

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
 <h1 style="text-align: center;">October 2019</h1> <h2 style="text-align: center;">Recreation Calendar</h2>				10:15 Chair Yoga with Murali (M) 1 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:00 Celebrity Spotlight: Katharine Hepburn (T) 3:30 Physio Fitness (M) 4:00 Tech Help (GR) 7:00 Centering Prayer (C)	10:00 Medical Tai Chi (M) 2 11:15 Daily Mass (C) 2:00 Elections Forum (DA) 2:00 Sing Along with James Levac (AL-F3) 2:00 Knitting Group (GR) 4:00 Cocktail and Trivia (B) 7:00 Night at the Opera: La Fille du Régiment (T)	10:30 Stretch and Tone (M) 3 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 3:30 Physio Fitness (M) 7:00 Euchre Night (GR) 7:00 Tribute Big Band Rehearsals (M)	10:30 Build Your Strength(M) 4 11:15 Daily Mass (C) 2:00 Afternoon Bridge (GR) 2:00 Icons of Canadian Popular Music (T) 2:00 Sing Along with Marianne (AL-F2) 3:00 Afternoon Tea (B)	10:00 Wu Dang Tai Chi With Check (M) 5 11:15 Daily Mass (C) 2:00 Mindful Yoga with Marianna (M) 3:00 Crafts with Kristin (AL-F3) 7:00 Movie Night (T)					
		11:00 Daily Mass (C) 6 1:00 Scrabble (GR) 2:00 Art Class with Dira (AL-F3) 3:00 Afternoon Movie Matinée (T) 6:15 Book of Isaiah by Fr. Irwin (M)	10:30 Balance Class (M) 7 11:15 Daily Mass (C) 2:30 Resident Safety Tours 3:00 Bingo (AL-F1) 3:30 Aquafit (P) 4:00 Fitness Training with Bremen (F)	10:15 Chair Yoga with Murali (M) 8 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:00 Rexall: Vitamins and Supplements (T) 3:30 Physio Fitness (M) 4:00 Tech Help (GR) 7:00 Centering Prayer (C)	10:00 Medical Tai Chi (M) 9 11:15 Daily Mass (C) 2:00 Town Hall (DA) 2:00 Knitting Group (GR) 2:00 Sing Along with James Levac (AL-F3) 3:00 Cocktail and Trivia (B) 7:00 CBC Docs (T)	10:30 Stretch and Tone (M) 10 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:00 Food is Focus (DA) 3:30 Physio Fitness (M) 7:00 Euchre Night (GR) 7:00 Tribute Big Band Rehearsals (M)	9:00 Resident Council Meeting (BR) 11 10:30 Build Your Strength(M) 11:15 Daily Mass (C) 2:00 Afternoon Bridge (GR) 2:00 Call of the Forest: The Forgotten Wisdom Of Trees (T) 3:00 Afternoon Tea (B)	10:00 Wu Dang Tai Chi With Check (F) 12 11:15 Daily Mass (C) 3:00 Storytelling with Raymond Pierce (M) 7:00 Movie Night (T)					
		11:00 Daily Mass (C) 13 12:00 Thanksgiving Lunch 1:00 Scrabble (GR) 2:00 Art Class with Dira (AL-F3) 3:00 Afternoon Movie Matinée (T) 6:15 Book of Isaiah by Fr. Irwin (M)	11:15 Thanksgiving Mass (C) 14 	10:15 Chair Yoga with Murali (M) 15 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:30 Birthday Party with Jack Garson (DA) 3:30 Physio Fitness (M) 4:00 Tech Help (GR) 7:00 Centering Prayer (C)	10:00 Medical Tai Chi (M) 16 11:15 Daily Mass (C) 2:00 Town Hall (DA) 2:00 Knitting Group (GR) 2:00 Sing Along with James Levac (AL-F3) 3:00 