

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AR Activity Room (2nd Floor) B First Floor Bistro CA Common Area DR Dining Room OC Outside of the Community TV TV Lounge	Canada Day! 10:00 Morning Baking Club (DR) 1 10:30 Let's Stretch! (CA) 11:00 Meet me at MbMA (CA) 1:30 Sentimental Sing-a-longs (CA) 2:00 Baking Club with LBM (DR) 3:00 Monday Munchies Social (DR) 3:30 Physio Fit with Fazel (CA) 4:00 Go4Life@ Walking Club 6:00 Hydration Social (DR) 7:00 Evening Relaxation Circle (DR)	10:00 Morning Baking Club (DR) 2 10:30 Math Club (CA) 11:00 Range of Motion (CA) 1:30 Weekly Art Activity (DR) 2:15 Nails and Hands Therapy (DR) 3:00 Tasty Tuesday Social (DR) 3:30 Physio Fit with Fazel (CA) 4:00 Go4Life@ Walking Club 6:00 Hand Massage with LBM 6:15 Interesting Facts Social (DR) 7:00 Snoozelen Instruments (CA)	10:00 Morning Baking Club (DR) 3 10:30 Music Club (CA) 11:00 Chair Yoga (CA) 1:30 Puzzling Hour (DR) 2:30 Poetry and Story Reading (CA) 3:00 Social: Flavour of the Week (DR) 4:00 Go4Life@ Walking Club 6:00 News Current Sr. Social (CA) 7:30 Evening Meditation with Tibet Singing Bowl	Happy Birthday Carol S and Edith LI 10:00 Morning Baking Club (DR) 4 10:30 Trivia Treasures (DR) 11:30 Body Aerobics (CA) 1:30 Remember When... (DR) 1:45 Nondenominational Communion (CA) 2:30 Resident Ran Sing-a-long (CA) 3:00 Around the World Social (CA) 3:30 Physio Fit with Fazel (CA) 4:00 Go4Life@ Walking Club 4:30 Live with Anticipation Club (DR) 6:15 Riddles and Trivia Social (CA) 7:00 Evening Relaxation Circle (DR)	9:30 News and Views from Around the World (CA) 5 10:00 Morning Baking Club (DR) 11:00 Tone & Trim Exercise (CA) 1:30 Math Club (DR) 2:15 Flower Arranging Club (DR) 3:00 Wine and Cheese Social (DR) 4:00 Go4Life@ Walking Club 6:00 Friday Night Movie & Popcorn (TV) 7:00 Spiritual Readings (CA)	10:00 Morning Baking Club (DR) 6 10:30 Saturday Morning Weather Watch (CA) 11:00 Stretch & Strengthen (CA) 1:30 BINGO (DR) 2:30 Community Service Projects (DR) 3:00 Circle of Kindness Social (DR) 4:00 Go4Life@ Walking Club 6:00 High Tea Social Hour (DR) 7:30 Evening Story by the Fireplace (DR)
10:00 Morning Baking Club (DR) 7 10:15 Sunday Morning Hymns (CA) 10:30 Stretch & Flex with Care Managers (CA) 11:00 Lap Basket Hour (CA) 1:30 Hymn Singing (CA) 2:00 Colouring Therapy (CA) 3:00 Happy Hour Social (DR) 4:00 Go4Life@ Walking Club 6:00 Reminiscing Social with Tea (DR) 7:00 Evening Relaxation and Meditation	Happy Birthday Norma LI! 10:00 Morning Baking Club (DR) 8 10:30 Let's Stretch! (CA) 11:00 Meet me at MbMA (CA) 1:30 Sentimental Sing-a-longs (CA) 2:00 Baking Club with LBM (DR) 3:00 Monday Munchies Social (DR) 3:30 Physio Fit with Fazel (CA) 4:00 Go4Life@ Walking Club 6:00 Hydration Social (DR) 7:00 Evening Relaxation Circle (DR)	10:00 Morning Baking Club (DR) 9 10:30 Math Club (CA) 11:00 Range of Motion (CA) 1:30 Weekly Art Activity (DR) 2:15 Nails and Hands Therapy (DR) 3:00 Tasty Tuesday Social (DR) 3:30 Physio Fit with Fazel (CA) 4:00 Go4Life@ Walking Club 6:00 Hand Massage with LBM 6:15 Interesting Facts Social (DR) 7:00 Snoozelen Instruments (CA)	10:00 Morning Baking Club (DR) 10 10:30 Music Club (CA) 11:00 Chair Yoga (CA) 1:30 Puzzling Hour (DR) 2:30 Interesting Facts (CA) 3:00 Social: Flavour of the Week (DR) 4:00 Go4Life@ Walking Club 6:00 News Current Sr. Social (CA) 7:30 Evening Meditation with Tibet Singing Bowl	10:00 Morning Baking Club (DR) 11 10:30 Trivia Treasures (DR) 11:30 Body Aerobics (CA) 1:30 Remember When... (DR) 1:45 Nondenominational Communion (CA) 2:30 Resident Ran Sing-a-long (CA) 3:00 Around the World Social (CA) 3:30 Physio Fit with Fazel (CA) 4:00 Go4Life@ Walking Club 4:30 Live with Anticipation Club (DR) 6:15 Riddles and Trivia Social (CA) 7:00 Evening Relaxation Circle (DR)	9:30 News and Views from Around the World (CA) 12 10:00 Morning Baking Club (DR) 11:00 Tone & Trim Exercise (CA) 1:30 Math Club (DR) 2:15 Flower Arranging Club (DR) 3:00 Wine and Cheese Social (DR) 4:00 Go4Life@ Walking Club 6:00 Friday Night Movie & Popcorn (TV) 7:00 Spiritual Readings (CA)	10:00 Morning Baking Club (DR) 13 10:30 Saturday Morning Weather Watch (CA) 11:00 Stretch & Strengthen (CA) 1:30 BINGO (DR) 2:30 Community Service Projects (DR) 3:00 Circle of Kindness Social (DR) 4:00 Go4Life@ Walking Club 6:00 High Tea Social Hour (DR) 7:30 Evening Story by the Fireplace (DR)
