



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
988 In House TV channel AR Arts & Crafts Room B Bistro BR Billiards Room DR Dining Room / Aroma FC Fitness Centre OBP Outside Back Patio REM 3rd floor S In a suite - see concierge T Theatre			 <b>REMEMBRANCE DAY</b> <i>Let's We Forget</i>	<b>Day Light Savings Time Ends.</b> Don't forget to turn your clocks back on Sunday November 3rd. 	10:00 Aqua Fit with Simone 11:00 Beginner Mind Aerobics (AR) 11:45 Exercise Essentials with Novo Peak Health (T) 1:30 On the Ball Strength & Balance Training with Cynthia (FC) 2:30 <b>Lecture with Tom Vasso "Life in the Universe - Are we Alone?" (T)</b> 3:00 Wine & Cheese Social (B) 5:00 Shabbat Candle Lighting (T) 7:15 Friday Night Movie (T)	10:00 Go4Life Fitness (FC) 11:15 Spelling Bee (AR) 1:00 Family Swim 2:00 Hot Chocolate Social (B) 2:30 Bingo (T) 7:15 Saturday Night Movie (T)
<b>Daylight Saving Time Ends</b> 10:00 Early Risers Workout (FC) 11:15 Wheel of Fortune (AR) 1:00 Family Swim 2:00 Ice Cream Social (B) 3:00 Movie Matinee (T) 7:00 Sing Along with Ron (T) 7:30 Board Games (AR)	10:30 Advanced Mind Aerobics (AR) 11:45 Exercise Essentials with Novo Peak Health (T) 1:30 Exercise Essentials with Novo Peak Health (T) 2:00 <b>Let's Chat (AR)</b> 3:30 <b>Move with Music - Dance and Exercise Program (FC)</b> 3:30 Drama Club Rehearsal (T) 7:00 Opera Series (T) 7:30 Bridge Club (FC)	10:30 Falls Prevention & Exercise Program (T) 11:00 <b>Movie Outing and Food Court Lunch at Promenade Mall</b> 11:45 Chair Exercise with Margo (FC) 1:30 Exercise Essentials with Novo Peak Health (T) 3:00 Hot Apple Cider Social (B) 7:15 Movie Night (T) 7:30 Billiards Club (BR)	10:00 <b>Outing to Casa Loma &amp; Lunch - Self Guided Tour</b> 10:00 Yoga With Cynthia (FC) 10:00 Aqua Fit with Simone 11:00 Mitzvah Knitters (AR) 11:45 Exercise Essentials with Novo Peak Health (T) 2:00 Beginner Mind Aerobics (AR) 3:45 Cocktail Social (B) 7:30 <b>Classical Piano Concert with Nicole A. (T)</b>	10:30 Falls Prevention & Exercise Program (T) 11:15 Beginner Mind Aerobics (AR) 11:45 Exercise Essentials with Novo Peak Health (T) 1:45 Art Class with Merav (AR) 3:30 Drama Club Rehearsal (T) 7:00 <b>Hymn Sing with St. Theodore's Church Choir (REM)</b> 7:15 Movie Screening (988) 7:30 Bingo (T) 7:30 Bridge Club (FC)	10:00 Aqua Fit with Simone 11:00 Beginner Mind Aerobics (AR) 11:45 Exercise Essentials with Novo Peak Health (T) 1:30 On the Ball Strength & Balance Training with Cynthia (FC) 2:30 <b>Travel lecture with Circles Enrichment - "Alaska" (T)</b> 3:00 Wine & Cheese Social (B) 5:00 Shabbat Candle Lighting (T) 7:15 Friday Night Movie (T)	10:00 Go4Life Fitness (FC) 11:15 Wheel of Fortune (AR) 1:00 Family Swim 2:00 Hot Chocolate Social (B) 2:30 Bingo (T) 7:15 Saturday Night Movie (T)
10:00 Early Risers Workout (FC) 11:15 Spelling Bee (AR) 1:00 Family Swim 2:00 Ice Cream Social (B) 3:00 Movie Matinee (T) 7:00 Sing Along with Ron (T) 7:30 Board Games (AR)	<b>10 Remembrance Day</b> 10:30 <b>Remembrance Day Ceremony (T)</b> 11:45 Exercise Essentials with Novo Peak Health (T) 1:30 Exercise Essentials with Novo Peak Health (T) 2:00 <b>You Be the Judge (AR)</b> 3:30 Drama Club Rehearsal (T) 7:00 Opera Series (T) 7:30 Bridge Club (FC)	<b>11</b> 10:30 <b>Hearing Aid Clinic (BR)</b> 10:30 Falls