

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Ground Floor Arts & Craft Room B 2nd Floor Bistro BT 2nd Floor Bistro TV D 2nd Floor Dinning Room GB Ground Floor Bistro GD Ground Floor Dinning Room GF Ground Floor GT Ground Floor Theater T 2nd Floor Theater					10:00 Go4Life® Walking Club (GF) <b>1</b> 10:45 Exercise Essentials with Novo Peak Health (B) 11:00 <b>Relax &amp; Swim (GF)</b> 11:15 Cranium Crunches! 2:00 Bingo! (B) 2:30 <i>Wine &amp; Cheese Social (B)</i> 3:00 <b>Music Therapy with Sarah (B)</b> 4:15 Carnival Games! (B) 5:00 <b>Shabbat Candle Lighting (GT)</b> 6:30 Sing-a-long! (B)	10:00 Go4Life® Walking Club (GF) <b>2</b> 10:45 Exercise Class (B) 11:15 Sing-a-long (B) 2:00 Puzzles/Scrabble Club (B) 2:30 <i>Fresh Fruit Social (B)</i> 3:00 Lets Chat/Discussions (B) 4:15 Bingo! with the AVA (B) 6:15 Movie Night & Popcorn Social (T)
10:00 Go4Life® Walking Club (GF) <b>3</b> 10:45 Exercise Class (B) 11:15 Music and Art Mixer (B) 2:00 Independent Scrabble & Games Club (B) 2:30 <i>Hot Chocolate Social (B)</i> 3:30 <b>Sing-a-long with Ron</b> 6:15 Movie Night & Popcorn Social (T)	10:00 Go4Life® Walking Club (GF) <b>4</b> 10:45 Exercise Essentials with Novo Peak Health (B) 11:20 Cranium Crunches with Elise (B) 2:30 <i>Hot Apple Cider Social</i> 3:00 Bingo! with Roland 4:00 Games and Discussions with Roland (BT) 6:15 Classic Movie Night (T)	10:00 Go4Life® Walking Club (GF) <b>5</b> 10:30 Chair Yoga and Breathing Exercises (B) 11:00 <b>Pet Therapy with Karyn &amp; Charlie (B)</b> 11:15 Trivia Tuesdays! (B) 1:00 <b>Outing: Visiting Therapy Horses</b> 2:30 Popcorn & Fruit-punch Social (B) 3:30 Community Baking Program 4:15 Puzzle Club (B) 6:15 Sing-a-long! (B)	10:00 Go4Life® Walking Club (GF) <b>6</b> 10:45 Exercise Essentials with Novo Peak Health (B) 11:15 Cranium Crunches with Lindsay (B) 2:30 <i>Milkshake Social (B)</i> 3:00 Bingo! with Roland 4:15 Puzzle Club (B) 6:30 Brief sing-a-long (B) 7:30 Classical Piano Concert with Nicole A. (GT)	10:00 Go4Life® Walking Club (GF) <b>7</b> 10:45 Exercise Class (B) 11:15 News Currents Sr. presentation (BT) 2:15 <b>Outing: Symposium Cafe</b> 2:15 Scrabble Club 2:30 <i>Tea/coffee time Social (B)</i> 3:15 Art Club: Meet me at MoMA (B) 3:30 Music and Discussion 4:00 Show your green thumb: Flower arranging (B) 6:15 Evening Games (B) 7:00 <b>Hymn Sing with St. Theodore's Church Choir (REM)</b>	10:00 Go4Life® Walking Club (GF) <b>8</b> 10:45 Exercise Essentials with Novo Peak Health (B) 2:00 Bingo! (B) 2:30 <i>Wine &amp; Cheese Social (B)</i> 3:00 Bingo! (B) 3:00 <b>Music Therapy with Sarah (B)</b> 4:15 Carnival Games! (B) 5:00 <b>Shabbat Candle Lighting (GT)</b> 6:30 Sing-a-long! (B)	10:00 Go4Life® Walking Club (GF) <b>9</b> 10:45 Exercise Class (B) 11:15 Sing-a-long (B) 2:00 Puzzles/Scrabble Club (B) 2:30 <i>Fresh Fruit Social (B)</i> 3:00 Lets Chat/Discussions (B) 4:15 Bingo! with the AVA (B) 6:15 Movie Night & Popcorn Social (T)
