




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4th floor AR Activity Room BR Bistro CA Common Area TF Third Floor</p>					<p>9:30 Physio Exercise (TF) <b>1</b> 10:30 Sit and Fit Physio (TF) 10:30 Brain Teasers (BR) 11:00 Bible Study (CA) 2:00 Cooking Club (AR) 3:00 Wine and Cheese Social (BR) 3:30 Fun Facts 5:45 Friday Movie Night (CA)</p>	<p>10:00 Yoga Circle (CA) <b>2</b> 11:30 Word Search (BR) 1:30 walking Club (CA) 2:00 Bingo (BR) 3:00 Fruit Social (BR) 3:30 Trivia Questions 6:00 Live with Reflection - Meditation (AR)</p>
<p>10:00 Group Exercise: Ball Toss (AR) <b>3</b> 10:30 Walking Club (CA) 11:00 Church Choir (CA) 11:00 Scrabble Club (BR) 2:00 Afternoon Movie and Popcorn (CA) 3:00 Parfait Social (BR) 3:30 Trivia Time (BR) 5:45 Evening Social (CA)</p>	<p>9:30 Physio Exercise (TF) <b>4</b> 10:30 Sit and Fit Physio (TF) 11:00 Puzzles and Word Games (AR) 2:00 Meet me at MOMA (AR) 3:00 Baked Social and Brain Teasers (BR) 3:30 Brain Teasers (BR) 6:00 Live with Reflection - Meditation (AR)</p>	<p>9:45 PFit (CA) <b>5</b> 10:45 News Currents Club (AR) 1:30 Go for Life: Walking Club (AR) 2:15 1-1 freindly visits (AR) 3:00 Healthy Social (BR) 3:30 Mind Games (BR) 4:30 Live with Anticipation: Diner Club (AR)</p>	<p>9:30 Physio Exercise (TF) <b>6</b> 10:30 Sit and Fit Physio (TF) 11:00 Restaurant outing 11:00 Catholic Church (AR) 2:00 Table Games (AR) 3:00 Chef Special Social (BR) 3:30 Brain Exercise (BR) 5:45 Puzzles and Word Games (AR) 6:15 Meet me at MOMA (Art Therapy) (AR)</p>	<p>10:15 Fundance (CA) <b>7</b> 11:00 Scrabble Club (BR) 1:30 Go for Life: walking Club (CA) 2:15 Bingo (AR) 3:00 Sweet and Savory Social (BR) 3:30 Mental Aerobics 6:00 Live with Reflection - Meditation (AR)</p>	<p>9:30 Physio Exercise (TF) <b>8</b> 10:30 Sit and Fit Physio (TF) 10:30 Brain Teasers (BR) 11:00 Bible Study (CA) 2:00 Cooking Club (AR) 3:00 Wine and Cheese Social (BR) 3:30 Fun Facts 5:45 Friday Movie Night (CA)</p>	<p>10:00 Yoga Circle (CA) <b>9</b> 11:30 Word Search (BR) 1:30 walking Club (CA) 2:00 Bingo (BR) 3:00 Fruit Social (BR) 3:30 Trivia Questions 6:00 Live with Reflection - Meditation (AR)</p>
<p>10:00 Group Exercise: Ball Toss (AR) <b>10</b> 10:30 Walking Club (CA) 11:00 Scrabble Club (BR) 2:00 Afternoon Movie and Popcorn (CA) 3:00 Parfait Social (BR) 3:30 Trivia Time (BR) 5:45 Evening Social (CA)</p>	<p>9:30 Physio Exercise (TF) <b>11</b> 10:30 Sit and Fit Physio (TF) 11:00 Puzzles and Word Games (AR) 2:00 Remembrance Day Celebration (CA) 3:00 Baked Social and Brain Teasers (BR) 3:30 Brain Teasers (BR) 6:00 Live with Reflection - Meditation (AR)</p>	<p>9:45 PFit (CA) <b>12</b> 10:45 News Currents Club (AR) 1:30 Go for Life: Walking Club (AR) 2:15 Update your shadow box (AR) 3:00 Healthy Social (BR) 3:30 Mind Games (BR) 4:30 Live with Anticipation: Diner Club (AR)</p>	<p>9:30 Physio Exercise (TF) <b>13</b> 10:00 Casa Loma lunch outing 10:30 Sit and Fit Physio (TF) 11:00 Catholic Church (AR) 2:00 Table Games (AR) 3:00 Chef Special Social (BR) 3:30 Brain Exercise (BR) 5:45 Puzzles and Word Games (AR) 6:15 Meet me at MOMA (Art Therapy) (AR)</p>	<p>10:15 Fundance (CA) <b>14</b> 11:00 Scrabble Club (BR) 1:30 Go for Life: walking Club (CA) 2:15 Bingo (AR) 3:00 Sweet and Savory Social (BR) 3:30 Mental Aerobics 6:00 Live with Reflection - Meditation (AR)</p>	<p>9:30 Physio Exercise (TF) <b>15</b> 10:30 Sit and Fit Physio (TF) 10:30 Brain Teasers (BR) 11:00 Bible Study (CA) 2:00 Cooking Club (AR) 3:00 Wine and Cheese Social (BR) 3:30 Fun Facts 5:45 Friday Movie Night (CA)</p>	<p>10:00 Yoga Circle (CA) <b>16</b> 11:30 Word Search (BR) 1:30 walking Club (CA) 2:00 Bingo (BR) 3:00 Fruit Social (BR) 3:30 Trivia Questions 6:00 Live with Reflection - Meditation (AR)</p>
