

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					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 BY= Backyard DR= Dining Room Type of Activity Blue—Fitness Green—Spiritual Brown— Outing Purple— Vendor Red— New Program/Special Events	
	1 Happy Civic Holiday 10:00 Chair Cardio Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) No Drive Today 2:30 Wordle (T) 2:45 Aquafit (P) 3:30 Mix & Mingle (SS-B)	2 8:00 Community Breakfast (RR-DR) 10:00 Moderate Intensity Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 10:35 Tech Tuesday (SS-B) 2:00 Resident Run Euchre (SS-B) 2:30 Absurd! Planet (T) 2:30 Shuffleboard (SS-AR) 3:30 Mix & Mingle (RR-B)	3 10:00 Zumba (SS-AR) 10:00 Tuck Shop (SS-L) 10:35 Seated Ball Exercise (RR-AR) 11:00 Tuck Shop (RR-L) 2:00 Bingo (SS-AR) 2:00 Resident Run Bridge (SS-B) 2:30 Aquafit (P) 2:30 Horse Shoe (BY) 3:30 Mix & Mingle (SS-B) 7:15 Paint Night (SS-AR)	4 10:00 Shopping: Wal-Mart Supercentre 10:00 Chair Cardio Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 2:00 Memory Care Drive 2:00 Resident Run Euchre (SS-B) 2:00 Craft Club (SS-AR) 2:30 Music Hall (T) 2:30 Aquafit (P) 3:30 Aquafit (P) 3:30 Mix & Mingle (RR-B)	5 10:00 Moderate Intensity Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 2:00 Resident Run Bridge (SS-B) 2:00 Bingo (SS-AR) 3:30 Hymn Sing with Fidele (T) 3:30 Mix & Mingle (SS-B)	6 10:00 TV Series: Northern Rescue (T) 10:15 Weekend Exercise (SS-AR) 2:15 Movie: Home Team (T) 3:30 Mix & Mingle (RR-B) 7:15 Movie: Home Team (T)
	7 10:15 Weekend Exercise (RR-AR) 11:00 St. Monica's Catholic Live Stream Mass (T) 2:00 Resident Run Bridge (SS-B) 2:15 Movie: Wonder (T) 7:15 Movie: Wonder (T)	8 10:00 Chair Cardio Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) 2:00 Shopping: Merivale Mall 2:30 Giant Crossword (RR-AR) 2:30 Walker Repair (RR-L) 2:45 Aquafit (P) 3:15 Walker Repair (RR-L) 3:30 Mix & Mingle (SS-B)	9 10:00 Mycloset (RR-L) 10:00 Moderate Intensity Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 10:35 Tech Tuesday (SS-B) 2:00 Resident Run Euchre (SS-B) 2:30 Absurd! Planet (T) 2:30 Coloring (RR-B) 3:30 Mix & Mingle (RR-B)	10 10:00 Zumba (SS-AR) 10:00 Tuck Shop (SS-L) 10:35 Seated Ball Exercise (RR-AR) 11:00 Tuck Shop (RR-L) 2:00 Bingo (SS-AR) 2:00 Resident Run Bridge (SS-B) 2:30 Aquafit (P) 2:30 Ladder Ball (BY) 2:30 SS Afternoon Tea with Management Team (SS-DR) 3:30 Mix & Mingle (SS-B)	11 10:00 Shopping: College Square Mall 10:00 Chair Cardio Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 12:15 Lunch Outing: Red Lobster 2:00 Resident Run Euchre (SS-B) 2:00 Craft Club (SS-AR) 2:30 Music Hall (T) 2:30 Aquafit (P) 3:30 Aquafit (P) 3:30 Mix & Mingle (RR-B)	12 10:00 Moderate Intensity Exercise (SS-AR) 10:30 Chair Yoga (RR-AR) 2:00 Bingo (SS-AR) 2:00 Resident Run Bridge (SS-B) 2:00 Current Events with Professor Cammy (C) 3:30 Hymn Sing with Fidele (T) 3:30 Mix & Mingle (SS-B)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 Weekend Exercise (RR-AR) 14 11:00 St. Monica's Catholic Live Stream Mass (T) 2:00 Resident Run Bridge (SS-B) 2:15 Movie: The Notebook 7:15 Movie: The Notebook	10:00 Chair Cardio Exercise (SS-AR) 15 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) 2:00 Shopping: Bayshore Shopping Centre 2:30 Pictionary (T) 2:45 Aquafit (P) 3:30 Mix & Mingle (SS-B)	10:00 