10:00 Go4Life® Walking Club (GF) <b>10</b> 10:45 Exercise Class (B) 11:15 Music and Art Mixer (B) 2:00 Independent Scrabble & Games Club (B) 2:30 <i>Hot Chocolate Social (B)</i> 3:30 <b>Sing-a-long with Ron</b> 6:15 Movie Night & Popcorn Social (T)	<b>Remembrance Day</b> 10:00 <b>Remembrance Day Service</b> 10:00 Go4Life® Walking Club (GF) 10:45 Exercise Essentials with Novo Peak Health (B) 11:20 Cranium Crunches with Elise (B) 2:30 <i>Hot Apple Cider Social</i> 3:00 Bingo! with Roland 4:00 Games and Discussions with Roland (BT) 6:15 Classic Movie Night (T)	10:00 Go4Life® Walking Club (GF) <b>12</b> 10:30 Chair Yoga and Breathing Exercises (B) 11:00 <b>Pet Therapy with Karyn &amp; Charlie (B)</b> 11:15 Trivia Tuesdays! (B) 2:00 <b>Outing: Reptilia</b> 2:30 Popcorn & Fruit-punch Social (B) 3:30 Community Baking Program 4:15 Puzzle Club (B) 6:15 Sing-a-long! (B)	10:00 Go4Life® Walking Club (GF) <b>13</b> 10:45 Exercise Essentials with Novo Peak Health (B) 11:00 <b>Church Service with Rev. Budgey (AR)</b> 11:15 Cranium Crunches with Lindsay (B) 11:30 <b>Lunch outing: Red Lobster</b> 2:30 <i>Milkshake Social (B)</i> 3:00 Bingo! with Roland 6:30 Brief sing-a-long (B) 7:30 Concert with Marcus Schwan (T)	10:00 Go4Life® Walking Club (GF) <b>14</b> 10:45 Exercise Class (B) 11:15 News Currents Sr. presentation (BT) 2:15 Scrabble Club 2:30 <i>Tea/coffee time Social (B)</i> 3:15 Art Club: Meet me at MoMA (B) 3:30 Music and Discussion 4:00 Show your green thumb: Flower arranging (B) 6:15 Evening Games (B)	10:00 Go4Life® Walking Club (GF) <b>15</b> 10:45 Exercise Essentials with Novo Peak Health (B) 11:00 <b>Relax &amp; Swim (GF)</b> 2:00 Bingo! (B) 2:30 <i>Wine &amp; Cheese Social (B)</i> 3:00 Bingo! (B) 3:00 <b>Music Therapy with Sarah (B)</b> 4:15 Carnival Games! (B) 5:00 <b>Shabbat Candle Lighting (GT)</b> 6:30 Sing-a-long! (B)	10:00 Go4Life® Walking Club (GF) <b>16</b> 10:45 Exercise Class (B) 11:15 Sing-a-long (B) 2:00 Puzzles/Scrabble Club (B) 2:30 <i>Fresh Fruit Social (B)</i> 3:00 Lets Chat/Discussions (B) 4:15 Bingo! with the AVA (B) 6:15 Movie Night & Popcorn Social (T)
10:00 Go4Life® Walking Club (GF) <b>17</b> 10:45 Exercise Class (B) 11:15 Music and Art Mixer (B) 2:00 Independent Scrabble & Games Club (B) 2:30 <i>Hot Chocolate Social (B)</i> 3:30 <b>Sing-a-long with Ron</b> 6:15 Movie Night & Popcorn Social (T)	10:00 Go4Life® Walking Club (GF) <b>18</b> 10:45 Exercise Essentials with Novo Peak Health (B) 11:20 Cranium Crunches with Elise (B) 2:30 <i>Hot Apple Cider Social</i> 3:00 Bingo! with Roland 4:00 Games and Discussions with Roland (BT) 6:15 Classic Movie Night (T)	10:00 Go4Life® Walking Club (GF) <b>19</b> 10:30 Chair Yoga and Breathing Exercises (B) 11:00 <b>Pet Therapy with Karyn &amp; Charlie (B)</b> 11:15 Trivia Tuesdays! (B) 2:00 <b>Outing: Casino!