

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Big Table BA Baby Area DA Dress-up Area DR Dining Room LR Living Room WS Work Station</p>		<p>Happy New Year!</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 1</p> <p>11:00 Catholic Communion with volunteers (BA)</p> <p>1:30 Bingo (Bistro)</p> <p>2:45 Refreshments</p> <p>3:00 Exercise (DR)</p> <p>4:00 Fun and Games</p> <p>6:00 Entertainment with George Boden (BA)</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 2</p> <p>11:00 Exercise & Mind your Mind Games</p> <p>2:30 Treat Social (LR)</p> <p>2:45 Refreshments</p> <p>4:00 Fun and Games</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:00 Classical Movies with Friends (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 3</p> <p>10:15 Chair Yoga with Wendy</p> <p>1:15 Relaxation through Drama (AR)</p> <p>2:00 Refreshments & Snacks</p> <p>3:00 Wine & Cheese Social with Entertainment (Bistro)</p> <p>4:15 Movie Time (LR)</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 4</p> <p>10:15 Laugh Yoga with Ritu (Activity Room)</p> <p>11:00 Exercise & Mind your Mind Games (LR)</p> <p>11:30 Musical Trivia and Sing along with Rowena (LR)</p> <p>1:30 Bingo Fun (Bistro)</p> <p>2:30 Finger Sandwich Social (Bistro)</p> <p>3:00 Refreshments and Snacks</p> <p>3:30 Mind Training Games</p> <p>4:15 Colouring printouts</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:30 Classical Movies with Friends (LR)</p>
<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 5</p> <p>11:00 Scripture and Song (LR)</p> <p>1:30 Bingo Fun (Bistro)</p> <p>2:30 Smoothie Social and Birthday Celebration on Bistro</p> <p>3:30 Refreshments</p> <p>4:00 Fun and Games (LR)</p> <p>4:15 News Currents Sr.</p> <p>6:00 Stretch and Flex with Sue (LR)</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:30 Physiotherapy, Flex and Stretch with Torey (LR) 6</p> <p>11:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor)</p> <p>1:30 Living with Moma</p> <p>2:30 Refreshments & Snacks</p> <p>3:00 Reminiscing with your Neighbours (LR)</p> <p>3:30 Bingo Fun</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:00 Classical Movies with Friends (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 7</p> <p>10:30 Exercise, Stretch and Flex with Rowena (LR)</p> <p>11:00 Hydration Therapy</p> <p>11:15 Sing along with Word Association</p> <p>11:30 Pet Therapy (All Floors)</p> <p>1:00 Reading: Chicken Soup for the Soul</p> <p>1:30 Word Trivia in LR</p> <p>2:30 Mixed and Drink Social (Bistro)</p> <p>3:30 Mind Games at the Big Table</p> <p>4:00 Trivia or News Current (LR)</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 8</p> <p>11:00 Catholic Communion with volunteers (BA)</p> <p>1:30 Bingo (Bistro)</p> <p>2:45 Refreshments</p> <p>3:00 Exercise (DR)</p> <p>4:00 Fun and Games</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:00 Classical Movies with Friends (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 9</p> <p>10:15 Riddle Me This with Susan B. (AVC)</p> <p>11:00 Exercise & Mind your Mind Games</p> <p>11:30 Hydration Therapy</p> <p>1:00 Bingo Fun on Big Table</p> <p>2:30 Treat Social (LR)</p> <p>3:15 Word Association/trivia and spelling in LR</p> <p>4:00 Fun and Games</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 10</p> <p>11:00 Chair Yoga with Wendy</p> <p>1:15 Nail Care & Hand Massage</p> <p>2:00 Catholic Mass (LR)</p> <p>3:00 Wine & Cheese Social with Entertainment (Bistro)</p> <p>4:00 Refreshments & Snacks</p> <p>4:15 Movie Time</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:00 Classical Movies with Friends (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:15 Laugh Yoga with Sue 11</p> <p>11:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor)</p> <p>11:15 Exercise & Mind your Mind Games (LR)</p> <p>1:30 Bingo Fun</p> <p>2:30 Finger Sandwich Social</p> <p>3:00 Refreshments and Snacks</p> <p>3:30 Mind Training Games</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:30 Cocoa Club (LR)</p>
