




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4K Kitchen on 4th floor AR Activity Room CA Common Area on First Floor TR TV room					9:30 Walking Club 1 10:30 Bible Study 11:00 Sit and Fit Physio (TR) 1:30 Word Search and Pictionary (4K) 2:00 Spiritual Time 3:00 Trivia Social (TR) 5:15 Friday Movie (TR) 7:00 Hand Massage	10:00 Exercise Essential: Ball Toss (TR) 2 11:00 Walking Club 2:00 Happy hour: Music and Dance 3:00 Social Trivia (TR) 5:30 Documentary Video (TR) 6:00 Live with Reflection: Meditation
9:30 Exercise Essentials: Range of Motion (TR) 3 10:30 Walking club 11:00 Church Choir 11:00 News Currents (TR) 12:30 Baking Club (4K) 12:30 News Currents (TR) 2:00 Adult Coloring 2:00 Afternoon Movie and Popcorn 3:00 Mental Aerobics and Social (TR) 6:00 Movie Social (TR)	10:00 Walking Club with Sonja (TR) 4 11:00 Sit and Fit Physio (TR) 12:30 Story Time (TR) 2:00 Hand Massage 3:00 Trivia/Fun Facts and Social (TR) 5:30 Movie time 6:00 Live with Reflection/Meditation	10:00 Exercise Essential: Ball Toss (TR) 5 10:30 Adult Coloring with Students (4K) 11:00 Walking Club 1:30 Peeling vegetables for Kitchen 2:30 Music Appreciation (TR) 3:30 Trivia and Brain games and Socials (TR) 4:30 Live with Anticipation Club: Diner Club (AR) 6:00 Documentary Video (TR)	9:30 Walking Club with Care Managers 6 10:30 Meet me at MOMA (4K) 11:00 Walking Club 11:00 Restaurant outing 11:00 Sit and Fit Physio (TR) 11:00 Catholic Church 1:30 Bingo (4K) 2:30 Happy hour with Danny 3:30 Trivia and Fun Facts and Socials (TR) 7:00 Beauty Corner with Sonja (AR)	9:45 Fundance 7 11:00 Walking Club 12:30 News Currents Club (TR) 1:30 Go for Life: Bowling (TR) 2:30 Sing along 3:30 Chicken soup for Souland Socials (TR) 5:30 Musical Movie 6:00 Live with Reflection: Meditation	9:30 Walking Club 8 10:30 Bible Study 11:00 Sit and Fit Physio (TR) 1:30 Word Search and Pictionary (4K) 2:00 Spiritual Time 3:00 Trivia Social (TR) 5:15 Friday Movie (TR) 7:00 Hand Massage	10:00 Exercise Essential: Ball Toss (TR) 9 11:00 Walking Club 2:00 Happy hour: Music and Dance 3:00 Social Trivia (TR) 5:30 Documentary Video (TR) 6:00 Live with Reflection: Meditation
9:30 Exercise Essentials: Range of Motion (TR) 10 10:30 Walking club 11:00 News Currents (TR) 12:30 Baking Club (4K) 12:30 News Currents (TR) 2:00 Adult Coloring 2:00 Afternoon Movie and Popcorn 3:00 Mental Aerobics and Social (TR) 6:00 Movie Social (TR)	10:00 Walking Club with Sonja (TR) 11 11:00 Sit and Fit Physio (TR) 12:30 Story Time (TR) 2:00 Remembrance day Celebration (CA) 2:00 Hand Massage 3:00 Trivia/Fun Facts and Social (TR) 5:30 Movie time 6:00 Live with Reflection/Meditation	10:00 Exercise Essential: Ball Toss (TR) 12 10:30 Adult Coloring with Students (4K) 11:00 Walking Club 1:30 Peeling vegetables for Kitchen 2:30 Music Appreciation (TR) 3:30 Trivia and Brain games and Socials (TR) 4:30 Live with Anticipation Club: Diner Club (AR) 6:00 Documentary Video (TR)	9:30 Walking Club with Care Managers 13 10:00 Casa Loma lunch outing 10:30 Meet me at MOMA (4K) 11:00 Sit and Fit Physio (TR) 11:00 Catholic Church 1:30 Bingo (4K) 2:30 Happy hour with Danny 3:30 Trivia and Fun Facts and Socials (TR) 7:00 Beauty Corner with Sonja (AR)	9:45 Fundance 14 11:00 Walking Club 12:30 News Currents Club (TR) 1:30 Go for Life: Bowling (TR) 2:30 Sing along 3:30 Chicken soup for Souland Socials (TR) 5:30 Musical Movie 6:00 Live with Reflection: Meditation	9:30 Walking Club 15 10:30 Bible Study 11:00 Sit and Fit Physio (TR) 1:30 Word Search and Pictionary (4K) 2:00 Spiritual Time 3:00 Trivia Social (TR) 5:15 Friday Movie (TR) 7:00 Hand Massage	10:00 Exercise Essential: Ball Toss (TR) 16 11:00 Walking Club 2:00 Happy hour: Music and Dance 3:00 Social Trivia (TR) 5:30 Documentary Video (TR) 6:00 Live with Reflection: Meditation
