

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 10:00 Shopping: Wal-Mart Supercentre 10:00 Chair Cardio Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 2:00 Shopping: Billings Bridge Mall 2:00 Resident Run Euchre (SS-B) 2:30 Music Hall (T) 2:30 Aquafit (P) 3:30 Mix & Mingle (RR-B)	2 CHRISTMAS BAZAAR 10:00 - 3:00 (SS-B) 10:00 Moderate Intensity Exercise (SS-AR) 10:30 Chair Yoga (RR-AR) 2:00 Resident Run Bridge (SS-B) 2:00 Bingo (SS-AR) 3:30 Hymn Sing (T) 3:30 Mix & Mingle (SS-B)	3 CHRISTMAS BAZAAR 10:00 - 3:00 (SS-B) 10:00 Classic TV Series: Due South (T) 2:00 Craft Club (SS-AR) 2:15 Movie: The Peanut Butter Falcon (T) 3:30 Mix & Mingle (RR-B) 7:15 Movie: The Peanut Butter Falcon (T)
4 11:00 St. Monica's Catholic Live Stream Mass (T) 2:00 Resident Run Bridge (SS-B) 2:15 Movie: Outside In (T) 7:15 Movie: Outside In (T)	5 10:00 Chair Cardio Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 11:00 Kiwanis Club Christmas Cake Sale (RR-L) 1:30 Memory Care Drive 2:30 Walker Repair (RR-L) 2:00 Bingo (SS-AR) 2:30 Giant Crossword (T) 2:45 Aquafit (P) 3:15 Walker Repair (SS-L) 3:30 Mix & Mingle (SS-B)	6 10:00 Anna's Travelling Shop (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 Magic Show (T) 3:30 Mix & Mingle (RR-B)	7 8:00 Breakfast with Santa (RR & SS-DR) 9:30 Tuck Shop (SS-L) 10:00 Zumba (SS-AR) 10:30 Tuck Shop (RR-L) 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) 2:00 Resident Run Bridge (SS-B) 2:30 Aquafit (P) 2:30 Sweet Bingo (T) 3:30 Mix & Mingle (SS-B)	8 10:00 Chair Cardio Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 11:00 Lion's Club Christmas Cake Sale (SS-L) 2:00 Shopping: Carlingwood Mall 2:00 Resident Run Euchre (SS-B) 2:30 Music Hall (T) 2:30 Aquafit (P) 3:30 Mix & Mingle (RR-B) 6:00 Outing: Magic Lights	9 10:00 Moderate Intensity Exercise (SS-AR) 10:30 Chair Yoga (RR-AR) 10:35 Gym Equipment Instruction (SS Gym) 2:00 Resident Run Bridge (SS-B) 2:00 Bingo (SS-AR) 3:30 Hymn Sing (T) 3:30 Mix & Mingle	10 10:00 Classic TV Series: Due South (T) 10:15 Weekend Exercise (SS-AR) 2:00 Craft Club (SS-AR) 2:00 Holiday Songs and Dance with Strings (RR-AR) 2:15 Movie: Deck the Halls (T) 3:30 Mix & Mingle (RR-B) 7:15 Movie: Deck the Halls (T)	

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10:15 Weekend Exercise (RR-AR) 11 11:00 St. Monica's Catholic Live Stream Mass (T) 2:00 Resident Run Bridge (SS-B) 2:15 Movie: Johnny English Reborn (T) 2:30 Interdenominational Church Service and Christmas Carol w/Pastor Pauline Williams (RR-AR) 7:15 Movie: Johnny English Reborn (T)	12 10:00 Chair Cardio Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 12:00 Lunch Outing: Red Apron 2:00 Bingo (SS-AR) 2:30 Wordle (T) 2:45 Aquafit (P) 3:30 Mix & Mingle (SS-B)	13 10:00 Moderate Intensity Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 10:35 Tech Tuesday (SS-B) 11:00 RR Resident Chit Chat with your GM (T) 2:00 Resident Run Euchre (SS-B) 2:30 Magic Show (T) 3:30 Mix & Mingle (RR-B)	14 9:30 Tuck Shop (SS-L) 10:00 Zumba (SS-AR) 10:30 Tuck Shop (RR-L) 10:30 SS Resident Council Meeting (T) 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) 