Prevention & Exercise Program (T) 11:45 Chair Exercise with Margo (FC) 12:00 <b>Lunch at Red Lobster</b> 1:30 Exercise Essentials with Novo Peak Health (T) 2:00 <b>Executive Resident Meeting (AR)</b> 3:00 Hot Apple Cider Social (B) 7:15 Movie Night (T) 7:30 Billiards Club (BR)	<b>12</b> 10:00 Yoga With Cynthia (FC) 10:00 Aqua Fit with Simone 11:00 <b>Church Service with Rev. Budgey (AR)</b> 11:45 Exercise Essentials with Novo Peak Health (T) 2:00 Beginner Mind Aerobics (AR) 3:30 <b>Bank Shuttle</b> 3:45 Cocktail Social (B) 7:30 <b>Concert with Marcus Schwan (T)</b>	<b>13</b> 10:30 Falls Prevention & Exercise Program (T) 11:15 Beginner Mind Aerobics (AR) 11:45 Exercise Essentials with Novo Peak Health (T) 1:45 <b>Outing to Centerpoint Mall</b> 1:45 Art Class with Merav (AR) 3:30 Drama Club Rehearsal (T) 7:15 Movie Screening (988) 7:30 Bingo (T) 7:30 Bridge Club (FC)	<b>14</b> 10:00 Aqua Fit with Simone 11:00 Beginner Mind Aerobics (AR) 11:45 Exercise Essentials with Novo Peak Health (T) 1:30 On the Ball Strength & Balance Training with Cynthia (FC) 2:30 <b>BBC Earth Blue Planet - The Deep (T)</b> 3:00 Wine & Cheese Social (B) 5:00 Shabbat Candle Lighting (T) 7:15 Friday Night Movie (T)	<b>15</b> 10:00 Go4Life Fitness (FC) 11:15 Trivia DVD (AR) 1:00 Family Swim 2:00 Hot Chocolate Social (B) 2:30 Bingo (T) 7:15 Saturday Night Movie (T)
10:00 Early Risers Workout (FC) 11:15 Wheel of Fortune 1:00 Family Swim 2:00 Ice Cream Social (B) 3:00 Movie Matinee (T) 7:00 Sing Along with Ron (T) 7:30 Board Games (AR)	<b>17</b> 10:30 Advanced Mind Aerobics (AR) 11:45 Exercise Essentials with Novo Peak Health (T) 1:30 Exercise Essentials with Novo Peak Health (T) 2:00 <b>Let's Chat (AR)</b> 3:30 <b>Move with Music - Dance and Exercise Program (FC)</b> 3:30 Drama Club Rehearsal (T) 7:00 Opera Series (T) 7:30 Bridge Club (FC)	<b>18</b> 9:30 <b>Outing to Port Perry Casino</b> 10:30 Falls Prevention & Exercise Program (T) 11:45 Chair Exercise with Margo (FC) 1:30 Exercise Essentials with Novo Peak Health (T) 3:00 Hot Apple Cider Social (B) 7:15 Movie Night (T) 7:30 Billiards Club (BR)	<b>19</b> 10:00 Yoga With Cynthia (FC) 10:00 Aqua Fit with Simone 11:45 Exercise Essentials with Novo Peak Health (T) 2:00 <b>Outing to Walmart</b> 2:00 Beginner Mind Aerobics (AR) 3:45 Cocktail Social (B) 7:30 <b>Concert with The Shira Singers (T)</b>	<b>20</b> 10:30 Falls Prevention & Exercise Program (T) 11:15 Beginner Mind Aerobics (AR) 11:45 Exercise Essentials with Novo Peak Health (T) 2:30 <b>Resident Council Meeting (T)</b> 3:30 Drama Club Rehearsal (T) 7:15 Movie Screening (988) 7:30 Bingo (T) 7:30 Bridge Club (FC)	<b>21</b> 10:00 Aqua Fit with Simone 11:00 Beginner Mind Aerobics (AR) 11:45 Exercise Essentials with Novo Peak Health (T) 1:30 On the Ball Strength & Balance Training with Cynthia (FC) 3:00 Wine & Cheese Social (B) 3:30 <b>Choir Rehearsal (T)</b> 5:00 Shabbat Candle Lighting (T) 7:15 Friday Night Movie (T)	<b>22</b> 10:00 Go4Life Fitness (FC) 11:00 Wheel of Fortune (AR) 11:15 Spelling Bee (AR) 1:00 Family Swim 2:00 Hot Chocolate Social (B) 2:30 Bingo (T) 7:15 Saturday Night Movie (T)
