

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December cont'd 31 New Years Party 2:00 🐾 Afternoon Movie 7:30 🐾 Entertainment With Gracie & Guys 9:00 🐾 New Year Bells	😊 Emotional 🧠 Intellectual 🌿 Physical 🎯 Purposeful 🐾 Social ☀️ Spiritual	HAPPY HOLIDAYS			Living Loving Local Celebration Dinner 1 10:00 🌿 Go4Life-Walking Club-Meet us in the lobby 10:30 🌿 Fitness Friday 2:00 🐾 Entertainment - Bonsor Choir 3:30 🐾 Happy Hour 7:00 🎧 Digital Storytelling Premier 7:00 🐾 Dominoes & Hearts	10:30 🌿 Go4Life-Walking Club-Meet us in the lobby 11:00 🧠 Current Affairs 2:00 🐾 Entertainment - Joybell Choir
10:00 😊 Pet Visit with Daisy 3 7:00 🐾 All Games	10:30 🌿 Steady Feet Exercise 4 11:00 😊 Tai-Chi 7:00 🧠 Bridge	Christmas Decorating 5 9:30 🌿 Exercise 2:00 🎯 Christmas Decorating 3:30 🐾 Happy Hour 7:00 🐾 Choir Prattice 7:00 🐾 Crib	10:00 ☀️ Yoga-Body & Mind 6 11:30 🎧 Chat with Shreya 2:00 🎧 Christmas Community Giving- Shoebox Project 3:30 🎧 Food Forum 3:30 🌿 Go4Life Walking Club- Meet us in the lobby 7:00 ☀️ Happiness for Life 7:00 🐾 Table Games	Euro Designs 7 9:30 ☀️ Morning Prayers 10:30 🌿 Balance & Strength Exercise 11:15 Bus Trip-Lunch at Hart House 3:30 🌿 Go4Life-Walking Club-Meet us in the lobby 3:45 🐾 Entertainment - Andante Choir 7:00 🐾 Skip-Bo 7:00 🐾 Game Night & Crib	10:00 🌿 Go4Life-Walking Club-Meet us in the lobby 8 10:30 🌿 Fitness Friday 11:00 🎧 Coffee with Amanda 2:00 🐾 Entertainment - Music with Old Friends 3:30 🐾 Happy Hour 7:00 🐾 Dominoes & Hearts	10:30 🌿 Dance with Me - Lessons 9 7:00 🐾 Movie Night
Brunch 10 10:00 😊 Pet Visit with Daisy 2:00 🐾 Entertainment-Music and Dance with Historama Group 7:00 🐾 All Games	10:30 🌿 Steady Feet Exercise 11 11:00 😊 Tai-Chi 2:00 🐾 Bingo 7:00 🎧 Blue Christmas - Remembering our friends 7:00 🧠 Bridge	9:30 🌿 Exercise 12 10:30 🌿 Exercise 1:00 🎧 Hearing Clinic 2:00 🧠 M.I.N.D.Matters - Word Jumbles 3:30 Bus Trip- Visit and Bagged Dinner to Vandusen Gardens Lights Tour 3:30 🐾 Happy Hour 6:30 🎧 Craft- Christmas Ornament Craft 7:00 🐾 Crib	10:00 ☀️ Yoga-Body & Mind 13 2:00 🎧 Knit and Stitch Knitted Knockers 2:30 🐾 Tea Time 3:30 🌿 Go4Life Walking Club-Meet us in the lobby 3:45 🐾 Entertainment-Vivo Choir 7:00 ☀️ Happiness for Life 7:00 🐾 Table Games	10:30 🌿 Balance & Strength Exercise 14 11:00 🎧 Floral Arrangements 2:00 🎧 Birthday Party and Welcome Tea 3:30 🌿 Go4Life-Walking Club-Meet us in the lobby 7:00 🐾 Skip-Bo 7:00 🐾 Game Night & Crib	10:00 🌿 Go4Life-Walking Club-Meet us in the lobby 15 10:30 🌿 Fitness Friday 2:00 🐾 Entertainment - Partick Ray 3:30 🐾 Happy Hour 7:00 🐾 Dominoes & Hearts	10:30 🌿 Exercise 16 11:00 🧠 Current Affairs 2:00 🐾 Entertainment- The Travelling Troubadour Music Studio 7:00 🐾 Movie Night
10:00 😊 Pet Visit with Daisy 17 1:45 ☀️ Share & Sing with Royal City Church 7:00 🐾 All Games	10:30 🌿 Steady Feet Exercise 18 11:00 😊 Tai-Chi 2:00 🐾 Bingo 7:00 🧠 Bridge	9:30 🌿 Exercise 19 10:30 🌿 Exercise 2:00 😊 Creative Impressions With Sandra Goodridge 3:30 🐾 Happy Hour 6:00 Bus Trip- Christmas Lights Tour 7:00 😊 Choir Prattice 7:00 🐾 Crib	Walker Clinic 20 Santa Claus Is Coming To Town 10:00 ☀️ Yoga-Body & Mind 11:00 🎧 Resident Forum 2:00 🐾 Christmas Party -Under the Mistletoe with Jennifer Lauren 3:30 🌿 Go4Life Walking Club- Meet us in the lobby 6:30 🎧 Games - You be the Judge 7:00 🐾 Table Games	9:30 ☀️ Church Service 21 10:30 🌿 Balance & Strength Exercise 2:00 😊 Entertainment-Thornebridge Choir 3:30 🌿 Go4Life-Walking Club-Meet us in the lobby 7:00 🐾 Skip-Bo 7:00 🐾 Game Night & Crib	10:00 🌿 Go4Life-Walking Club-Meet us in the lobby 22 10:30 🌿 Fitness Friday 2:00 🐾 Entertainment with Mike Kinal 3:30 🐾 Happy Hour 7:00 🐾 Dominoes & Hearts	2:00 🐾 Table Games 23 7:00 🐾 Movie Night
7:00 🐾 All Games 24	Christmas Day 25 10:00 🐾 Movie Matinee- White Christmas 2:00 🐾 Bingo 7:00 🧠 Bridge	Boxing Day 26 9:30 🌿 Exercise 10:30 🌿 Exercise 2:00 😊 Manicures & Hand Massage 3:30 🐾 Happy Hour 7:00 🐾 Crib	10:00 🌿 Exercise 27 2:00 🎧 Knit and Stitch Knitted Knockers 2:30 🐾 Tea Time 3:30 🌿 Go4Life Walking Club-Meet us in the lobby 6:30 🎧 Games - You be the Judge 7:00 🐾 Table Games	10:30 🌿 Balance & Strength Exercise 28 2:00 🧠 Mad Libs "New Year's Resolutions" 3:30 🌿 Go4Life-Walking Club-Meet us in the lobby 7:00 🐾 Skip-Bo 7:00 🐾 Game Night & Crib	10:00 🌿 Go4Life-Walking Club-Meet us in the lobby 29 10:30 🌿 Fitness Friday 2:00 🐾 Entertainment- The Well Worn Trail 3:30 🐾 Happy Hour 7:00 🐾 Dominoes & Hearts	2:00 🐾 Table Games 30 6:45 🐾 Movie with Richard

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