

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A Activity Room AR Ground Floor Arts & Craft Room AT Activity Table GT Ground Floor Theater K Kitchen RT Round Table TV TV Room						
10:00 Exercise Class (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:15 Musical DVD (TV) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:00 Math Club (RT) 3:30 Hot Chocolate Social (TV) 4:00 Noddle Sports (RT) 7:00 Evening Movie (TV)	10:00 Exercise Essentials with Novo Peak Health (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:15 Lets Chat/Discussion with Simone (TV) 3:30 Popcorn cart/Warm Apple Cider Social (TV) 4:00 Tai Chi Meditation (TV) 7:00 Evening Movie (TV)	10:00 Exercise Class (A) 10:45 Pet Therapy Visits with Karyn & Charlie 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:00 Outing: Visiting Therapy Horses 1:15 Musical DVD (TV) 2:00 Art Club: Meet Me at MoMA (K) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:30 Fruit-punch Social & Popcorn Cart 3:30 Spa Experience (RT) 4:00 Reading Club (RT) 7:00 Tai Chi Meditation	10:00 Exercise Essentials with Novo Peak Health (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:30 Baking with Michael (K) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:00 Community Service Project 3:30 Milkshake Social (TV) 4:00 Reading Club (RT) 7:00 Sing-a-long (TV)	10:00 Exercise Class (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:15 Musical DVD (TV) 2:15 Outing: Symposium Cafe 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:00 Men's Club (RT) 3:30 Hot tea/coffee time social & Popcorn Cart 4:00 Reading Club (RT) 4:15 Show your green thumb: Flower arranging (AT) 7:00 Tai Chi Meditation 7:00 Hymn Sing with St. Theodore's Church Choir (REM)	10:00 Exercise Essentials with Novo Peak Health (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:15 Musical DVD (TV) 2:00 Music Therapy with Sarah (TV) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:00 Live with Anticipation 3:30 Wine and Cheese Social & Popcorn Cart (TV) 3:30 Spa Experience (RT) 4:15 Shabbat Candle Lighting (AT) 7:00 Evening Movie (TV)	10:00 Exercise Class (A) 10:15 Music Share Visits (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:15 Musical DVD (TV) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:00 Moments in Time Reminiscing/Shadowboxes (RT) 4:00 Ball Sports (TV) 7:00 Evening Movie (TV)
10:00 Exercise Class (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:15 Musical DVD (TV) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:00 Math Club (RT) 3:30 Hot Chocolate Social (TV) 4:00 Noddle Sports (RT) 7:00 Evening Movie (TV)	Remembrance Day 10:00 Remembrance Day Service 10:00 Exercise Essentials with Novo Peak Health (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:15 Lets Chat/Discussion with Simone (TV) 3:30 Popcorn cart/Warm Apple Cider Social (TV) 4:00 Tai Chi Meditation (TV) 7:00 Evening Movie (TV)	10:00 Exercise Class (A) 10:45 Pet Therapy Visits with Karyn & Charlie 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:15 Musical DVD (TV) 2:00 Outing: Reptilia 2:00 Art Club: Meet Me at MoMA (K) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:30 Fruit-punch Social & Popcorn Cart 3:30 Spa Experience (RT) 4:00 Reading Club (RT) 7:00 Tai Chi Meditation	10:00 Exercise Essentials with Novo Peak Health (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 11:00 Church Service with Rev. Budgey 11:30 Lunch outing: Red Lobster 1:30 Baking with Michael (K) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:00 Community Service Project 3:30 Milkshake Social (TV) 4:00 Reading Club (RT) 7:00 Sing-a-long (TV)	10:00 Exercise Class (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:15 Musical DVD (TV) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:00 Men's Club (RT) 3:30 Hot tea/coffee time social & Popcorn Cart 4:00 Reading Club (RT) 4:00 Show your green thumb: Flower arranging (AT) 7:00 Tai Chi Meditation	10:00 Exercise Essentials with Novo Peak Health (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:15 Musical DVD (TV) 2:00 Music Therapy with Sarah (TV) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:00 Live with Anticipation 3:30 Wine and Cheese Social & Popcorn Cart (TV) 3:30 Spa Experience (RT) 4:15 Shabbat Candle Lighting (AT) 7:00 Evening Movie (TV)	10:00 Exercise Class (A) 10:15 Music Share Visits (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:15 Musical DVD (TV) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:00 Moments in Time Reminiscing/Shadowboxes (RT) 4:00 Ball Sports (TV) 7:00 Evening Movie (TV)
