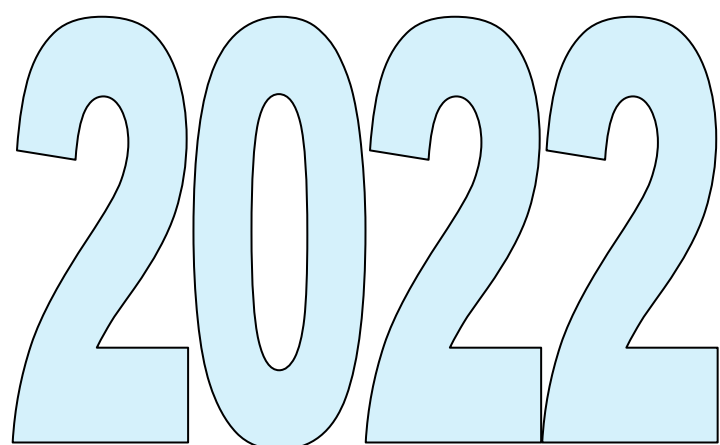


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						Location of Activity RR= Retirement Residence SS= Senior Suites B= Bistro T= Theatre C= Chapel L= Lobby LL= Lower Level Lib= Library AR= Activity Room FC= Fitness Centre GR= Games Room DR= Dining Room Type of Activity Blue—Fitness Black— Outing Red— Virtual Green-New	
				10:00 Live Tour of Algeria (SS-T) 1 10:00 Giant Crossword (RR-Activity Room) 10:30 Chair Yoga with Georgia (SS-A) 11:00 Morning Walks (RR) 2:00 Chair Exercise (SS-A) 2:00 Ball Exercise (RR-A) 2:45 Social Hour (SS-B) 3:00 Social Hour (RR-B) 7:15 Movie Night (SS-T): Show Doop	10:00 Brain Teasers and Riddles (RR-B) 2 10:00 Chair Dance (SS-T) 10:30 Fitminds (SS-A) 11:00 Community Exercise (SS-T) 11:00 Morning Walks (RR) 2:00 Book Club Monthly Meeting (SS-Lobby) 2:00 Chair Exercise (SS-A) 2:00 BINGO (RR-AR) 3:00 Family Feud (SS-T) 3:00 Manicures (RR-AR) 7:15 Movie Night (SS-T): Game With the Wind	9:50 Moderate Intensity Exercise (SS-A) 3 10:15 The Tuck Shop (RR-LL) 10:30 Men’s Group (SS-A) 10:30 Painting Plant Pots (RR–AR) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-A) 2:45 Happy Hour (SS-B) 3:00 Happy Hour (RR-B) 7:15 Movie Night (SS-T): Sound of Music	10:15 Virtual Catholic Mass (SS-T) 4 10:00 Group Crossword (RR-Bistro) 11:00 Game of Cards and Coffee (SS-B) 1:30 Chair Exercise (SS-A) 2:15 BINGO (SS-A) 2:00 Baking Club (RR-AR) 3:15 TV Series: The Queen’s Gambit (SS-T) 7:15 Movie Night (SS-T): Wizard of Oz
10:15 Virtual United Church Service (SS-T) 5 10:45 Colouring and Painting (RR-A) 2:30 Cards and Games (RR-B) 3:00 TV Series: Bill Nye Saves The World (SS-T) 3:00 Crossword Puzzle (SS-B) 7:15 Movie Night (SS-T): Jumanji	9:50 Moderate Intensity Exercise (SS-A) 6 10:00 Scattergories (RR-Bistro) 10:30 Women’s Group (SS-A) 11:00 Coffee and Chatter (RR-B) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-A) 2:45 Social Hour (SS-B) 3:00 Social Hour (RR-B) 7:15 BINGO with Dora (SS-A)	10:00 Moderate Intensity Exercise (SS-A) 7 10:00 Fitminds (RR-AR) 10:15 The Tuck Shop (RR-LL) 10:40 Wordshake (SS-B) 11:00 Community Exercise (RR-A) 2:00 Ball Exercise (RR-A) 2:00 Chair Exercise (SS-A) 3:00 Cards and Games (RR-B) 3:00 Resident Run Bridge (RR-GR) 7:15 Movie Night (SS-T): The Other Boleyn Girl	9:50 Cardio Exercises (SS-A) 8 10:00 Group Crossword (RR-Bistro) 10:30 Chair Yoga with Georgia (SS-A) 11:00 Morning Walks (RR) 2:00 Chair Tai Chi with Ruth (SS-A) 2:00 Ball Exercise (RR-A) 2:45 Social Hour (SS-Bistro) 3:00 Social Hour (RR-B) 7:15 Movie Night (SS-T): Elizabeth the Golden Age	9:45 Morning Walks (RR) 9 10:00 Chair Dance (SS-T) 10:30 Fitminds (SS-A) 11:00 Community Exercise (SS-T) 11:00 Morning Walks (RR) 12:00 BBQ Lunch (SS/RR-DR) *one seating* 2:00 Chair Exercise (SS-A) 2:00 BINGO (RR-AR) 3:00 News and Current Events (SS-B) 3:00 Cards and Games (RR-B) 7:15 Movie Night (SS-T): Harriet	Chef Showcase Breakfast at Regular Seating Times 10 10:00 Moderate Intensity Exercise (SS-A) 10:15 News and Current Events (RR-B) 10:15 The Tuck Shop (RR-LL) 10:45 Planting Seeds (RR-AR) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-A) 2:45 Happy Hour (SS-B) 3:00 Happy Hour (RR-B) 7:15 Movie Night (SS-T): The Queen	10:15 Virtual Catholic Mass (SS-T) 11 10:00 Group Crossword (RR-Bistro) 11:00 Game of Cards and Coffee (SS-B) 1:30 Chair Exercise (SS-A) 2:15 BINGO (SS-A) 2:00 Baking Club (RR-AR) 3:15 TV Series: The Queen’s Gambit (SS-T) 7:15 Movie Night (SS-T): Erin Brackovich	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 Virtual United Church Service (SS-T) 12 10:30 Guess that Song (SS-L) 10:45 Colouring and Painting (RR-B) 2:00 Board Games (SS-B) 2:30 Knitting Club (SS-L) 2:30 Cards and Games (RR-B) 2:45 TV Series: <i>Bill Nye Saves The World</i> (SS-T) 3:00 Scrabble (SS-B) 7:15 Movie Night (SS-T): Red Notice	9:50 Moderate Intensity Exercise (SS-A) 13 10:00 Scenic Drive: Sir John A Macdonald Parkway 10:15 Scattergories (RR-B) 10:30 Women's Group (SS-A) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-A) 2:30 Social Hour and Live Music with Kevin Agnew (SS-B) 7:15 BINGO with Dora (SS-A)	10:00 Fitminds (RR-AR) 14 10:00 Wii Tennis (SS-T) 10:15 The Tuck Shop (RR-LL) 11:00 Outing: Lunch at Red Lobster 11:00 Community Exercise (RR-A) 11:00 Scattergories (SS-B) 2:00 Outing: Ottawa Trainyards 2:00 Chair Exercise (SS-A/RR-A) 2:45 Group Crossword (SS-A) 3:00 Afternoon Walks (RR) 3:00 Resident Run Bridge (RR-GR) 7:00 Painting with Navy (SS-A)	9:50 Moderate Intensity Exercise (SS-A) 15 10:30 Giant Crossword (RR-Bistro) 10:30 Chair Yoga with Georgia (RR-4th) 10:30 News and Current Events with Professor Cammy (SS-T) 2:00 Chair Exercise (RR-A) 2:00 Activity Townhall Meeting (SS-A) 2:45 Social Hour (SS-B) 3:00 Social Hour (RR-B) 7:15 Movie Night (SS-T): Murder Mystery	10:00 Brain Teasers and Riddles (RR-B) 16 10:00 Chair Dance (SS-T) 10:30 Fitminds (SS-A) 11:00 Community Exercise (SS-T) 11:00 Morning Walks (RR) 2:00 Concert featuring Dai Basset (RR-DR) 2:00 BINGO (SS-A) 3:00 Afternoon TV: Bonanza (RR-B) 3:15 Charades (SS-B) 7:15 Movie Night (SS-T): The Spy	10:00 Moderate Intensity Exercise (SS-A) 17 10:15 Wordshake (RR-Bistro) 10:15 The Tuck Shop (RR-LL) 10:30 Men's Group (SS-A) 10:45 Wii Bowling (SS-T) 12:00 BBQ Lunch (SS/RR-DR) *one seating* 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-A) 2:45 Special Father's Day Social Hour (SS/RR-B) 7:15 Movie Night (SS-T): Spider Man	10:15 Virtual Catholic Mass (SS-T) 18 10:00 Group Crossword (RR-Bistro) 11:00 Game of Cards and Coffee (SS-B) 1:30 Chair Exercise (SS-A) 2:00 Baking Club (RR-AR) 2:15 BINGO (SS-A) 3:15 TV Series: <i>The Queen's Gambit</i> (SS-T) 7:15 Movie Night (SS-T): Spider Man 2
Father's Day 19 10:15 Virtual United Church Service (SS-T) 10:30 Father's Day Crafts and Tunes (SS-A) 2:00 Board Games (SS-B) 2:30 Knitting Club (SS-L) 2:30 Cards and Games (RR-B) 2:45 TV Series: <i>Bill Nye Saves The World</i> (SS-T) 3:00 Crossword Puzzle (SS-B) 7:15 Movie Night (SS-T): A Cinderella Story	First Day of Summer 20 10:00 Scenic Drive: Queen Elizabeth Parkway 10:00 Moderate Intensity Exercise (SS-A) 10:15 Scattergories (RR-Bistro) 11:00 Trivia (SS-B) 12:00 Summer BBQ (SS/RR-DR) *one seating* 1:30 Dessert and Social Hour (SS-B) 1:30 Dessert and Social Hour (RR-B) 7:15 BINGO with Dora	10:00 Wii Tennis (SS-T) 21 10:00 Fitminds (RR-AR) 10:00 Outing: Walmart Baseline 10:15 The Tuck Shop (RR-LL) 10:45 Brain Teasers & Riddles (SS-B) 11:00 Community Exercise (RR-A) 2:00 Outing: Drive to Andrew Haydon Park 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-A) 2:45 BINGO (SS-A) 3:00 Afternoon Walks (RR-B) 3:00 Resident Run Bridge (RR-GR) 7:15 Movie Night (SS-T): Soul Surfer	10:00 Brain Teasers and Riddles (SS-B) 22 10:30 Giant Crossword (RR-B) 10:30 Chair Yoga with Georgia (SS-A) 2:00 Ball Exercise (RR-A) 2:00 Charades (SS-B) 2:30 Chair Tai Chi with Ruth (SS-A) 2:45 Social Hour (SS-B) 3:00 Social Hour (RR-B) 7:15 Movie Night (SS-T): Matilda	10:00 Brain Teasers and Riddles (RR-B) 23 10:00 Chair Zumba (SS-T) 10:30 Fitminds (SS-A) 11:00 Community Exercise (SS-T) 11:00 News and Current Events (RR-B) 2:00 BINGO (RR-AR) 2:00 Chair Exercise (SS-A) 3:00 Movie Committee Meeting (SS-T) 3:00 Afternoon TV: Bonanza (RR-B) 7:15 Movie Night (SS-T): Hair-spray	10:00 Moderate Intensity Exercise (SS-A) 24 10:15 Wordshake (RR-B) 10:15 The Tuck Shop (RR-LL) 10:45 Wii Bowling (SS-T) 2:00 Chair Exercise (RR/SS-A) 2:45 Happy Hour (SS-B) 3:00 Happy Hour (RR-B) 7:15 Movie Night (SS-T): Schindler's List	10:15 Virtual Catholic Mass (SS-T) 25 10:00 Group Crossword (RR-B) 11:00 Game of Cards and Coffee (SS-B) 1:30 Chair Exercise (SS-A) 2:00 Baking Club (RR-AR) 2:15 BINGO (SS-A) 3:15 TV Series: <i>The Queen's Gambit</i> (SS-T) 7:15 Movie Night (SS-T): The Breakfast Club
10:15 Virtual United Church Service (SS-T) 26 10:30 Guess that Song (SS-L) 10:45 Colouring and Painting (RR-B) 2:00 Board games (SS-B) 2:30 Knitting Club (SS-L) 2:30 Cards and Games (RR-B) 2:45 TV Series: <i>Bill Nye Saves The World</i> (SS-T) 3:00 Crossword Puzzle (SS-B) 7:15 Movie Night (SS-T): Resident's Choice	10:00 Scenic Drive: City Drive 27 10:00 Moderate Intensity Exercise (SS-A) 10:15 Scattergories (RR-Bistro) 11:00 Italy Trivia (SS-B) 1:30 Resident's Council Meeting (SS-A) 2:00 Chair Exercise (RR-A) 2:45 Social Hour (SS-B) 3:00 Social Hour (RR-B) 7:15 BINGO with Dora (SS-A)	10:00 Chair Dance (SS-T) 28 10:00 Fitminds (RR-AR) 10:00 Outing: Carlingwood Mall 10:15 The Tuck Shop (RR-LL) 10:45 Brain Teasers & Riddles (SS-B) 11:00 Community Exercise (RR-A) 2:00 Outing: Walk to Tim Hortons 2:00 Chair Exercise (RR-A) 2:00 Concert featuring Peter Foret (SS-L) 3:00 Afternoon Walks (RR) 3:00 Resident Run Bridge (RR-GR) 7:15 Movie Night (SS-T): Resident's Choice	9:50 Moderate Intensity Exercise (SS-A) 29 10:30 Giant Crossword (RR-B) 10:30 Chair Yoga with Georgia (SS-A) 1:00-2:30 Handi-House Wheelchair Clinic (SS/RR-Lobbies) 2:00 Chair Exercise (SS/RR-A) 2:45 Social Hour (SS-B) 3:00 Social Hour (RR-B) Birthday and Anniversary Dinner (Regular Seating Times/RR/SS- DR) with live music featuring Larry Garnett and Larry Wright 7:15 Painting with Navy (SS-A)	10:00 Brain Teasers and Riddles (RR-B) 30 10:00 Chair Dance (SS-T) 10:30 Fitminds (SS-A) 11:00 Community Exercise (SS-T) 11:00 Morning Walks (RR-B) 11:00 News and Current Events (SS-B) 2:00 BINGO (RR-AR) 2:00 Chair Exercise (SS-A) 3:00 Afternoon TV: Bonanza (RR-B) 3:00 Charades (SS-B) 7:15 Movie Night (SS-T): Resident's Choice		