

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Activity Room B Bistro FF Fourth Floor FR Fireside Room G Gardens L Library SR Sun Room TF Third Floor		Happy New Year!	9:30 Friendly Visits with Maria (All floors) 1 11:00 Catholic Communion - CANCELLED (FF) 1:30 Bingo! (B) 2:30 Snack and Beverage Chef's Choice (B) 6:00 Music with George Boden (FF) 6:30 Games! (AR)	11:00 Go4Life® Walking Club 2 1:00 Fun Facts (AR) 1:30 Group Physiotherapy with Torey (AR) 2:30 Jeopardy! (AR) 3:30 Coffee and Chat with friends: All About Family (B) 6:30 Flex and Stretch with Sue in the Activity Room	10:00 Go4Life® Walking Club (Meet near Bistro) 3 11:00 Chair Yoga with Wendy (AR) 1:15 Relaxation through Drama (AR) 2:00 What's Your Game? Card Club Your Choice (B) 3:00 Wine and Cheese Social with Steve Morin (B) 6:30 Flex and Stretch with Sue in the Activity Room	10:00 Laugh Yoga with Ritu (AR) 4 10:30 Go4Life® Walking Club 11:00 Artist in Song with Abbey and Amy (B) 1:00 Trivia Time! (B) 1:30 Bingo Fun (B) 2:30 Finger Sandwich Social 3:00 Euchre! 6:15 Saturday Night Movie (AR)
10:30 Go4Life® Walking Club 5 11:00 Scripture and Song (FF) 1:30 Bingo! (B) 2:30 Smoothie Social (B) 3:00 Card Games (B) 3:00 Netflix movie and popcorn (AR) 6:30 Flex and Stretch with Sue on the 4th (FF)	10:00 Physiotherapy: Flex & Stretch with Torey (AR) 6 11:00 Go4Life® Walking Club with Jennifer 1:30 Reiki with Barb (TF) 2:30 Card Club (B) 3:15 You Be The Judge (B) 6:30 Monday Night Music Trivia with Madeleine (B)	10:00 Grotto Gifts with Peggy (Vendor) (Common Area near elevators) 7 10:30 Pet Visits - Charlie (All Floors) 11:00 Go4Life® Walking Club 1:00 Trivia Tuesday with Sue (AR) 1:30 Physiotherapy: Flex & Stretch with Torey (AR) 2:30 Mixed Drink Social (B) 3:30 Live with Artistry: Meet Me at MOMA (AR) 5:45 Friendly Visits with Micaela and Jayden: Cancelled (B) 6:15 Games with Micaela and Jaiden: Cancelled (B)	9:30 Friendly Visits with Maria (All floors) 8 10:00 Physiotherapy: Flex & Stretch with Torey (AR) 11:00 Catholic Communion (FF) 1:30 Bingo! (B) 2:30 Snack and Beverage Chef's Choice (B) 3:30 Wednesday Word Scramble and Trivia with Abbey (AR) 6:15 Netflix Movie with Popcorn (AR)	10:15 Riddle Me This (B) 9 11:00 Go4Life® Walking Club 1:30 Group Physiotherapy with Torey (AR) 2:30 Jeopardy! (B) 3:30 Coffee and Chat with friends: Favourite Musicians (B) 6:30 Flex and Stretch with Sue in the Activity Room 7:00 Games in the Bistro!	10:00 Go4Life® Walking Club (Meet near Bistro) 10 11:00 Chair Yoga with Wendy (AR) 1:15 Relaxation through Drama: Canceled (AR) 2:00 Catholic Mass (FF) 2:00 What's Your Game? Card Club Your Choice (B) 3:00 Wine and Cheese Social with Gord Ciliska (B) 6:30 Flex and Stretch with Sue in the Activity Room	10:00 Laugh Yoga with Ritu (AR) 11 10:30 Go4Life® Walking Club 11:00 Artist in Song (B) 1:00 Trivia Time! (B) 1:30 Bingo Fun (B) 2:30 Finger Sandwich Social 3:00 Euchre! 6:15 Saturday Night Movie (AR)
