SS-AR)</p> <p>7:15 Movie: A Dog's Journey (T)</p>	<p>Book Delivery</p> <p>10:00 Virtual Exercise with Maureen (C/T)</p> <p>10:00 Seated Ball Exercise (SS-AR)</p> <p>10:35 Seated Ball Exercise (RR-AR)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:30 Tree Decorating (SS-Building)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>10:00 Moderate Intensity Exercise (SS-AR)</p> <p>10:35 Resistance Band Exercise (SS-AR)</p> <p>10:35 Tech Tuesday (SS-B)</p> <p>2:00 Euchre (SS-B)</p> <p>2:15 Downton Abbey Episode 7(T)</p> <p>3:30 Mix & Mingle (RR-B)</p>	<p>10:00 Virtual Exercise with Maureen (C/T)</p> <p>10:00 Zumba (SS-AR)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:30 Share your talent (RR-AR)</p> <p>2:30 Aquafit (P)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>10:00 Shopping: Shoppers Drug Mart</p> <p>2:00 Craft Club (SS-AR)</p> <p>2:00 Memory Care Drive</p> <p>2:00 Euchre (SS-B)</p> <p>2:30 Aquafit (P)</p> <p>2:30 Becoming (T)</p> <p>3:30 Aquafit (P)</p> <p>5:00 Birthday/Anniversary Dinner (RR and SS DR) (1 sitting)</p>	<p>10:00 Shopping: Billings Bridge Mall</p> <p>10:00 Moderate Intensity Exercise (SS-AR)</p> <p>10:00 Christmas Bazaar (SS-B/L)</p> <p>10:30 Chair Yoga (RR-AR)</p> <p>1:30 Shopping at Bayshore</p> <p>2:00 Bingo (SS-AR)</p> <p>3:30 Hymn Sing (T)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>Facetime Calls</p> <p>10:15 Downton Abbey: Season 2 Episode 1 (T)</p> <p>10:00 Christmas Bazaar (SS-B/L)</p> <p>10:30 Walking Club (meet in RR lobby)</p> <p>3:30 Mix & Mingle (RR-B)</p> <p>7:15 Movie: Stuck Together (T)</p>
28	29	30				
<p>Facetime Calls</p> <p>10:30 Walking Club (meet in RR lobby)</p> <p>11:00 St. Monica's Catholic Live Stream Mass (T)</p> <p>3:00 Sing-a-long (SS-AR)</p> <p>7:15 Movie: Joyful Noise(T)</p>	<p>10:00 Virtual Exercise with Maureen (C/T)</p> <p>10:00 Seated Ball Exercise (SS-AR)</p> <p>10:35 Seated Ball Exercise (RR-AR)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:30 Hangman (RR-AR)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>10:00 Moderate Intensity Exercise (SS-AR)</p> <p>10:35 Resistance Band Exercise (SS-AR)</p> <p>10:35 Tech Tuesday (SS-B)</p> <p>2:00 Euchre (SS-B)</p> <p>2:15 Downton Abbey: Season 2 Episode 2 (T)</p> <p>3:30 Mix & Mingle (RR-B)</p>				