<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 12</p> <p>11:00 Scripture and Song (LR)</p> <p>11:15 Exercise with Pool Noodle & Balloon</p> <p>1:30 Bingo Fun (Bistro)</p> <p>2:30 Smoothie Social</p> <p>3:00 Refreshments & Snacks</p> <p>3:30 Fun and Games</p> <p>6:30 Stretch and Flex with Sue (LR)</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:00 Classical Movies with Friends (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 13</p> <p>10:30 Physiotherapy, Flex and Stretch with Torey (LR)</p> <p>11:00 Hydration Therapy</p> <p>11:15 Sing along with Rowena in LR</p> <p>1:30 Living with Moma</p> <p>2:00 Word Association and Trivia</p> <p>2:45 Refreshments</p> <p>3:00 Reminiscing with your Neighbours (LR)</p> <p>4:00 Trivia or News Current (LR)</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 14</p> <p>10:30 Exercise, Stretch and Flex with Rowena</p> <p>11:00 Hydration Therapy</p> <p>11:15 Sing along with Rowena (LR)</p> <p>11:30 Pet Therapy (All Floors)</p> <p>2:30 Mind Games at the Big Table</p> <p>2:45 Refreshments</p> <p>3:00 Travel Talk: Germany (Activity Room)</p> <p>4:00 Trivia or News Current (LR)</p> <p>6:15 Zumba with JoAnne (Activity Room)</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:00 Classical Movies with Friends (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 15</p> <p>11:00 Catholic Prayer Service with Communion (LR)</p> <p>1:30 Bingo (Bistro)</p> <p>2:45 Refreshments</p> <p>3:00 Exercise (DR)</p> <p>4:00 Fun and Games</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 16</p> <p>11:00 Exercise & Mind your Mind Games</p> <p>2:30 Treat Social (LR)</p> <p>2:45 Refreshments</p> <p>4:00 Fun and Games</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:00 Classical Movies with Friends (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 17</p> <p>10:15 Chair Yoga with Wendy</p> <p>1:15 Relaxation through Drama (Activity Room)</p> <p>2:45 Refreshments</p> <p>3:00 Wine & Cheese Social with Entertainment (Bistro)</p> <p>4:15 Mind & Word Games</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 18</p> <p>10:30 Word Association/Letter T in LR</p> <p>11:00 Exercise & Mind your Mind Games (LR)</p> <p>11:30 Sing along with Rowena (LR)</p> <p>1:30 Bingo Fun (Bistro)</p> <p>2:30 Finger Sandwich Social (Bistro)</p> <p>3:00 Refreshments and Snacks</p> <p>4:00 News Currents Sr.</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:00 Classical Movies with Friends (LR)</p> <p>7:30 Cocoa Club (LR)</p>
<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 19</p> <p>11:00 Scripture and Song (LR)</p> <p>1:30 Bingo Fun (Bistro)</p> <p>2:30 Smoothie Social</p> <p>3:00 Refreshments</p> <p>4:00 Fun and Games (LR)</p> <p>6:00 Stretch and Flex with Sue (LR)</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 20</p> <p>10:30 Physiotherapy, Flex and Stretch with Torey (LR)</p> <p>11:00 January Raffle Tickets! First floor near concierge</p> <p>1:30 Word Search with Sue</p> <p>1:30 Living with Moma</p> <p>2:45 Refreshments</p> <p>3:00 Reminiscing with your Neighbours (LR)</p> <p>4:00 Trivia or News Current (LR)</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:00 Classical Movies with Friends (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 21</p> <p>10:30 Exercise, Stretch and Flex with Rowena in LR</p> <p>11:00 Hydration Therapy</p> <p>11:15 Word Association/Word begins with letter 'G'</p> <p>11:30 Pet Therapy (All Floors)</p> <p>2:30 Well Drink Social</p> <p>3:30 Live with Artistry: Meet me at MOMA</p> <p>4:00 Trivia or News Current (LR)</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 22</p> <p>11:00 Catholic Prayer Service with Communion (LR)</p> <p>1:30 Bingo (Bistro)</p> <p>2:45 