

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1FL</b> First Floor <b>Common Area</b> <b>3FL</b> Third Floor <b>Common Area</b> <b>AR</b> Activity Room <b>B</b> Bistro <b>L</b> Library <b>OC</b> Outside of the <b>Community</b> <b>TV</b> TV Lounge	<b>Happy Canada Day! &amp; Happy Birthday Helen D.</b> 9:30 Weekend Wrap Up (AR) 10:00 Trivia Treasures (AR) 10:30 Brain Games in a Jar (AR) 11:00 <b>Trim and Tone (AR)</b> 11:30 Live with Anticipation Club (AR) 1:15 Cupcakes with Kiara (B) 2:30 <b>Physio Fit with Fazel (1FL)</b> 3:00 Canada Day Social (B) 3:30 Ballroom Tennis (B) 4:00 Go4Life@Walking Club 6:00 Evening Board Games (1FL) 6:30 Evening Meditation (1FL)	<b>1</b> 10:00 <b>Music Therapy with Neil (AR)</b> 10:30 <b>Range of Motion (AR)</b> 11:00 Meet me at MoMA (AR) 1:15 Nails and Hand Therapy (AR) 2:00 Ballroom Dancing with Derek (B) 2:30 <b>Physio Fit with Fazel (1FL)</b> 3:00 <b>Chef's Choice Social (B)</b> 3:30 Remember When.. (B) 4:00 Go4Life@ Walking Club 6:00 Hydration Social (B) 6:30 Evening Relaxation Circle (1FL)	<b>2</b> 10:00 Interesting Facts (1FL) 10:30 <b>Zumba with Ariam (AR)</b> 11:00 Alphabet Trivia (B) 11:30 Live with Anticipation Club (AR) 1:30 <b>Sunny Money Bingo (B)</b> 2:30 <b>Exercise Essentials (1FL)</b> 3:00 <b>Social: Flavour of the Week (B)</b> 3:30 Story of my Life Writing Club (B) 4:00 Go4Life@ Walking Club 6:00 Relax with a cup of Tea (B) 6:30 Exercise your Mind (1FL)	<b>3</b> <b>Happy Birthday Carol S. and Ann L!</b> 9:30 Morning Newspaper (AR) 10:00 News Current Sr. (AR) 10:30 <b>Sit 2 Be Fit Exercise (AR)</b> 11:00 Meet me at MoMA (AR) 1:30 <b>Nondenominational Communion (AR)</b> 2:00 Baking Club (B) 2:30 <b>Physio Fit with Fazel (1FL)</b> 3:00 National Country Music Day Social (B) 4:00 Go4Life@Walking Club 6:00 Hydration Social (B) 6:30 Evening Meditation (1FL)	<b>4</b> 9:30 Wake Up! with I Love Lucy (AR) 10:00 Horoscope Readings (AR) 10:30 Think Fast in a Jar (AR) 11:00 <b>Body Aerobics (AR)</b> 1:30 <b>Sunny Money Bingo (B)</b> 3:00 <b>Wine &amp; Cheese Social with Bill Dearing (B)</b> 4:00 Go4Life@ Walking Club 6:00 News & Views from Around the World (B) 6:30 Evening Relaxation Circle	<b>5</b> 10:00 Good Morning Chat & Updates! (1FL) 10:30 <b>Stretch &amp; Flex with Care Managers (1FL)</b> 11:00 Make a Word Mind Game (1FL) 1:30 Balloon Toss (1FL) 2:00 Did you know ... (1FL) 2:30 Riddles in a Jar (B) 3:00 <b>Happy Hour Social (B)</b> 3:30 Afternoon Puzzles (B) 4:00 Go4Life@ Walking Club 6:00 Evening Storytime Social (B)
10:00 Sunday Morning Hymns (1FL) <b>7</b> 10:30 <b>Let's Stretch! with Care Managers (1FL)</b> 1:15 <b>Afternoon Movie &amp; Popcorn (TV)</b> 2:00 Art Therapy: Colouring (B) 2:30 News & Views from Around the World (1FL) 3:00 National Chocolate Day Social (B) 3:30 Resident Ran Sing-a-long Club (1FL) 4:00 Go4Life@ Walking Club 4:30 Book Club (L) 6:15 Refreshment Social (B) 6:30 Sunday Evening Meditation (B)	<b>8</b> <b>Happy Birthday Diane L!