9:30 Exercise Essentials: Range of Motion (TR) 17 10:30 Walking club 11:00 News Currents (TR) 12:30 Baking Club (4K) 12:30 News Currents (TR) 2:00 Adult Coloring 2:00 Afternoon Movie and Popcorn 3:00 Mental Aerobics and Social (TR) 6:00 Movie Social (TR)	10:00 Walking Club with Sonja (TR) 18 11:00 Sit and Fit Physio (TR) 12:30 Story Time (TR) 2:00 Hand Massage 3:00 Trivia/Fun Facts and Social (TR) 5:30 Movie time 6:00 Live with Reflection/Meditation	10:00 Exercise Essential: Ball Toss (TR) 19 10:30 Adult Coloring with Students (4K) 11:00 Walking Club 1:30 Peeling vegetables for Kitchen 2:30 Music Appreciation (TR) 3:30 Trivia and Brain games and Socials (TR) 4:30 Live with Anticipation Club: Diner Club (AR) 6:00 Documentary Video (TR)	9:30 Bowling lunch outing 20 9:30 Walking Club with Care Managers 10:30 Meet me at MOMA (4K) 11:00 Sit and Fit Physio (TR) 11:00 Catholic Church 1:30 Bingo (4K) 2:30 Happy hour with Danny 3:30 Trivia and Fun Facts and Socials (TR) 7:00 Beauty Corner with Sonja (AR)	9:45 Fundance 21 11:00 Walking Club 12:30 News Currents Club (TR) 1:30 Go for Life: Bowling (TR) 2:30 Sing along 3:30 Chicken soup for Souland Socials (TR) 5:30 Musical Movie 6:00 Live with Reflection: Meditation	9:30 Walking Club 22 10:30 Bible Study 11:00 Sit and Fit Physio (TR) 1:30 Word Search and Pictionary (4K) 2:00 Spiritual Time 3:00 Trivia Social (TR) 5:15 Friday Movie (TR) 7:00 Hand Massage	10:00 Exercise Essential: Ball Toss (TR) 23 11:00 Walking Club 2:00 Happy hour: Music and Dance 3:00 Social Trivia (TR) 5:30 Documentary Video (TR) 6:00 Live with Reflection: Meditation
9:30 Exercise Essentials: Range of Motion (TR) 24 10:30 Walking club 11:00 News Currents (TR) 12:30 Baking Club (4K) 12:30 News Currents (TR) 2:00 Adult Coloring 2:00 Afternoon Movie and Popcorn 3:00 Mental Aerobics and Social (TR) 6:00 Movie Social (TR)	10:00 Walking Club with Sonja (TR) 25 11:00 Sit and Fit Physio (TR) 12:30 Story Time (TR) 2:00 Hand Massage 3:00 Trivia/Fun Facts and Social (TR) 5:30 Movie time 6:00 Live with Reflection/Meditation	10:00 Exercise Essential: Ball Toss (TR) 26 10:30 Adult Coloring with Students (4K) 11:00 Walking Club 1:30 Peeling vegetables for Kitchen 2:30 Music Appreciation (TR) 3:30 Trivia and Brain games and Socials (TR) 4:30 Live with Anticipation Club: Diner Club (AR) 6:00 Documentary Video (TR)	9:30 Walking Club with Care Managers 27 10:30 Meet me at MOMA (4K) 11:00 Sit and Fit Physio (TR) 11:00 Catholic Church 1:30 Bingo (4K) 2:30 Happy hour with Danny 3:30 Trivia and Fun Facts and Socials (TR) 7:00 Beauty Corner with Sonja (AR)	9:45 Fundance 28 11:00 Walking Club 12:30 News Currents Club (TR) 1:30 Go for Life: Bowling (TR) 2:30 Sing along 3:30 Chicken soup for Souland Socials (TR) 5:30 Musical Movie 6:00 Live with Reflection: Meditation	9:30 Walking Club 29 10:30 Bible Study 11:00 Sit and Fit Physio (TR) 1:30 Word Search and Pictionary (4K) 2:00 Spiritual Time 3:00 Trivia Social (TR) 5:15 Friday Movie (TR) 7:00 Hand Massage	10:00 Exercise Essential: Ball Toss (TR) 30 11:00 Walking Club 2:00 Happy hour: Music and Dance 3:00 Social Trivia (TR) 5:30 Documentary Video (TR) 6:00 Live with Reflection: Meditation