

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 2:00 PM: Movie (Media Room) 	2 10:30 AM: Ping Pong (Fitness Rm) 2:30 PM: Bridge (South Activity Room)	3 10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM Scrabble (Media Room) 7:00 PM: Movie (Media Rm)
4 10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 2:00 PM: Movie (Media Rm) 3:00 PM: Resident Run Bingo (Sth Act Rm)	5 10:30 AM: Kraft Korner (Sth Act Rm) 2:15 PM: Resident Council Meeting (Private Dining Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Movie (Media Rm)	6 9:30 AM: Tai Chi (Fitness Rm) 10:00 AM: Catholic Mass (Chapel) 10:30 AM: London Drugs - Bus Outing 10:30 AM: Scrabble (Media Rm) 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Concert (Media Rm)	7 9:30 AM: Sit and Fit (Fitness Rm) 10:00 AM: Music w/ Don Mackenzie (Dining Room) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Dining Rm)	8 9:30 AM: **NEW**Fall Prevention (Fitness Rm) 9:30 AM: Medical/Banking 1:15 PM: - Scenic Drive - Spanish Banks - Bus Outing 2:30 PM: Mystery Cards (Dining Rm)	9 9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Rm) 2:30 PM: Bridge (South Activity Room) 2:30 PM: Happy Hour & Music w/ the Shoe Shakers (Dining Room)	10 10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM Scrabble (Media Room) 2:30 PM: Virtual Scenic Drive - BALI: Hidden Paradises Beyond the Beaches Travel Video 4K (Media Room) 7:00 PM: Movie (Media Rm)
11 10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 2:00 PM: Movie (Media Rm) 3:00 PM: Resident Run Bingo (Sth Act Rm)	12 9:30 AM: Fall Prevention (Fitness Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 10:30 AM: News & Views (Media Room) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Movie (Media Rm)	13 9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Scrabble (Media Rm) 10:30 AM: - Scenic Drive - Deep Cove - Bus Outing 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Christian Fellowship (Chapel) 7:00 PM: Concert (Media Rm)	14 9:30 AM: Sit and Fit (Fitness Rm) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Dining Rm)	15 9:30 AM: Get up and go (Fitness Rm) 10:30 AM: SAD presentation (Media Room) 2:30 PM: Mystery Cards (Dining Rm)	16 9:30 AM: Fall Prevention (Fitness Rm) 10:30 AM: Ping Pong (Fitness Rm) 2:30 PM: Bridge (South Activity Room) 2:30 PM: Happy Hour & Trivia (Dining Room)	17 10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM Scrabble (Media Room) 7:00 PM: Movie (Media Rm)
18 10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 2:00 PM: Movie (Media Rm) 3:00 PM: Resident Run Bingo (Sth Act Rm)	19 9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 2:15 PM: Book Club (Private Din Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Movie (Media Rm)	20 9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Scrabble (Media Rm) 11:30 AM: - Lunch - Hart House - Bus Outing 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Concert (Media Rm)	21 9:30 AM: Sit and Fit (Fitness Rm) 10:00 AM: Music w/ Don Mackenzie (Dining Room) 10:00 AM: Blood Pressure & Weight (Media Room) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno w/ St. Pat's Volunteers (Dining Rm)	22 9:30 AM: Get up and go (Fitness Rm) 9:30 AM: Medical/Banking 2:30 PM: Mystery Cards (Dining Rm)	23 9:30 AM: Fall Prevention (Fitness Rm) 10:30 AM: Ping Pong (Fitness Rm) 10:30 PM: VPL Books (Media Room) 2:30 PM: Bridge (South Activity Room) 2:30 PM: Happy Hour & Trivia, (Dining Room)	24 10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM Scrabble (Media Room) 2:30 PM: Virtual Scenic Drive - Hungary's Surprising Secrets Revealed Travel Video 4K (Media Room) 7:00 PM: Movie (Media Rm)
25 10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 2:00 PM: Movie (Media Rm) 3:00 PM: Resident Run Bingo (Sth Act Rm)	26 9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Movie (Media Rm)	27 9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Scrabble (Media Rm) 1:15 PM: Scenic Drive - Mystery Location - Bus Outing 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Christian Fellowship (Chapel) 7:00 PM: Concert (Media Rm) 7:30 PM: Music w/ Simple Gifts Choir (Dining Room)	28 9:30 AM: Sit and Fit (Fitness Rm) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Dining Rm)	29 9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Kingsgate Mall (Bus Outing) 2:30 PM: Mystery Cards (Dining Rm)	30 9:30 AM: Fall Prevention (Fitness Rm) 10:30 AM: Ping Pong (Fitness Rm) 2:30 PM: Bridge (South Activity Room) 2:30 PM: Happy Hour, Birthday celebration & music w/ Dale Nichols (Dining Room)	31 10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM Scrabble (Media Room) 7:00 PM: Movie (Media Rm)