10:00 Exercise Class (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:15 Musical DVD (TV) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:00 Math Club (RT) 3:30 Hot Chocolate Social (TV) 4:00 Noddle Sports (RT) 7:00 Evening Movie (TV)	10:00 Exercise Essentials with Novo Peak Health (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:15 Lets Chat/Discussion with Simone (TV) 3:30 Popcorn cart/Warm Apple Cider Social (TV) 4:00 Tai Chi Meditation (TV) 7:00 Evening Movie (TV)	10:00 Exercise Class (A) 10:45 Pet Therapy Visits with Karyn & Charlie 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:15 Musical DVD (TV) 2:00 Outing: Casino! 2:00 Art Club: Meet Me at MoMA (K) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:30 Fruit-punch Social & Popcorn Cart 3:30 Spa Experience (RT) 4:00 Reading Club (RT) 7:00 Tai Chi Meditation	10:00 Exercise Essentials with Novo Peak Health (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:30 Baking with Michael (K) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:00 Community Service Project 3:30 Milkshake Social (TV) 4:00 Reading Club (RT) 7:00 Sing-a-long (TV)	10:00 Exercise Class (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:15 Musical DVD (TV) 2:15 Outing: Panera Bread Cafe 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:00 Men's Club (RT) 3:30 Hot tea/coffee time social & Popcorn Cart 4:00 Reading Club (RT) 4:00 Show your green thumb: Flower arranging (AT) 7:00 Tai Chi Meditation	10:00 Exercise Essentials with Novo Peak Health (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:15 Musical DVD (TV) 2:00 Music Therapy with Sarah (TV) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:00 Live with Anticipation 3:30 Wine and Cheese Social & Popcorn Cart (TV) 3:30 Spa Experience (RT) 4:15 Shabbat Candle Lighting (AT) 7:00 Evening Movie (TV)	10:00 Exercise Class (A) 10:15 Music Share Visits (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:15 Musical DVD (TV) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:00 Moments in Time Reminiscing/Shadowboxes (RT) 4:00 Ball Sports (TV) 7:00 Evening Movie (TV)
10:00 Exercise Class (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:15 Musical DVD (TV) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:00 Music Concert with Mickey Lewin! (TV) 3:00 Math Club (RT) 3:30 Hot Chocolate Social (TV) 4:00 Noddle Sports (RT) 7:00 Evening Movie (TV)	10:00 Exercise Essentials with Novo Peak Health (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:15 Lets Chat/Discussion with Simone (TV) 3:30 Popcorn cart/Warm Apple Cider Social (TV) 4:00 Tai Chi Meditation (TV) 7:00 Evening Movie (TV)	10:00 Exercise Class (A) 10:30 Outing: Starbucks Coffee 10:45 Pet Therapy Visits with Karyn & Charlie 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:15 Musical DVD (TV) 2:00 Art Club: Meet Me at MoMA (K) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:30 Fruit-punch Social & Popcorn Cart 3:30 Spa Experience (RT) 4:00 Reading Club (RT) 7:00 Tai Chi Meditation	10:00 Exercise Essentials with Novo Peak Health (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 11:30 Monthly Luncheon Club! (AT) 1:30 Baking with Michael (K) 2:00 Outing: Bowling! 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:00 Community Service Project 3:30 Milkshake Social (TV) 4:00 Reading Club (RT) 7:00 Sing-a-long (TV)	10:00 Exercise Class (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:15 Musical DVD (TV) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:00 Men's Club (RT) 3:30 Hot tea/coffee time social & Popcorn Cart 4:00 Reading Club (RT) 4:00 Show your green thumb: Flower arranging (AT) 7:00 Tai Chi Meditation	10:00 Exercise Essentials with Novo Peak Health (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:15 Musical DVD (TV) 2:00 Music Therapy with Sarah (TV) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:00 Live with Anticipation 3:30 Wine and Cheese Social & Popcorn Cart (TV) 3:30 Spa Experience (RT) 4:15 Shabbat Candle Lighting (AT) 7:00 Evening Movie (TV)	10:00 Exercise Class (A) 10:15 Music Share Visits (A) 10:45 Relaxation DVDs and Snoozlen Cart (TV) 10:45 Trivia & Discussions (A) 1:15 Musical DVD (TV) 2:30 Go4Life® Walking Club 2:45 Bingo/Games Club (AT) 3:00 Moments in Time Reminiscing/Shadowboxes (RT) 4:00 Ball Sports (TV) 7:00 Evening Movie (TV)

NOVEMBER 2019
Reminiscence
Sunrise of Thornhill
484 Steeles Ave., West Thornhill,
ON L4J 0C7; 905-731-4300

LIVE WITH PURPOSE