Refreshments</p> <p>3:00 Exercise (DR)</p> <p>4:00 Fun and Games</p> <p>6:00 Entertainment with George Boden (LR)</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:00 Classical Movies with Friends (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 23</p> <p>11:00 Exercise & Mind your Mind Games</p> <p>2:00 Coffee Break</p> <p>2:30 Jeopardy</p> <p>2:30 Treat Social (LR)</p> <p>2:45 Refreshments</p> <p>3:30 Raffle Draw with Coffee Social! (Bistro)</p> <p>4:00 Fun and Games</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 24</p> <p>11:00 Chair Yoga (Activity Room)</p> <p>11:30 Singing along with Rowena in LR</p> <p>1:15 Relaxation through Drama (Activity Room)</p> <p>2:00 Reading : Chicken Soup for the Soul</p> <p>2:30 Refreshments</p> <p>3:00 Pet Visits with Sarah and her bunny (Bistro)</p> <p>3:15 Arts and crafts on Big Table</p> <p>4:15 Mind & Word Games</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 25</p> <p>11:00 Body fit</p> <p>11:00 Exercise & Mind your Mind Games (LR)</p> <p>1:30 Baking/Snack Prep with Friends (DR)</p> <p>2:30 Neighbourhood Social</p> <p>2:45 Refreshments</p> <p>3:00 Refreshments and Snacks</p> <p>3:30 Singalong</p> <p>3:30 Mind Training Games</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:30 Cocoa Club (LR)</p>
<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 26</p> <p>11:00 Scripture and Song (LR)</p> <p>1:30 Bingo Fun (Bistro)</p> <p>2:30 Smoothie Social</p> <p>2:45 Refreshments</p> <p>3:45 Singalong</p> <p>4:00 Fun and Games (LR)</p> <p>6:00 Stretch and Flex with Sue (LR)</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:00 Classical Movies with Friends (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>4:00 Art 27</p> <p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor)</p> <p>10:30 Physiotherapy, Flex and Stretch with Torey (LR)</p> <p>11:00 Hydration</p> <p>11:15 Anglican Communion (LR)</p> <p>11:15 Reading Chicken soup</p> <p>1:30 Living with Moma</p> <p>2:30 Birthday Celebrations with Entertainment</p> <p>2:45 Refreshments</p> <p>3:00 Reminiscing with your Neighbours (LR)</p> <p>4:00 Trivia or News Current (LR)</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Bus Outing : Brunch to Hi-Ho Restaurant 28</p> <p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor)</p> <p>10:30 Exercise, Stretch and Flex with Rowena</p> <p>11:00 Residents' Council (Activity Room)</p> <p>11:00 Hydration Therapy</p> <p>11:15 SingFit®</p> <p>11:30 Pet Therapy (All Floors)</p> <p>2:30 Mind Games at the Big Table</p> <p>3:00 Travel Talk: Japan (Activity Room)</p> <p>4:00 Trivia or News Current (LR)</p> <p>6:15 Zumba! With JoAnne (Activity Room)</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:00 Classical Movies with Friends (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 29</p> <p>11:00 Catholic Prayer Service with Communion (LR)</p> <p>1:30 Bingo (Bistro)</p> <p>2:45 Refreshments</p> <p>3:00 Exercise (DR)</p> <p>3:30 Group Singalong</p> <p>4:00 Fun and Games</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor) 30</p> <p>10:30 Word search</p> <p>11:00 Exercise & Mind your Mind Games</p> <p>11:15 Anglican Communion: Rescheduled from Monday (LR)</p> <p>1:30 Total Brain Health</p> <p>2:30 Treat Social (LR)</p> <p>2:45 Refreshments</p> <p>4:00 SingFit®</p> <p>4:00 Fun and Games</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:00 Classical Movies with Friends (LR)</p> <p>7:30 Cocoa Club (LR)</p>	<p>2:00 Bingo 31</p> <p>10:00 Go 4 Life Walk, Hydrate Yourself and Ring your Bell (Community and 4th Floor)</p> <p>10:30 Style it Beautiful</p> <p>11:00 Chair Yoga (Activity Room)</p> <p>1:15 Relaxation through Drama (Activity Room)</p> <p>2:45 Refreshments</p> <p>3:00 Wine & Cheese Social with Entertainment (Bistro)</p> <p>4:15 Mind & Word Games</p> <p>7:00 Wheel of Fortune (LR)</p> <p>7:30 Cocoa Club (LR)</p>	