</b> 2:30 Popcorn & Fruit-punch Social (B) 3:30 Community Baking Program 4:15 Puzzle Club (B) 6:15 Sing-a-long! (B)	10:00 Go4Life® Walking Club (GF) <b>20</b> 10:45 Exercise Essentials with Novo Peak Health (B) 11:15 Cranium Crunches with Lindsay (B) 2:30 <i>Milkshake Social (B)</i> 3:00 Bingo! with Roland 6:30 Brief sing-a-long (B) 7:30 Concert with The Shira Singers (T)	10:00 Go4Life® Walking Club (GF) <b>21</b> 10:45 Exercise Class (B) 11:15 News Currents Sr. presentation (BT) 2:15 <b>Outing: Panera Bread Cafe</b> 2:15 Scrabble Club 2:30 <i>Tea/coffee time Social (B)</i> 3:15 Art Club: Meet me at MoMA (B) 3:30 Music and Discussion 4:00 Show your green thumb: Flower arranging (B) 6:15 Evening Games (B)	10:00 Go4Life® Walking Club (GF) <b>22</b> 10:45 Exercise Essentials with Novo Peak Health (B) 2:00 Bingo! (B) 2:30 <i>Wine &amp; Cheese Social (B)</i> 3:00 Bingo! (B) 3:00 <b>Music Therapy with Sarah (B)</b> 4:15 Carnival Games! (B) 5:00 <b>Shabbat Candle Lighting (GT)</b> 6:30 Sing-a-long! (B)	10:00 Go4Life® Walking Club (GF) <b>23</b> 10:45 Exercise Class (B) 11:15 Sing-a-long (B) 2:00 Puzzles/Scrabble Club (B) 2:30 <i>Fresh Fruit Social (B)</i> 3:00 Lets Chat/Discussions (B) 4:15 Bingo! with the AVA (B) 6:15 Movie Night & Popcorn Social (T)
10:00 Go4Life® Walking Club (GF) <b>24</b> 10:45 Exercise Class (B) 11:15 Music and Art Mixer (B) 2:00 Independent Scrabble & Games Club (B) 2:30 <i>Hot Chocolate Social (B)</i> 3:00 <b>Music Concert with Willy Lindo!</b> 6:15 Movie Night & Popcorn Social (T)	10:00 Go4Life® Walking Club (GF) <b>25</b> 10:45 Exercise Essentials with Novo Peak Health (B) 11:20 Cranium Crunches with Elise (B) 2:30 <i>Hot Apple Cider Social</i> 3:00 Bingo! with Roland 4:00 Games and Discussions with Roland (BT) 6:15 Classic Movie Night (T)	10:00 Go4Life® Walking Club (GF) <b>26</b> 10:30 <b>Outing: Starbucks Coffee</b> 10:30 Chair Yoga and Breathing Exercises (B) 11:00 <b>Pet Therapy with Karyn &amp; Charlie (B)</b> 11:15 Trivia Tuesdays! (B) 2:30 Popcorn & Fruit-punch Social (B) 3:30 Community Baking Program 4:15 Puzzle Club (B) 6:15 Sing-a-long! (B)	10:00 Go4Life® Walking Club (GF) <b>27</b> 10:45 Exercise Essentials with Novo Peak Health (B) 11:15 Cranium Crunches with Lindsay (B) 11:30 <b>Monthly Luncheon Club!</b> 2:00 <b>Outing: Bowling!</b> 2:30 <i>Milkshake Social (B)</i> 3:00 Bingo! with Roland 6:30 Brief sing-a-long (B) 7:30 Concert with Nina Richmond (T)	10:00 Go4Life® Walking Club (GF) <b>28</b> 10:45 Exercise Class (B) 11:15 News Currents Sr. presentation (BT) 2:15 Scrabble Club 2:30 <i>Tea/coffee time Social (B)</i> 3:15 Art Club: Meet me at MoMA (B) 3:30 Music and Discussion 4:00 Show your green thumb: Flower arranging (B) 6:15 Evening Games (B)	10:00 Go4Life® Walking Club (GF) <b>29</b> 10:45 Exercise Essentials with Novo Peak Health (B) 2:00 Bingo! (B) 2:30 <i>Wine &amp; Cheese Social (B)</i> 3:00 Bingo! (B) 3:00 <b>Music Therapy with Sarah (B)</b> 4:15 Carnival Games! (B) 5:00 <b>Shabbat Candle Lighting (GT)</b> 6:30 Sing-a-long! (B)	10:00 Go4Life® Walking Club (GF) <b>30</b> 10:45 Exercise Class (B) 11:15 Sing-a-long (B) 2:00 Puzzles/Scrabble Club (B) 2:30 <i>Fresh Fruit Social (B)</i> 3:00 Lets Chat/Discussions (B) 4:15 Bingo! with the AVA (B) 6:15 Movie Night & Popcorn Social (T)

**NOVEMBER 2019**  
**Assisted Living**  
 Sunrise of Thornhill  
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 ON L4J 0C7; 905-731-4300

**LIVE WITH PURPOSE**