2:00 Resident Run Bridge (SS-B) 2:30 Aquafit (P) 2:30 Sweet Bingo (T) 3:30 Mix & Mingle (SS-B)	15 10:00 Chair Cardio Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 2:00 Resident Run Euchre (SS-B) 2:00 Shopping: Merivale Mall 2:30 Music Hall (T) 2:30 Aquafit (P) 3:30 Mix & Mingle (RR-B) 6:00 Magic Light Show 7:00 Staff Christmas Party (RR-AR)	16 10:00 Moderate Intensity Exercise (SS-AR) 10:30 Chair Yoga (RR-AR) 2:00 Resident Run Bridge (SS-B) 2:00 Bingo (SS-AR) 3:30 Hymn Sing (T) 3:30 Mix & Mingle (SS-B)	17 10:00 Classic TV Series: Due South (T) 2:00 Craft Club (SS-AR) 2:15 Movie: Against the Ice (T) 3:30 Mix & Mingle (RR-B) 7:15 Movie: Against the Ice (T)
18 11:00 St. Monica's Catholic Live Stream Mass (T) 2:00 Resident Run Bridge (SS-B) 2:15 Movie: Just Like Heaven (T) 7:15 Movie: Just Like Heaven (T)	19 10:00 Chair Cardio Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) 1:30 Memory Care Drive 2:30 Giant Crossword (T) 2:45 Aquafit Today 3:30 Mix & Mingle (SS-B) 7:00 Singalong with Fine Tuners & Stellae Boreales Violin/Piano Groups (SS-AR)	20 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 Magic Show (T) 3:30 Mix & Mingle (RR-B)	21 9:30 Tuck Shop (SS-L) 10:00 Zumba (SS-AR) 10:30 Tuck Shop (RR-L) 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) 2:00 Resident Run Bridge (SS-B) 2:30 Aquafit (P) 2:30 Sweet Bingo (T) 3:30 Mix & Mingle (SS-B)	22 10:00 Shopping: College Square 10:00 Chair Cardio Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 10:00 Shopping: Nepean Crossroads Centre 2:00 Resident Run Euchre (SS-B) 2:30 Music Hall (T) 2:30 Aquafit (P) 5:00 Birthday/Anniversary Dinner (RR&SS DR)	23 10:00 Moderate Intensity Exercise (SS-AR) 10:30 Chair Yoga (RR-AR) 2:00 Resident Run Bridge (SS-B) 2:00 Bingo (SS-AR) 3:30 Hymn Sing (T) 3:30 Mix & Mingle (SS-B)	24 10:00 Classic TV Series: Due South (T) 10:15 Weekend Exercise (SS-AR) 2:00 Craft Club (SS-AR) 2:15 Movie: Scrooge: A Christmas Carol (T) 3:30 Mix & Mingle (RR-B) 7:00 Christmas Mass: Nativity of the Lord (T) 
25 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: Klaus (T) 7:15 Movie: Klaus (T) 	26 10:00 Chair Cardio Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) 2:30 Wordle (T) 3:30 Mix & Mingle (SS-B) Boxing Day 	27 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 Magic Show (T) 3:30 Mix & Mingle (RR-B)	28 9:30 Tuck Shop (SS-L) 10:00 Zumba (SS-AR) 10:30 Tuck Shop (RR-L) 10:35 Seated Ball Exercise (RR-AR) 2:00 Bingo (SS-AR) 2:00 Resident Run Bridge (SS-B) 2:30 Sweet Bingo (T) 3:30 Mix & Mingle (SS-B)	29 10:00 Shopping: Bayshore Shopping Centre 10:00 Chair Cardio Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 2:00 Shopping: SouthKeys Mall 2:00 Resident Run Euchre (SS-B) 2:30 Music Hall (T) 3:30 Mix & Mingle (RR-B)	30 10:00 Moderate Intensity Exercise (SS-AR) 10:30 Chair Yoga (RR-AR) 2:00 Resident Run Bridge (SS-B) 2:00 Bingo (SS-AR) 2:30 New Year's Eve Celebration (RR-AR) 	31 10:00 Classic TV Series: Due South (T) 2:00 Craft Club (SS-AR) 2:15 Movie: The Pursuit of Happiness (T) 3:30 Mix & Mingle (RR-B) 7:15 Movie: The Pursuit of Happiness (T)