

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



2021

Location of Activity
RR= Retirement Residence SS= Senior Suites

B= Bistro
T= Theatre
C= Chapel
L= Lobby
LL= Lower Level
Lib= Library
AR= Activity Room
FC= Fitness Centre
GR= Games Room
DR= Dining Room

Type of Activity
Purple= Vendors
Blue= Fitness Green= Spiritual
Brown= Outing
Red= New Program/Events



Christmas Sweaters 1

10:00 Virtual Exercise with Maureen (C/T)
10:00 Zumba (SS-AR)
2:00 Bingo (SS-AR)
2:00 Resident Run Bridge (SS-B)

2:30 Ladder Ball (RR-L)
2:30 Aquafit (P)
3:30 Mix & Mingle (SS-B)

Christmas Sweaters 2

10:00 Shopping: Wal-Mart
10:00 Seated Ball Exercise (SS-AR)
10:35 Seated Ball Exercise (RR-AR)
11:00-2:00 Lions Club Christmas goodies (SS-L)
2:00 Craft Club (SS-AR)
2:00 Resident Run Euchre (SS-B)
2:00 Shopping Giant Tiger
2:30 Aquafit (P)
2:30 Vacation Rentals (T)
3:30 Aquafit (P)
3:30 Mix & Mingle (RR-B)

Christmas Sweaters 3

10:00 Shopping: Mark's Clothing Store
10:00 Moderate Intensity Exercise (SS-AR)
10:30 Chair Yoga (RR-AR)
11:00-1:00 Kiwanis Christmas Cakes for sale (SS-L)
2:00 Bingo (SS-AR)
2:00 Memory Care Drive

3:30 Hymn Sing (T)
3:30 Mix & Mingle (SS-B)

Christmas Sweaters 4

10:15 Downton Abbey: Episode 3 (T)
10:30 Walking Club (meet in RR lobby)
3:30 Mix & Mingle (RR-B)
7:15 Movie: A Castle for Christmas (T)

Christmas Sweaters 5

10:30 Walking Club (meet in RR lobby)
11:00 St. Monica's Catholic Live Stream Mass (T)
2:00 Resident Run Bridge (SS-B)

3:00 Sing-a-long (SS-AR)

7:15 Movie: The Dawn Wall (T)

Christmas Sweaters 6

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 Sing-Song (RR-B)
2:45 Aquafit (P)
3:15 Walker Repair (SS-L)
3:30 Mix & Mingle (SS-B)

Christmas Sweaters 7

10:00 Moderate Intensity Exercise (SS-AR)
10:00-2:00 Pam's Travelling Shop (RR-L)
10:35 Resistance Band Exercise (SS-AR)
10:35 Tech Tuesday (SS-B)
2:00 Resident Run Euchre (SS-B)
2:15 Downton Abbey Episode 4 (T)
2:30 Paint Day (SS-AR)
3:30 Mix & Mingle (RR-B)

Christmas Sweaters 8

10:00 Virtual Exercise with Maureen (C/T)
10:00 Zumba (SS-AR)
10:00 Tuck Shop (SS-L)
11:00 Tuck Shop (RR-L)
2:00 Bingo (SS-AR)
2:00 Resident Run Bridge (SS-B)

2:30 Aquafit (P)
3:30 Mix & Mingle (SS-L)

Christmas Sweaters 9

10:00 Shopping at College Square
10:30 SS Resident Council Meeting (T)
2:00 Resident Run Euchre (SS-B)
2:00 Craft Club (SS-AR)
1:30 Shopping at Loblaws
2:30 Vacation Rentals (T)
2:30 Aquafit (P)


3:30 Mix & Mingle (RR-B)

Christmas Sweaters 10

10:00 Shopping: Dollarama
10:00 Moderate Intensity Exercise (SS-AR)
10:30 Chair Yoga (RR-AR)
2:00 Shopping at Carlingwood Mall
2:00 Bingo (SS-AR)
3:30 Hymn Sing (T)
3:30 Mix & Mingle (SS-B)

