

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:30 Virtual United Church Service (SS-T) 14</p> <p>1:30 Chair Exercise (RR-A)</p> <p>2:15 Sunday Social (SS-B)</p> <p>2:30 Knitting Club (SS-L)</p> <p>3:00 TV Series: Wheel of Fortune (SS-T)</p> <p>7:15 Movie Night (SS-T): Father of the Year</p>	<p>10:00 Light Cardio Fitness (SS-A) 15</p> <p>10:15 Coffee and Colouring (RR-B)</p> <p>1:00 Word Searches (RR-B)</p> <p>2:00 Group Baking: Chocolate Cake (RR-AR)</p> <p>2:00 Chair Exercise (SS-A)</p> <p>2:30 Drinks and Monday Music featuring Larry Wright (RR-B)</p> <p>7:15 BINGO with Dora (SS-A)</p>	<p>10:00 Strength and Balance Exercises (SS-A) 16</p> <p>10:15 The Tuck Shop (RR-LL)</p> <p>11:00 Lunch at East Side Mari-os</p> <p>11:00 Community Exercise (RR-A)</p> <p>2:00 Outing: Drive to Almonte</p> <p>2:00 Chair Tai Chi (RR-A)</p> <p>2:00 Painting with Navy (SS-A)</p> <p>3:00 Backgammon (SS-B)</p> <p>3:00 Resident Run Bridge (RR-GR)</p> <p>7:15 Movie Night (SS-T): The Davinci Code</p>	<p>10:00 Light Cardio Fitness (SS-A) 17</p> <p>10:00 Group Crossword (RR-B)</p> <p>10:30 Current Events with Professor Cammy (SS-T)</p> <p>11:00 Bean Bag Toss (SS-L)</p> <p>2:00 Pictionary (RR-B)</p> <p>2:00 Chair Exercise (SS-A)</p> <p>2:45 Social Hour (SS-B)</p> <p>3:00 Social Hour (RR-B)</p> <p>7:15 Movie Night (SS-T): Locked on You</p>	<p>10:00 Strength and Balance Exercises (SS-A) 18</p> <p>10:15 Giant Group Scrabble (RR-B)</p> <p>11:00 Community Exercise (SS-T)</p> <p>2:00 Chair Exercise (SS-A)</p> <p>2:00 BINGO (RR-AR)</p> <p>2:00 Catholic Mass with Father Martin (RR-A)</p> <p>2:45 Fitminds (SS-A)</p> <p>7:15 Movie Night (SS-T): Click</p>	<p>10:00 Strength and Balance Exercises (SS-A) 19</p> <p>10:15 The Tuck Shop (RR-LL)</p> <p>10:30 Group Walk to Tim Hortons (meet in RR and SS lobbies)</p> <p>2:00 Game of Pool (RR-GR)</p> <p>2:00 Chair Exercise (SS-A)</p> <p>2:45 Happy Hour (SS-B)</p> <p>3:00 Happy Hour (RR-B)</p> <p>7:15 Movie Night (SS-T): Luce</p>	<p>10:00 Group Crossword (RR-B) 20</p> <p>10:30 Virtual Catholic Mass (SS-T)</p> <p>2:15 BINGO by the Bar (SS-B)</p> <p>3:15 TV Series: Ann with an E (SS-T)</p> <p>7:15 Movie Night (SS-T): Beethoven</p>
<p>21</p> <p>World Senior Citizens Day</p> <p>10:30 Virtual United Church Service (SS-T)</p> <p>1:30 Chair Exercise (RR-A)</p> <p>2:15 Special Seniors' Sunday Social (SS-B)</p> <p>2:30 Knitting Club (SS-L)</p> <p>3:00 TV Series: Wheel of Fortune (SS-T)</p> <p>7:15 Movie Night (SS-T): Falling for Figaro</p>	<p>22</p> <p>10:00 Light Cardio Fitness (SS-A)</p> <p>10:15 Coffee and Colouring (RR-B)</p> <p>1:00 Word Searches (RR-B)</p> <p>2:00 Activity Townhall Meeting (RR-A)</p> <p>2:00 Chair Exercise (SS-A)</p> <p>2:45 Social Hour (SS-B)</p> <p>3:00 Social Hour (RR-B)</p> <p>7:15 BINGO with Dora (SS-A)</p>	<p>10:00 Outing: College Square Mall 23</p> <p>10-2 Bijoux en Rabais Jewellery (SS-L)</p> <p>10:00 Strength and Balance Exercises (SS-A)</p> <p>10:15 The Tuck Shop (RR-LL)</p> <p>11:00 Community Exercise (RR-A)</p> <p>2:00 Outing: Hog's Back Park</p> <p>2:00 Giant Group Scrabble (RR-B)</p> <p>3:00 Backgammon (SS-B)</p> <p>3:00 Fitminds (RR-AR)</p> <p>3:00 Resident Run Bridge (RR-GR)</p> <p>7:15 Movie Night (SS-T): Judy</p>	<p>10:00 Light Cardio Fitness (SS-A) 24</p> <p>10:00 Group Crossword (RR-B)</p> <p>10:30 Chair Yoga with Georgia (SS-A)</p> <p>11:00 Bean Bag Toss (SS-L)</p> <p>2:00 Pictionary (RR-B)</p> <p>2:00 Chair Exercise (SS-A)</p> <p>2:45 Social Hour (SS-B)</p> <p>3:00 Social Hour (RR-B)</p> <p>7:15 Movie Night (SS-T): I Still Believe</p>	<p>25</p> <p>10:00 Strength and Balance Exercises (SS-A)</p> <p>10:15 Giant Group Scrabble (RR-B)</p> <p>11:00 Community Exercise (SS-T)</p> <p>1:30 Movie Committee Meeting (SS-T)</p> <p>2:00 Chair Exercise (SS-A)</p> <p>2:00 Prize BINGO (RR-AR)</p> <p>2:45 Fitminds (SS-A)</p> <p>7:15 Movie Night (SS-T): The Prom</p>	<p>26</p> <p>10:00 Strength and Balance Exercises (SS-A)</p> <p>10:15 The Tuck Shop (RR-LL)</p> <p>10:30 Great Canadians in History with Professor Cammy (RR-A)</p> <p>2:00 Game of Pool (RR-GR)</p> <p>2:00 Chair Exercise (SS-A)</p> <p>2:45 Happy Hour (SS-B)</p> <p>3:00 Happy Hour (RR-B)</p> <p>7:15 Movie Night (SS-T): Driving Miss Daisy</p>	<p>10:00 Group Crossword (RR-B) 27</p> <p>10:30 Virtual Catholic Mass (SS-T)</p> <p>2:00 Afternoon Drinks and Live Music with Dai Basset (SS-DR)</p> <p>3:15 TV Series: Ann with an E (SS-T)</p> <p>7:15 Movie Night (SS-T): The King's Speech</p>
<p>10:30 Virtual United Church Service (SS-T) 28</p> <p>1:30 Chair Exercise (RR-A)</p> <p>2:15 Sunday Social (SS-B)</p> <p>2:30 Knitting Club (SS-L)</p> <p>3:00 TV Series: Wheel of Fortune (SS-T)</p> <p>7:15 Movie Night (SS-T): As Good As It Gets</p>	<p>National Sports Day 29</p> <p>10:00 Light Cardio Fitness (SS-A)</p> <p>10:15 Coffee and Colouring (RR-B)</p> <p>1:00 Group Walk Around the Pond (meet in SS lobby)</p> <p>2:00 Chair Exercise (SS-A)</p> <p>2:45 Social Hour (SS-B)</p> <p>3:00 Social Hour (RR-B)</p> <p>7:15 BINGO with Dora (SS-A)</p>	<p>10:00 Outing: Drive to Merrickville (day trip) 30</p> <p>10:00 Strength and Balance Exercises (SS-A)</p> <p>10:15 The Tuck Shop (RR-LL)</p> <p>11:00 Community Exercise (RR-A)</p> <p>2:00 Writing Letters to Penpals (RR-B)</p> <p>2:00 Painting with Navy (SS-A)</p> <p>3:00 Fitminds (RR-AR)</p> <p>3:00 Resident Run Bridge (RR-GR)</p> <p>7:15 Movie Night (SS-T): Like Father</p>	<p>10:00 Light Cardio Fitness (SS-A) 31</p> <p>10:00 Group Crossword (RR-B)</p> <p>10:30 Chair Yoga with Georgia (SS-A)</p> <p>2:00 Pictionary (RR-B)</p> <p>2:00 Chair Exercise (SS-A)</p> <p>2:45 Social Hour (SS-B)</p> <p>3:00 Social Hour (RR-B)</p> <p>Monthly Birthday Dinner (ONE seating at 5:00) with live music featuring Peter (RR) and Noel (SS)!</p>			