10:00 Early Risers Workout (FC) 11:15 Spelling Bee (AR) 1:00 Family Swim 2:00 Ice Cream Social (B) 3:00 Movie Matinee (T) 7:00 Sing Along with Ron (T) 7:30 Board Games (AR)	<b>24</b> 9:30 <b>Bank Shuttle</b> 10:30 Advanced Mind Aerobics (AR) 11:45 Exercise Essentials with Novo Peak Health (T) 1:30 Exercise Essentials with Novo Peak Health (T) 2:00 <b>You Be the Judge (AR)</b> 3:30 Drama Club Rehearsal (T) 7:00 Opera Series (T) 7:30 Bridge Club (FC)	<b>25</b> 10:30 Falls Prevention & Exercise Program (T) 11:45 Chair Exercise with Margo (FC) 1:30 Exercise Essentials with Novo Peak Health (T) 2:00 <b>Outing to Winner's/HomeSense</b> 3:00 Hot Apple Cider Social (B) 3:30 <b>Food Committee Meeting (AR)</b> 7:15 Movie Night (T) 7:30 Billiards Club (BR)	<b>26</b> 10:00 Yoga With Cynthia (FC) 10:00 Aqua Fit with Simone 11:00 Beginner Mind Aerobics (AR) 11:45 Exercise Essentials with Novo Peak Health (T) 2:00 <b>Book Club (AR)</b> 3:45 Cocktail Social (B) 7:30 <b>Concert with Nina Richmond (T)</b>	<b>27</b> 10:30 Falls Prevention & Exercise Program (T) 11:15 Beginner Mind Aerobics (AR) 11:45 Exercise Essentials with Novo Peak Health (T) 2:00 <b>Outing to Shopper's Drug Mart</b> 3:30 Drama Club Rehearsal (T) 7:15 Movie Screening (988) 7:30 Bingo (T) 7:30 Bridge Club (FC)	<b>28</b> 10:00 Aqua Fit with Simone 11:00 Beginner Mind Aerobics (AR) 11:45 Exercise Essentials with Novo Peak Health (T) 1:30 On the Ball Strength & Balance Training with Cynthia (FC) 3:00 Wine & Cheese Social (B) 3:30 <b>Choir Rehearsal (T)</b> 5:00 Shabbat Candle Lighting (T) 7:15 Friday Night Movie (T)	<b>29</b> 10:00 Go4Life Fitness (FC) 11:15 Spelling Bee 1:00 Family Swim 2:00 Hot Chocolate Social (B) 2:30 Bingo (T) 7:15 Saturday Night Movie (T)
<b>30</b> 10:00 Early Risers Workout (FC) 11:15 Spelling Bee (AR) 1:00 Family Swim 2:00 Ice Cream Social (B) 3:00 Movie Matinee (T) 7:00 Sing Along with Ron (T) 7:30 Board Games (AR)	<b>31</b> 10:30 Advanced Mind Aerobics (AR) 11:45 Exercise Essentials with Novo Peak Health (T) 1:30 Exercise Essentials with Novo Peak Health (T) 2:00 <b>You Be the Judge (AR)</b> 3:30 Drama Club Rehearsal (T) 7:00 Opera Series (T) 7:30 Bridge Club (FC)	<b>32</b> 10:30 Falls Prevention & Exercise Program (T) 11:45 Chair Exercise with Margo (FC) 1:30 Exercise Essentials with Novo Peak Health (T) 2:00 <b>Outing to Winner's/HomeSense</b> 3:00 Hot Apple Cider Social (B) 3:30 <b>Food Committee Meeting (AR)</b> 7:15 Movie Night (T) 7:30 Billiards Club (BR)	<b>33</b> 10:00 Yoga With Cynthia (FC) 10:00 Aqua Fit with Simone 11:00 Beginner Mind Aerobics (AR) 11:45 Exercise Essentials with Novo Peak Health (T) 2:00 <b>Book Club (AR)</b> 3:45 Cocktail Social (B) 7:30 <b>Concert with Nina Richmond (T)</b>	<b>34</b> 10:30 Falls Prevention & Exercise Program (T) 11:15 Beginner Mind Aerobics (AR) 11:45 Exercise Essentials with Novo Peak Health (T) 2:00 <b>Outing to Shopper's Drug Mart</b> 3:30 Drama Club Rehearsal (T) 7:15 Movie Screening (988) 7:30 Bingo (T) 7:30 Bridge Club (FC)	<b>35</b> 10:00 Aqua Fit with Simone 11:00 Beginner Mind Aerobics (AR) 11:45 Exercise Essentials with Novo Peak Health (T) 1:30 On the Ball Strength & Balance Training with Cynthia (FC) 3:00 Wine & Cheese Social (B) 3:30 <b>Choir Rehearsal (T)</b> 5:00 Shabbat Candle Lighting (T) 7:15 Friday Night Movie (T)	<b>36</b> 10:00 Go4Life Fitness (FC) 11:15 Spelling Bee 1:00 Family Swim 2:00 Hot Chocolate Social (B) 2:30 Bingo (T) 7:15 Saturday Night Movie (T)