</b> 9:30 Weekend Wrap Up (AR) 10:00 Whats Happening Around the World (AR) 10:30 Brain Games in a Jar (AR) 11:00 <b>Trim and Tone (AR)</b> 11:30 Live with Anticipation Club (AR) 1:15 <b>Garden Therapy with Jackie</b> 2:30 <b>Physio with Fazel (AR)</b> 3:00 <b>Monday Munchies Social (B)</b> 3:30 Ballroom Tennis (B) 4:00 Go4Life@Walking Club 6:00 Catch up with CP24 (TV) 6:30 Evening Meditation (1FL)	<b>9</b> 10:00 <b>Music Therapy with Neil (AR)</b> 10:30 <b>Range of Motion (AR)</b> 11:00 Meet me at MoMA (AR) 1:15 Hangman With Kiara (AR) 2:00 Men's Club (L) 2:30 <b>Physio Fit with Fazel (1FL)</b> 3:00 <b>Chef's Choice Social (B)</b> 3:30 Remember When.. (B) 4:00 Go4Life@ Walking Club 6:00 Hydration Social (B) 6:30 Evening Relaxation Circle (1FL)	<b>10</b> 10:00 Interesting Facts (1FL) 10:30 <b>Zumba with Ariam (AR)</b> 11:00 Alphabet Trivia (B) 11:30 Live with Anticipation Club (AR) 1:30 <b>Sunny Money Bingo (B)</b> 2:30 <b>Exercise Essentials (1FL)</b> 3:00 Lemonade Social in the Courtyard (B) 3:30 Resident Sing-a-long Club (B) 4:00 Go4Life@ Walking Club 6:00 Relax with a cup of Tea (B) 6:30 Exercise your Mind (1FL)	<b>11</b> 9:30 Morning Newspaper (AR) 10:00 News Current Sr. (AR) 10:30 Laugh Yourself Yoga (AR) 10:30 <b>Sit 2 Be Fit Exercise (AR)</b> 1:30 <b>Nondenominational Communion (AR)</b> 2:00 Baking Club (B) 2:30 <b>Physio Fit with Fazel (1FL)</b> 3:00 <b>Around the World Social (B)</b> 4:00 Go4Life@ Walking Club 6:00 Hydration Social (B) 6:30 Evening Meditation (1FL)	<b>12</b> 9:30 Wake Up! with I Love Lucy (AR) 10:00 Horoscope Readings (AR) 10:30 Think Fast in a Jar (AR) 11:00 <b>Body Aerobics (AR)</b> 1:30 <b>Sunny Money Bingo (B)</b> 3:00 <b>Wine &amp; Cheese Social with Doug Goodeve (B)</b> 4:00 Go4Life@ Walking Club 6:00 News & Views from Around the World (B) 6:30 Evening Relaxation Circle	<b>13</b> 10:00 Good Morning Chat & Updates! (1FL) 10:30 <b>Stretch &amp; Flex with Care Managers (1FL)</b> 11:00 Make a Word Mind Game (1FL) 1:30 Balloon Toss (1FL) 2:00 Did you know ... (1FL) 2:30 Riddles in a Jar (B) 3:00 <b>Happy Hour Social (B)</b> 3:30 Afternoon Puzzles (B) 4:00 Go4Life@ Walking Club 6:00 Evening Storytime Social (B)
10:00 Sunday Morning Hymns (1FL) <b>14</b> 10:30 <b>Exercise Essentials with Care Managers (1FL)</b> 1:15 <b>Afternoon Movie &amp; Popcorn (TV)</b> 2:00 Art Therapy: Colouring (B) 2:30 News & Views from Around the World (1FL) 3:00 <b>Sweet Sunday Social (B)</b> 3:30 Resident Ran Sing-a-long Club (1FL) 4:00 Go4Life@Walking Club 4:30 Book Club (L) 6:15 Refreshment Social (B) 6:30 Sunday Evening Meditation (B)	<b>15</b> 9:30 Weekend Wrap Up (AR) 10:00 Trivia Treasures (AR) 10:15 <b>St. Patrick's Church Monthly Mass (AR)</b> 11:00 <b>Trim and Tone (AR)</b> 11:30 Live with Anticipation Club (AR) 1:30 <b>Bingo &amp; Popcorn! (B)</b> 2:30 <b>Physio Fit with Fazel (1FL)</b> 3:00 <b>Monday Munchies Social (B)</b> 3:30 Seated Basketball (B) 4:00 Go4Life@Walking Club 6:00 Catch up with CP24 (TV) 6:30 Evening Meditation (1FL)	<b>16</b> 10:00 <b>Music Therapy with Neil (AR)</b> 10:30 <b>Range of Motion (AR)</b> 11:00 <b>Hands on Exotics (AR)</b> 1:15 Nails and Hand Therapy (AR) 2:00 Men's Club (L) 2:30 <b>Physio Fit with Fazel (1FL)</b> 3:00 <b>Chef's Choice Social (B)</b> 3:30 Puzzle Club With Volunteer Students (B) 4:00 Go4Life@ Walking Club 6:00 Hydration Social (B) 6:30 Evening Relaxation Circle (1FL)	<b>17</b> 10:00 Interesting Facts (1FL) 10:30 <b>Zumba with Ariam (AR)</b> 11:00 Alphabet Trivia (B) 11:30 Live with Anticipation Club (AR) 1:30 <b>Sunny Money Bingo (B)</b> 2:30 <b>Exercise Essentials (1FL)</b> 3:00 <b>Social: Flavour of the Week (B)</b> 3:30 Resident Sing-a-long Club (B) 4:00 Go4Life@ Walking Club 6:00 Relax with a cup of Tea (B) 6:30 Exercise your Mind (1FL)	<b>18</b> 9:30 Morning Newspaper (AR) 10:00 News Current Sr. (AR) 10:30 <b>Sit 2 Be Fit Exercise (AR)</b> 11:00 <b>Resident Council Meeting (AR)</b> 1:30 <b>Nondenominational Communion (AR)</b> 2:00 Baking Club (B) 2:30 <b>Physio Fit with Fazel (1FL)</b> 3:00 <b>Around the World Social (B)</b> 4:00 Go4Life@ Walking Club 6:00 Hydration Social (B) 6:30 Evening Meditation (1FL)	<b>19</b> 9:30 Wake Up! with I Love Lucy (AR) 10:00 Horoscope Readings (AR) 10:30 Think Fast in a Jar (AR) 11:00 <b>Body Aerobics (AR)</b> 1:30 <b>Sunny Money Bingo (B)</b> 3:00 <b>Wine &amp; Cheese Social with Kim Atkins (B)</b> 4:00 Go4Life@ Walking Club 6:00 News & Views from Around the World (B) 6:30 Evening Relaxation Circle	<b>20</b> 10:00 Good Morning Chat & Updates! (1FL) 10:30 <b>Stretch &amp; Flex with Care Managers (1FL)</b> 11:00 Make a Word Mind Game (1FL) 1:30 Balloon Toss (1FL) 2:00 Did you know ... (1FL) 2:30 Riddles in a Jar (B) 3:00 <b>Happy Hour Social (B)</b> 3:30 Afternoon Puzzles (B) 4:00 Go4Life@ Walking Club 6:00 Evening Storytime Social (B)
<b>Happy Birthday Ruth O. &amp; Joseph V.!</b> 10:00 Sunday Morning Hymns (1FL) 10:30 <b>Exercise Essentials with Care Managers (1FL)</b> 1:15 <b>Afternoon Movie &amp; Popcorn (TV)</b> 2:00 Art Therapy: Colouring (B) 2:30 News & Views from Around the World (1FL) 3:00 <b>Sweet Sunday Social (B)</b> 3:30 Resident Ran Sing-a-long Club (1FL) 4:00 Go4Life@Walking Club 4:30 Book Club (L) 6:15 Refreshment Social (B) 6:30 Sunday Evening Meditation (B)	<b>21</b> 9:30 Weekend Wrap Up (AR) 10:00 Whats Happening Around the World (AR) 10:30 Name that Tune (AR) 11:00 <b>Trim and Tone (AR)</b> 11:30 Live with Anticipation Club (AR) 1:30 <b>Sunny Money Bingo (B)</b> 2:30 <b>Physio Fit with Fazel (1FL)</b> 3:00 <b>Monday Munchies Social (B)</b> 3:30 Seated Basketball (B) 4:00 Go4Life@Walking Club 6:00 Catch up with CP24 (TV) 6:30 Evening Meditation (1FL)	<b>22</b> 10:00 <b>Music Therapy with Neil (AR)</b> 10:30 <b>Range of Motion (AR)</b> 11:00 Meet me at MoMA (AR) 1:15 Hangman with Volunteer Students (AR) 2:00 Men's Club (L) 2:30 <b>Physio Fit with Fazel (1FL)</b> 3:00 <b>Chef's Choice Social (B)</b> 3:30 Puzzle Club with Volunteer Students (B) 4:00 Go4Life@ Walking Club 6:00 Hydration Social (B) 6:30 Evening Relaxation Circle (1FL)	<b>23</b> 