10:30 Go4Life® Walking Club 12 11:00 Scripture and Song (FF) 1:00 Word Association (B) 1:30 Bingo! (B) 2:30 Smoothie Social (B) 3:00 Card Games (B) 3:15 Craft Corner (AR) 6:30 Flex and Stretch with Sue on the 4th (FF)	10:00 Physiotherapy: Flex & Stretch with Torey (AR) 13 11:00 Go4Life® Walking Club Jennifer 1:30 Reiki with Barb (TF) 2:00 Jeopardy! (AR) 3:15 You Be The Judge (B) 6:30 Monday Night Music Trivia with Micaela and Jayden (B)	10:30 Pet Visits - Charlie (All Floors) 14 11:00 Go4Life® Walking Club 1:30 Physiotherapy: Flex & Stretch with Torey (AR) 3:00 Travel Talk: Germany (AR) 5:45 Friendly Visits with Micaela and Jayden (B) 6:15 Zumba with JoAnne! (AR) 7:00 Games with Micaela and Jaiden (B)	9:30 Friendly Visits with Maria (All floors) 15 10:00 Physiotherapy: Flex & Stretch with Torey (AR) 11:00 Catholic Communion (FF) 1:30 Bingo! (B) 2:30 Snack and Beverage Chef's Choice (B) 3:30 Wednesday Word Scramble and Trivia with Abbey (AR) 6:15 Netflix Movie with Popcorn (AR)	9:45 Bus Outing: Giant Tiger (Lobby at 9:45am) 16 11:00 Go4Life® Walking Club 1:00 Fun Facts (AR) 1:30 Group Physiotherapy with Torey (AR) 2:30 Jeopardy! (B) 3:30 Coffee and Chat with friends: Hobbies (B) 6:30 Flex and Stretch with Sue in the Activity Room 7:00 Game Night! (B)	10:00 Go4Life® Walking Club (Meet near Bistro) 17 11:00 Chair Yoga with Wendy (AR) 1:15 Relaxation through Drama with Erica (AR) 2:00 What's Your Game? Card Club Your Choice (B) 3:00 Wine and Cheese Social with George Boden (B) 6:30 Flex and Stretch with Sue in the Activity Room - CANCELED	10:00 Laugh Yoga with Ritu (AR) 18 10:30 Go4Life® Walking Club 11:00 Artist in Song (B) 1:00 Trivia Time! (B) 1:30 Bingo Fun (B) 2:30 Finger Sandwich Social 3:00 Euchre! 6:15 Saturday Night Movie (AR)
10:30 Go4Life® Walking Club 19 11:00 Scripture and Song (FF) 1:30 Bingo! (B) 2:30 Smoothie Social (B) 3:00 Card Games (B) 6:30 Flex and Stretch with Sue on the 4th (FF)	10:00 Physiotherapy: Flex & Stretch with Torey (AR) 20 11:00 Go4Life® Walking Club with Jennifer 11:00 January Raffle! (1st floor near concierge) 1:30 Reiki with Barb (TF) 2:30 Card Club (B) 3:15 You Be The Judge (B) 5:45 Friendly Visits with Micaela and Jayden (B) 6:30 Monday Night Music Trivia with Micaela and Jayden (B)	10:30 Pet Visits - Charlie (All Floors) 21 11:00 Go4Life® Walking Club 11:00 January Raffle! (1st floor near concierge) 1:00 Trivia Tuesday with Sue (B) 1:30 Physiotherapy: Flex & Stretch with Torey (AR) 2:30 Mixed Drink Social (B) 3:30 Live with Artistry: Meet Me at MOMA (AR) 5:45 Friendly Visits with Micaela and Jayden (B) 6:15 Games with Micaela and Jaiden (B)	9:30 Friendly Visits with Maria (All floors) 22 10:00 Physiotherapy: Flex & Stretch with Torey (AR) 11:00 Catholic Communion (FF) 11:00 January