Christmas Sweaters 11

10:15 Downton Abbey: Episode 5 (T)
10:30 Walking Club (meet in RR lobby)
3:30 Mix & Mingle (RR-B)
7:15 Movie: Christmas Inheritance (T)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	15	16	17	18
<p>10:30 Walking Club (meet in RR lobby)</p> <p>11:00 St. Monica's Catholic Live Stream Mass (T)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:30 Interdenominational Church Service w/Pastor Pauline Williams (C)</p> <p>3:00 Sing-a-long (SS-AR)</p> <p>7:15 Movie: Holidate (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 Giant Crossword (RR-AR)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>8:00 Breakfast with Santa (SS & RR -DR)</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 Resident Run Euchre (SS-B)</p> <p>2:15 Downton Abbey Episode 6 (T)</p> <p>2:30 Cookie Decorating (RR-AR)</p> <p>3:30 Mix & Mingle (RR-B)</p>	<p>OPEN HOUSE</p> <p>10:00 Virtual Exercise with Maureen (C/T)</p> <p>10:00 Zumba (SS-AR)</p> <p>10:00 Tuck Shop (SS-L)</p> <p>11:00 Tuck Shop (RR-L)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:00 Resident Run Bridge (SS-B)</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 (SS-B)</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>2:00 Shopping at LCBO</p> <p>2:00 Craft Club (SS-AR)</p> <p>2:00 Euchre (SS-B)</p> <p>2:30 Aquafit (P)</p> <p>2:30 Vacation Rentals (T)</p> <p>3:30 Aquafit (P)</p> <p>3:30 Mix & Mingle (RR-B)</p>	<p>Christmas Sweaters</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>12:45 Lunch Outing at Swiss Chalet</p> <p>2:00 Bingo (SS-AR)</p> <p>3:30 Hymn Sing (T)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>10:15 Downton Abbey: Episode 7 (T)</p> <p>10:30 Walking Club (meet in RR lobby)</p> <p>3:30 Mix & Mingle (RR-B)</p> <p>7:15 Movie: Lovehard (T)</p>
19	20	21	22	23	24	25
<p>10:30 Walking Club (meet in RR lobby)</p> <p>11:00 St. Monica's Catholic Live Stream Mass (T)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>7:15 Movie: Christmas with a View (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 Book Club Meeting (RR-Lib)</p> <p>2:30 Scrabble (RR-B)</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 Resident Run Euchre (SS-B)</p> <p>2:30 Bean Bags (RR-L)</p> <p>2:15 Downton Abbey Episode 8 (T)</p> <p>3:30 Mix & Mingle (RR-B)</p>	<p>Christmas Sweaters</p> <p>10:00 Virtual Exercise with Maureen (C/T)</p> <p>10:00 Zumba (SS-AR)</p> <p>2:00 Resident Run Bridge (SS-B)</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>5:00 Birthday/Anniversary Dinner (RR and SS DR) (1 sitting)</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 Vacation Rentals (T)</p> <p>3:30 Aquafit (P)</p> <p>3:30 Mix & Mingle (RR-B)</p>	<p>Christmas Sweaters</p> <p>10:00 Shopping: Billings Bridge Mall</p> <p>10:00 Moderate Intensity Exercise (SS-AR)</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>Merry Christmas</p> <p>10:15 Downton Abbey: Episode 9 (T)</p> <p>10:30 Walking Club (meet in RR lobby)</p> <p>7:15 Movie: A California Christmas (T)</p> 
26	27	28	29	30	31	
<p>10:30 Walking Club (meet in RR lobby)</p> <p>11:00 St. Monica's Catholic Live Stream Mass (T)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>7:15 Movie: Operation Christmas Drop (T)</p>	<p>Book Delivery</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 Resident Run Euchre (SS-B)</p> <p>2:15 Downton Abbey: Season 3 Episode 1 (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>10:00 Tuck Shop (SS-L)</p> <p>11:00 Tuck Shop (RR-L)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:30 Sing Song (RR-B)</p> <p>2:30 Aquafit (P)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>10:00 Seated Ball Exercise (SS-AR)</p> <p>10:35 Seated Ball Exercise (RR-AR)</p> <p>2:00 Craft Club (SS-AR)</p> <p>2:00 Euchre (SS-B)</p> <p>2:30 Aquafit (P)</p> <p>2:30 Vacation Rentals (T)</p> <p>3:30 Aquafit (P)</p> <p>3:30 Mix & Mingle (RR-B)</p>	<p>10:00 Moderate Intensity Exercise (SS-AR)</p> <p>10:30 Chair Yoga (RR-AR)</p> <p>3:30 Hymn Sing (T)</p> <p>New Year's Eve Celebration (RR/SS Lunchtime)</p>	