

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
					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 11:00 St. Monica's Catholic Live Stream Mass (T) 2:00 Resident Run Bridge (SS-B) 2:15 & 7:15 Movie: About Time (T) 	2 10:00 Chair Cardio Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 1:30 Memory Care Drive 2:00 Bingo (SS-AR) 2:30 Giant Crossword (T) 3:30 Mix & Mingle (SS-B)	3 10:00 Moderate Intensity Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) No Tech Tuesday today 2:00 Resident Run Euchre (SS-B) 2:30 Our Universe (T) 3:30 Mix & Mingle (RR-B)	4 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 Ladder Ball (RR-AR) 3:30 Mix & Mingle (SS-B)	5 10:00 Shopping: College Square Mall 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) 3:30 Mix & Mingle (RR-B)	6 No Moderate Intensity Exercise in SS today 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)	7 10:15 Weekend Exercise (SS-AR) 2:00 Craft Club (SS-AR) 2:15 Movie: Tower Heist (T) 3:30 Mix & Mingle (RR-B) 7:15 Movie: Tower Heist (T)
8 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: Steel Magnolias (T) 7:15 Movie: Steel Magnolias (T)	9 8:00 Community Breakfast (RR-D) 10:00 Chair Cardio Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 11:00 SS Food Forum (SS-AR) 1:30 Memory Care Drive 2:30 Walker Repair (RR-L) 2:00 Bingo (SS-AR) 2:30 Wordle (T) 3:15 Walker Repair (SS-L) 3:30 Mix & Mingle (SS-B)	10 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 Our Universe (T) 3:30 Mix & Mingle (RR-B)	11 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 Staff WOW Party 3:30 Mix & Mingle (SS-B)	12 10:00 Shopping: Wal-Mart Supercentre 10:00 Chair Cardio Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 2:00 Shopping: Carlingwood Mall 2:00 Resident Run Euchre (SS-B) 2:30 Afternoon Tea with Management (SS-D) 2:30 Music Hall (T) 3:30 Mix & Mingle (RR-B)	13 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 Current Events with Professor Cammy (C) 2:00 Bingo (SS-AR) 3:30 Hymn Sing (T) 3:30 Mix & Mingle (SS-B)	14 10:15 Weekend Exercise (RR-AR) 2:00 Craft Club (SS-AR) 2:15 Movie: The Guns of Navarone (T) 3:30 Mix & Mingle (RR-B) 7:15 Movie: The Guns of Navarone (T)

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15 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: The Cable Guy (T) 2:00 Interdenominational Church Service w/ Pastor Pauline Williams (T) 7:15 Movie: The Cable Guy (T)	16 10:00 Chair Cardio Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 12:00 Lunch Outing: Mandarin Restaurant 2:00 Bingo (SS-AR) 2:30 Hangman (T) 2:45 Aquafit (P) 3:30 Mix & Mingle (SS-B)	17 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 Our Universe (T) 3:30 Mix & Mingle (RR-B)	18 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 Finnish Skittles (RR-AR) 3:30 Mix & Mingle (SS-B)	19 10:00 Shopping: Merivale Mall 10:00 Chair Cardio Exercise (SS-AR) 10:35 Resistance Band Exercise (RR-AR) 11:45 Chef's Showcase (SS-D) 2:00 Resident Run Euchre (SS-B) 2:00 Shopping: Bayshore Shopping Centre 2:30 Music Hall (T) 2:30 Aquafit (P) 3:30 Mix & Mingle (RR-B)	20 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 (SS-B)	21 10:15 Weekend Exercise (SS-AR) 2:00 Craft Club (SS-AR) 2:15 Movie: Kungfu Panda (T) 3:30 Mix & Mingle (RR-B) 7:15 Movie: Kungfu Panda (T)
22 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: Intouchables (T) 7:15 Movie: Intouchables (T)	23 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)	24 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 Our Universe (T) 3:30 Mix & Mingle (RR-B)	25 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 Table Tennis (RR-AR) 3:30 Robbie Burns Day Toast (SS-B)	26 10:00 Shopping: Southkeys Mall 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)	27 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 (SS-B)	28 10:15 Weekend Exercise (RR-AR) 2:00 Craft Club (SS-AR) 2:15 Movie: Then Came You (T) 3:30 Mix & Mingle (RR-B) 7:15 Movie: Then Came You (T)
29 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: The Deep End of the Ocean (T) 7:15 Movie: The Deep End of the Ocean (T)	30 10:00 Chair Cardio Exercise (SS-AR) 10:35 Seated Ball Exercise (RR-AR) 1:30 Memory Care Drive 2:00 Bingo (SS-AR) 2:30 Wordle (T) 2:45 Aquafit Today 3:30 Mix & Mingle (SS-B)	31 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 Our Universe (T) 3:30 Mix & Mingle (RR-B)	  			