Raffle! (1st floor near concierge) 1:30 Bingo! (B) 2:30 Snack and Beverage Chef's Choice (B) 3:30 Wednesday Word Scramble and Trivia with Abbey (AR) 6:00 Entertainment with George Boden (FF)	10:15 Riddle Me This (B) 23 11:00 Go4Life® Walking Club 11:00 January Raffle! (1st floor near concierge) 1:00 Fun Facts (AR) 1:30 Group Physiotherapy with Torey (AR) 2:30 Jeopardy! (AR) 3:30 Raffle Draw with Coffee Social (B) 6:30 Flex and Stretch with Sue in the Activity Room 7:00 Game Night! (B)	10:00 Go4Life® Walking Club (Meet near Bistro) 24 11:00 Chair Yoga with Wendy (AR) 1:15 Relaxation through Drama (AR) 2:00 What's Your Game? Card Club Your Choice (B) 3:00 Pet Visits with Sarah and her bunny - CANCELED (B) 6:30 Flex and Stretch with Sue in the Activity Room	10:00 Laugh Yoga with Ritu (AR) 25 10:30 Go4Life® Walking Club 11:00 Artist in Song (B) 1:00 Trivia Time! (B) 1:30 Bingo Fun (B) 2:30 Finger Sandwich Social 3:00 Euchre! 6:15 Saturday Night Movie (AR)
10:30 Go4Life® Walking Club 26 11:00 Scripture and Song (FF) 1:00 Word Association 1:30 Bingo! (B) 2:30 Smoothie Social (B) 3:00 Card Games (B) 6:30 Flex and Stretch with Sue on the 4th (FF)	10:00 Physiotherapy: Flex & Stretch with Torey (AR) 27 11:00 Go4Life® Walking Club 11:15 Anglican Communion - cancelled (FF) 1:30 Reiki with Barb (TF) 2:30 Birthday Celebrations with Richard Sennema! (B) 3:45 You Be The Judge (B) 5:45 Friendly Visits with Micaela and Jayden (B) 6:30 Monday Cards and Trivia with Micaela and Jayden (B)	9:45 Brunch Outing: Hi-Lo Restaurant (Lobby at 9:45am) 28 10:30 Pet Visits - Charlie (All Floors) 11:00 Residents' Council (B) 11:00 Go4Life® Walking Club 1:30 Physiotherapy: Flex & Stretch with Torey (AR) 3:00 Travel Talk: Japan (AR) 5:45 Friendly Visits with Micaela and Jayden (B) 6:15 Zumba with JoAnne! (AR) 7:00 Games with Micaela and Jaiden (B)	9:30 Friendly Visits with Maria (All floors) 29 10:00 Physiotherapy: Flex & Stretch with Torey (AR) 11:00 Catholic Communion (FF) 1:30 Bingo! (B) 2:30 Snack and Beverage Chef's Choice (B) 3:30 Wednesday Word Scramble and Trivia with Abbey (AR) 6:15 Netflix Movie with Popcorn (AR)	10:15 Riddle Me This (B) 30 11:00 Go4Life® Walking Club 11:15 Anglican Communion: rescheduled from Monday (FF) 1:00 Fun Facts (AR) 1:30 Group Physiotherapy with Torey (AR) 2:30 Jeopardy! (AR) 3:30 Craft Corner: Making Valentine's Gifts in a Frame (AR) 6:30 Flex and Stretch with Sue in the Activity Room 7:00 Game Night! (B)	10:00 Go4Life® Walking Club (Meet near Bistro) 31 11:00 Chair Yoga with Wendy (AR) 1:15 Relaxation through Drama (AR) 2:00 What's Your Game? Card Club Your Choice (B) 2:30 Pet Visits with Sarah and her bunny Tyler (All floors) 3:00 Wine and Cheese Social with Ted Bachmeier (B) 6:30 Flex and Stretch with Sue in the Activity Room	

JANUARY 2020

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