10:00 Interesting Facts (1FL) 10:30 <b>Zumba with Ariam (AR)</b> 11:00 Alphabet Trivia (B) 11:30 Live with Anticipation Club (AR) 1:30 <b>Sunny Money Bingo (B)</b> 2:30 <b>Exercise Essentials (1FL)</b> 3:00 <b>Social: Flavour of the Week (B)</b> 3:30 Resident Sing-a-long Club (B) 4:00 Go4Life@ Walking Club 6:00 Relax with a cup of Tea (B) 6:30 Exercise your Mind (1FL)	<b>24</b> 9:30 Morning Newspaper (AR) 10:00 News Current Sr. (AR) 10:30 <b>Sit 2 Be Fit Exercise (AR)</b> 11:00 Meet me at MoMA (AR) 1:30 <b>Nondenominational Communion (AR)</b> 2:00 Baking Club: Culinarians Appreciation Day (B) 2:30 <b>Physio Fit with Fazel (1FL)</b> 3:00 <b>Around the World Social (B)</b> 4:00 Go4Life@Walking Club 6:00 Hydration Social (B) 6:30 Evening Meditation (1FL)	<b>25</b> 9:30 Wake Up! with I Love Lucy (AR) 10:00 Horoscope Readings (AR) 10:30 Think Fast in a Jar (AR) 11:00 <b>Body Aerobics (AR)</b> 1:30 <b>Sunny Money Bingo (B)</b> 3:00 <b>Wine &amp; Cheese Social with Ed Smith (B)</b> 4:00 Go4Life@ Walking Club 6:00 News & Views from Around the World (B) 6:30 Evening Relaxation Circle	<b>26</b> 10:00 Good Morning Chat & Updates! (1FL) 10:30 <b>Stretch &amp; Flex with Care Managers (1FL)</b> 11:00 Make a Word Mind Game (1FL) 1:30 Balloon Toss (1FL) 2:00 Did you know ... (1FL) 2:30 Riddles in a Jar (B) 3:00 <b>Social Performance by Amber Naylor (B)</b> 3:30 Afternoon Puzzles (B) 4:00 Go4Life@ Walking Club 6:00 Evening Storytime Social (B)
10:00 Sunday Morning Hymns (1FL) <b>28</b> 10:30 <b>Exercise Essentials with Care Managers (1FL)</b> 1:15 <b>Afternoon Movie &amp; Popcorn (TV)</b> 2:00 Art Therapy: Colouring (B) 2:30 News & Views from Around the World (1FL) 3:00 <b>Sweet Sunday Social (B)</b> 3:30 Resident Ran Sing-a-long Club (1FL) 4:00 Go4Life@Walking Club 4:30 Book Club (L) 6:15 Refreshment Social (B) 6:30 Sunday Evening Meditation (B)	<b>29</b> 9:30 Weekend Wrap Up (AR) 10:00 Trivia Treasures (AR) 10:30 Brain Games in a Jar (AR) 11:00 <b>Trim and Tone (AR)</b> 11:30 Live with Anticipation Club (AR) 1:30 <b>Bingo &amp; Popcorn! (B)</b> 2:30 <b>Physio Fit with Fazel (1FL)</b> 3:00 <b>Monday Munchies Social (B)</b> 3:30 Balloon Toss (B) 4:00 Go4Life@Walking Club 6:00 Catch up with CP24 (TV) 6:30 Evening Meditation (1FL)	<b>30</b> 10:00 <b>Music Therapy with Neil (AR)</b> 10:30 <b>Range of Motion (AR)</b> 11:00 Meet me at MoMA (AR) 1:15 Nails and Hand Therapy (AR) 2:00 Men's Club (L) 2:30 <b>Physio Fit with Fazel (1FL)</b> 3:00 <b>Chef's Choice Social (B)</b> 3:30 Puzzle Club with Students (B) 4:00 Go4Life@ Walking Club 6:00 Hydration Social (B) 6:30 Evening Relaxation Circle (1FL)	<b>31</b> 10:00 Interesting Facts (1FL) 10:30 <b>Zumba with Ariam (AR)</b> 11:00 Alphabet Trivia (B) 11:30 Live with Anticipation Club (AR) 1:30 <b>Sunny Money Bingo (B)</b> 2:30 <b>Exercise Essentials (1FL)</b> 3:00 <b>Social: Flavour of the Week (B)</b> 3:30 Resident Sing-a-long Club (B) 4:00 Go4Life@ Walking Club 6:00 Relax with a cup of Tea (B) 6:30 Exercise your Mind (1FL)			