Moderate Intensity Exercise (SS-AR) 16 10:35 Resistance Band Exercise (RR-AR) 10:35 Tech Tuesday (SS-B) 2:00 Resident Run Euchre (SS-B) 2:30 Absurd! Planet (T) 2:30 Meet & Greet (RR-B)	10:00 Zumba (SS-AR) 17 10:00 Tuck Shop (SS-L) 10:35 Seated Ball Exercise (RR-AR) 11:00 Tuck Shop (RR-L) 2:00 Bingo (SS-AR) 2:00 Resident Run Bridge (SS-B) 2:30 Aquafit (P) 2:30 Ring Toss (BY) 3:30 Mix & Mingle (SS-B)	10:00 Outing: Heritage Rose Garden 18 10:00 Chair Cardio Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 2:00 Shopping: Shoppers Drug Mart 2:00 Resident Run Euchre (SS-B) 2:00 Craft Club (SS-AR) 2:30 Music Hall (T) 2:30 Aquafit (P) 3:30 Aquafit (P) 3:30 Mix & Mingle (RR-B)	10:00 Moderate Intensity Exercise (SS-AR) 19 10:30 Chair Yoga (RR-AR) 2:00 Resident Run Bridge (SS-B) 2:00 Bingo (SS-AR) 2:30 Meet & Greet (SS-B) 3:30 Hymn Sing with Fidele (T)	10:00 TV Series: Northern Rescue (T) 20 10:15 Weekend Exercise (SS-AR) 2:15 Movie: Happy Gilmore (T) 3:30 Mix & Mingle (RR-B) 7:15 Movie: Happy Gilmore (T)
10:15 Weekend Exercise (RR-AR) 21 11:00 St. Monica's Catholic Live Stream Mass (T) 2:00 Resident Run Bridge (SS-B) 2:15 Movie: Inkheart (T) 2:30 Interdenominational Church Service w/Pastor Pauline Williams (C) 7:15 Movie: Inkheart(T)	10:00 Chair Cardio Exercise (SS-AR) 22 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) 2:00 Shopping: Nepean Crossroads Centre 2:30 Giant Crossword (RR-AR) 2:45 Aquafit (P) 3:30 Mix & Mingle (SS-B)	10:00 Moderate Intensity Exercise (SS-AR) 23 10:35 Resistance Band Exercise (RR-AR) 10:35 Tech Tuesday (SS-B) 2:00 Resident Run Euchre (SS-B) 2:30 Absurd! Planet (T) 2:30 Curling (RR-AR) 3:30 Mix & Mingle (RR-B)	10:00 Zumba (SS-AR) 24 10:00 Tuck Shop (SS-L) 10:35 Seated Ball Exercise (RR-AR) 11:00 Tuck Shop (RR-L) 2:00 Bingo (SS-AR) 2:00 Resident Run Bridge (SS-B) 2:30 Aquafit (P) 2:30 Bean Bags (BY) 3:30 Mix & Mingle (SS-B)	10:00 Outing: Hog's Back Park and Dam 25 10:00 Chair Cardio Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 2:00 Memory Care Drive 2:00 Resident Run Euchre (SS-B) 2:00 Craft Club (SS-AR) 2:30 Music Hall (T) 2:30 Aquafit (P) 5:00 Birthday/Anniversary Dinner (RR&SS DR)	10:00 Moderate Intensity Exercise (SS-AR) 26 10:30 Chair Yoga (RR-AR) 2:00 Resident Run Bridge (SS-B) 2:00 Bingo (SS-AR) 2:30 Book Club (RR-Lib) 3:30 Hymn Sing with Fidele (T) 3:30 Mix & Mingle (SS-B)	10:00 TV Series: Northern Rescue (T) 27 10:15 Weekend Exercise (SS-AR) 2:15 Movie: The Karate Kid (T) 3:30 Mix & Mingle (RR-B) 7:15 Movie: Room (T)
10:15 Weekend Exercise (RR-AR) 28 11:00 St. Monica's Catholic Live Stream Mass (T) 2:00 Resident Run Bridge (SS-B) 2:15 Movie: The Highwaymen (T) 7:15 Movie: The Highwaymen (T)	10:00 Chair Cardio Exercise (SS-AR) 29 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) 2:00 Shopping: Carlingwood Shopping Centre 2:30 Wordle (T) 2:45 Aquafit (P) 3:30 Mix & Mingle (SS-B)	10:00 Moderate Intensity Exercise (SS-AR) 30 10:35 Resistance Band Exercise (RR-AR) 10:35 Tech Tuesday (SS-B) 2:00 Resident Run Euchre (SS-B) 2:30 Absurd! Planet (T) 2:30 Painting Club(SS-AR) 3:30 Mix & Mingle (RR-B)	10:00 Zumba (SS-AR) 31 10:00 Tuck Shop (SS-L) 10:35 Seated Ball Exercise (RR-AR) 11:00 Tuck Shop (RR-L) 2:00 Bingo (SS-AR) 2:00 Resident Run Bridge (SS-B) 2:30 Aquafit (P) 2:30 Sky Darts (BY) 3:30 Mix & Mingle (SS-B)			