10:00 Morning Baking Club (DR) 14 10:15 Sunday Morning Hymns (CA) 10:30 Stretch & Flex with Care Managers (CA) 11:00 Lap Basket Hour (CA) 1:30 Hymn Singing (CA) 2:00 Colouring Therapy (CA) 3:00 Happy Hour Social (DR) 4:00 Go4Life@ Walking Club 6:00 Reminiscing Social with Tea (DR) 7:00 Evening Relaxation and Meditation	10:00 Morning Baking Club (DR) 15 10:15 St. Patrick's Church Monthly Mass (AR) 10:30 Let's Stretch! (CA) 11:00 Meet me at MbMA (CA) 1:30 Sentimental Sing-a-longs (CA) 2:00 Baking Club with LBM (DR) 3:00 Monday Munchies Social (DR) 3:30 Physio Fit with Fazel (CA) 4:00 Go4Life@ Walking Club 6:00 Hydration Social (DR) 7:00 Evening Relaxation Circle (DR)	10:00 Morning Baking Club (DR) 16 10:30 Hands on Exotics (CA) 11:00 Range of Motion (CA) 1:30 Weekly Art Activity (DR) 2:15 Nails and Hands Therapy (DR) 3:00 Tasty Tuesday Social (DR) 3:30 Physio Fit with Fazel (CA) 4:00 Go4Life@ Walking Club 6:00 Hand Massage with LBM 6:15 Interesting Facts Social (DR) 7:00 Snoozelen Instruments (CA)	10:00 Morning Baking Club (DR) 17 10:30 Music Club (CA) 11:00 Chair Yoga (CA) 1:30 Puzzling Hour (DR) 2:30 iSpy (CA) 3:00 Social with Doug Goodeve (CA) 4:00 Go4Life@ Walking Club 6:00 News Current Sr. Social (CA) 7:30 Evening Meditation with Tibet Singing Bowl	10:00 Morning Baking Club (DR) 18 10:30 Trivia Treasures (DR) 11:00 Body Aerobics (CA) 1:30 Nondenominational Communion (CA) 2:30 Resident Ran Sing-a-long (CA) 3:00 Flower Arranging (CA) 3:30 Physio Fit with Fazel (CA) 4:00 Go4Life@ Walking Club 4:30 Live with Anticipation Club (DR) 6:15 Riddles and Trivia Social (CA) 7:00 Evening Relaxation Circle (DR)	9:30 News and Views from Around the World (CA) 19 10:00 Morning Baking Club (DR) 11:00 Tone & Trim Exercise (CA) 1:30 Math Club (DR) 2:00 Wine and Cheese Social with Kim Atkins (DR) 3:00 Flower Arranging Club (DR) 4:00 Go4Life@ Walking Club 6:00 Friday Night Movie & Popcorn (TV) 7:00 Spiritual Readings (CA)	10:00 Morning Baking Club (DR) 20 10:30 Saturday Morning Weather Watch (CA) 11:00 Stretch & Strengthen (CA) 1:30 BINGO (DR) 2:30 Community Service Projects (DR) 3:00 Circle of Kindness Social (DR) 4:00 Go4Life@ Walking Club 6:00 High Tea Social Hour (DR) 7:30 Evening Story by the Fireplace (DR)
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10:00 Morning Baking Club (DR) 28 10:15 Sunday Morning Hymns (CA) 10:30 Stretch & Flex with Care Managers (CA) 11:00 Lap Basket Hour (CA) 1:30 Hymn Singing (CA) 2:00 Colouring Therapy (CA) 3:00 Happy Hour Social (DR) 4:00 Go4Life@ Walking Club 6:00 Reminiscing Social with Tea (DR) 7:00 Evening Relaxation and Meditation	10:00 Morning Baking Club (DR) 29 10:30 Let's Stretch! (CA) 11:00 Meet me at MbMA (CA) 1:30 Sentimental Sing-a-longs (CA) 2:00 Baking Club with LBM (DR) 3:00 Monday Munchies Social (DR) 3:30 Physio Fit with Fazel (CA) 4:00 Go4Life@ Walking Club 6:00 Hydration Social (DR) 7:00 Evening Relaxation Circle (DR)	10:00 Morning Baking Club (DR) 30 10:30 Math Club (CA) 11:00 Range of Motion (CA) 1:30 Weekly Art Activity (DR) 2:15 Nails and Hands Therapy (DR) 3:00 Tasty Tuesday Social (DR) 3:30 Physio Fit with Fazel (CA) 4:00 Go4Life@ Walking Club 6:00 Hand Massage with LBM 6:15 Interesting Facts Social (DR) 7:00 Snoozelen Instruments (CA)	10:00 Morning Baking Club (DR) 31 10:30 Music Club (CA) 11:00 Chair Yoga (CA) 1:30 Puzzling Hour (DR) 2:30 Interesting Facts (CA) 3:00 Social: Flavour of the Week (DR) 4:00 Go4Life@ Walking Club 6:00 News Current Sr. Social (CA) 7:30 Evening Meditation with Tibet Singing Bowl			