<p>10:00 Group Exercise: Ball Toss (AR) <b>17</b> 10:30 Walking Club (CA) 11:00 Scrabble Club (BR) 2:00 Afternoon Movie and Popcorn (CA) 3:00 Parfait Social (BR) 3:30 Trivia Time (BR) 5:45 Evening Social (CA)</p>	<p>9:30 Physio Exercise (TF) <b>18</b> 10:30 Sit and Fit Physio (TF) 11:00 Puzzles and Word Games (AR) 2:00 Meet me at MOMA (AR) 3:00 Baked Social and Brain Teasers (BR) 3:30 Brain Teasers (BR) 6:00 Live with Reflection - Meditation (AR)</p>	<p>9:45 PFit (CA) <b>19</b> 10:45 News Currents Club (AR) 1:30 Go for Life: Walking Club (AR) 2:15 1-1 freindly visits (AR) 3:00 Healthy Social (BR) 3:30 Mind Games (BR) 4:30 Live with Anticipation: Diner Club (AR)</p>	<p>9:30 Bowling lunch outing <b>20</b> 9:30 Physio Exercise (TF) 10:30 Sit and Fit Physio (TF) 11:00 Catholic Church (AR) 2:00 Table Games (AR) 3:00 Chef Special Social (BR) 3:30 Brain Exercise (BR) 5:45 Puzzles and Word Games (AR) 6:15 Meet me at MOMA (Art Therapy) (AR)</p>	<p>10:15 Fundance (CA) <b>21</b> 11:00 Scrabble Club (BR) 1:30 Go for Life: walking Club (CA) 2:15 "Kurdish festival" special event (AR) 3:00 Sweet and Savory Social (BR) 3:30 Mental Aerobics 6:00 Live with Reflection - Meditation (AR)</p>	<p>9:30 Physio Exercise (TF) <b>22</b> 10:30 Sit and Fit Physio (TF) 10:30 Brain Teasers (BR) 11:00 Bible Study (CA) 2:00 Cooking Club (AR) 3:00 Wine and Cheese Social (BR) 3:30 Fun Facts 5:45 Friday Movie Night (CA)</p>	<p>10:00 Yoga Circle (CA) <b>23</b> 11:30 Word Search (BR) 1:30 walking Club (CA) 2:00 Bingo (BR) 3:00 Fruit Social (BR) 3:30 Trivia Questions 6:00 Live with Reflection - Meditation (AR)</p>
<p>10:00 Group Exercise: Ball Toss (AR) <b>24</b> 10:30 Walking Club (CA) 11:00 Scrabble Club (BR) 2:00 Afternoon Movie and Popcorn (CA) 3:00 Parfait Social (BR) 3:30 Trivia Time (BR) 5:45 Evening Social (CA)</p>	<p>9:30 Physio Exercise (TF) <b>25</b> 10:30 Sit and Fit Physio (TF) 11:00 Puzzles and Word Games (AR) 2:00 Meet me at MOMA (AR) 3:00 Baked Social and Brain Teasers (BR) 3:30 Brain Teasers (BR) 6:00 Live with Reflection - Meditation (AR)</p>	<p>9:45 PFit (CA) <b>26</b> 10:00 St. Joseph Kindergarten visit (AR) 1:30 Go for Life: Walking Club (AR) 2:15 1-1 freindly visits (AR) 3:00 Healthy Social (BR) 3:30 Mind Games (BR) 4:30 Live with Anticipation: Diner Club (AR)</p>	<p>9:30 Physio Exercise (TF) <b>27</b> 10:30 Sit and Fit Physio (TF) 11:00 Catholic Church (AR) 2:00 Table Games (AR) 3:00 Chef Special Social (BR) 3:30 Brain Exercise (BR) 5:45 Puzzles and Word Games (AR) 6:15 Meet me at MOMA (Art Therapy) (AR)</p>	<p>10:15 Fundance (CA) <b>28</b> 11:00 Scrabble Club (BR) 1:30 Go for Life: walking Club (CA) 2:15 Beauty Corner (AR) 3:00 Sweet and Savory Social (BR) 3:30 Mental Aerobics 6:00 Live with Reflection - Meditation (AR)</p>	<p>9:30 Physio Exercise (TF) <b>29</b> 10:30 Sit and Fit Physio (TF) 10:30 Brain Teasers (BR) 11:00 Bible Study (CA) 2:00 Christmas Decoration (AR) 3:00 Wine and Cheese Social (BR) 3:30 Fun Facts 5:45 Friday Movie Night (CA)</p>	<p>10:00 Yoga Circle (CA) <b>30</b> 11:30 Word Search (BR) 1:30 walking Club (CA) 2:00 Bingo (BR) 3:00 Fruit Social (BR) 3:30 Trivia Questions 6:00 Live with Reflection - Meditation (AR)</p>