Cocktail and Trivia (B) 7:00 National Geographic Wildlife Series (T)	10:30 Stretch and Tone (M) 17 11:15 Daily Mass (C) 2:00 Presentation Manor Grand Opening Event 3:30 Physio Fitness (F) 7:00 Tribute Big Band Rehearsals (M)	10:30 Build Your Strength(M) 18 11:15 Daily Mass (C) 2:00 Afternoon Bridge (GR) 2:00 Sing Along with Marianne (AL-F2) 3:00 Afternoon Tea (B) 4:00 Brain Aerobics (GR)	10:00 Wu Dang Tai Chi With Check (M) 19 11:15 Daily Mass (C) 3:00 Crafts with Kristin (AL-F3) 7:00 Movie Night (T)					
		11:00 Daily Mass (C) 20 1:00 Scrabble (GR) 2:00 Art Class with Dira (AL-F3) 3:00 Afternoon Movie Matinée (T) 6:15 Book of Isaiah by Fr. Irwin (M)	10:30 Balance Class (F) 21 11:15 Daily Mass (C) 3:00 Bingo (AL-F1) 3:30 Aquafit (P) 4:00 Fitness Training with Bremen (F) Federal Elections polling station in Multipurpose room	10:15 Chair Yoga with Murali (M) 22 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:00 Activities Meeting (M) 3:30 Physio Fitness (M) 4:00 Tech Help (GR) 7:00 Centering Prayer (C)	10:00 Medical Tai Chi (M) 23 10:00 Trip to Aga Khan Museum (O) 11:15 Daily Mass (C) 2:00 Knitting Group (GR) 2:00 Sing Along with James Levac (AL-F3) 3:00 Cocktail and Trivia (B) 7:00 Comedy Hour (T)	10:30 Stretch and Tone (M) 24 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:30 Concert by Society Of Singers (DA) 3:30 Physio Fitness (M) 7:00 Euchre Night (GR) 7:00 Tribute Big Band Rehearsals (M)	10:30 Build Your Strength(M) 25 11:15 Daily Mass (C) 2:00 Afternoon Bridge (GR) 2:00 Sing Along with Marianne (AL-F2) 3:00 Afternoon Tea (B) 4:00 Brain Aerobics (GR)	10:00 Wu Dang Tai Chi With Check (M) 26 11:15 Daily Mass (C) 3:00 Crafts with Kristin (AL-F3) 7:00 Movie Night (T)					
		11:00 Daily Mass (C) 27 1:00 Scrabble (GR) 2:00 Art Class with Dira (AL-F3) 3:00 Afternoon Movie Matinée (T) 6:15 Book of Isaiah by Fr. Irwin (M)	10:30 Balance Class (M) 28 11:15 Daily Mass (C) 2:00 Brain Aerobics (GR) 3:00 Bingo (AL-F1) 3:30 Aquafit (P) 4:00 Fitness Training with Bremen (F)	10:15 Chair Yoga with Murali (M) 29 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 3:30 Physio Fitness (M) 4:00 Tech Help (GR) 7:00 Centering Prayer (C)	10:00 Medical Tai Chi (M) 30 11:15 Daily Mass (C) 2:00 History Presentation on Sisters of Service (M) 2:00 Sing Along with James Levac (AL-F3) 2:00 Knitting Group (GR) 3:00 Cocktail and Trivia (B)	10:30 Stretch and Tone (M) 31 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:30 Monster Mash Open House (DA) 3:30 Physio Fitness (M) 7:00 Euchre Night (GR) 7:00 Tribute Big Band Rehearsals (M)	LEGEND Assisted Living Floor- (AL-F) Bistro- (B) Chapel- (C) Dining Area- (DA) Demo Kitchen- (DK) Fitness Room- (F) Games Room- (GR) Library- (L) Multipurpose Room- (M) Outing- (O) Pool- (P) Theatre- (T)						
		Simchat Torah											

Programs are subject to change.