

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday



January 2020

Recreation Calendar

 <h1>January 2020</h1> <h2>Recreation Calendar</h2>			<p>1</p> <p>11:00 New Year's Mass (C) 2:00 Knitting Group (L)</p> <p><small>New Year's Day</small></p>	<p>2</p> <p>10:30 Stretch and Tone (M) 11:15 Daily Mass (C) 1:30 Shopping Shuttle (O) 3:00 Happy Hour and Trivia (B) 7:00 Euchre Night (GR)</p>	<p>3</p> <p>10:30 Build Your Strength (M) 11:15 Daily Mass (C) 2:00 Bingo (AL-F1) 2:00 Afternoon Bridge (GR) 3:00 Afternoon Tea (B) 4:00 Circuit Training with Bremen (F)</p>	<p>4</p> <p>10:00 Wu-Dang Tai Chi (M) 11:00 Daily Mass (C) 3:00 Crafts with Kristin (AL-F3) 4:00 Sing Along with Allen (AL-F4) 7:00 Positive Psychology: The Science Behind Feeling Good (T)</p>
<p>5</p> <p>11:00 Sunday Mass (C) 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)</p>	<p>6</p> <p>10:30 Balance Class (M) 11:15 Daily Mass (C) 2:00 Ice Cream Bar (B) 3:00 Brain Aerobics (GR) 4:00 Circuit Training with Bremen (F)</p>	<p>7</p> <p>10:15 Chair Yoga with Paul (M) 11:15 Daily Mass (C) 1:30 Shopping Shuttle (O) 2:00 Rexall: Lift Yourself Up When You're Feeling Down (T) 3:30 Physio Fitness (M) 4:00 Tech Help (GR)</p>	<p>8</p> <p>10:00 Medical Tai Chi (M) 11:15 Daily Mass (C) 2:00 Knitting Group (L) 2:00 Sing Along with James Levac (AL-F3) 3:00 Happy Hour and Trivia (B) 7:00 Night at the Opera: Die Zauberflöte (T)</p>	<p>9</p> <p>10:30 Stretch and Tone (M) 11:15 Daily Mass (C) 1:30 Shopping Shuttle (O) 2:00 A Glimpse of the Congregation of Notre Dame (M) 3:30 Physio Fitness (M) 7:00 Euchre Night (GR)</p>	<p>10</p> <p>10:15 Mindful Yoga with Mariana (M) 11:15 Daily Mass (C) 2:00 Bingo (AL-F1) 2:00 Afternoon Bridge (GR) 3:00 Afternoon Tea (B) 4:00 Circuit Training with Bremen (F) 7:00 Aquafit (P)</p>	<p>11</p> <p>10:00 Wu-Dang Tai Chi (M) 11:00 Daily Mass (C) 4:00 Sing Along with Allen (AL-F4) 7:00 Movie Night (T)</p>
<p>12</p> <p>11:00 Sunday Mass (C) 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)</p>	<p>13</p> <p>10:30 Balance Class (M) 11:15 Daily Mass (C) 2:00 Celebrity Spotlight: Clark Gable (T) 3:00 Brain Aerobics (GR) 4:00 Circuit Training with Bremen (F)</p>	<p>14</p> <p>10:15 Chair Yoga with Paul (M) 11:00 Daily Mass (C) 1:30 Shopping Shuttle (O) 3:30 Physio Fitness (M) 4:00 Tech Help (GR) 7:00 Dean Martin Comedy Roast (T)</p>	<p>15</p> <p>10:00 Medical Tai Chi (M) 11:15 Daily Mass (C) 2:00 Knitting Group (L) 2:00 Town Hall (DA) 2:00 Sing Along with James Levac (AL-F3) 3:00 Happy Hour and Trivia (B) 7:00 CBC Docs (T)</p>	<p>16</p> <p>10:30 Stretch and Tone (M) 11:15 Daily Mass (C) 1:30 Shopping Shuttle (O) 2:00 Reading with Heart: The Construction of a Literate Christianity (M) 3:30 Physio Fitness (M) 7:00 Euchre Night (GR) 7:00 Tribute Big Band Rehearsals (M)</p>	<p>17</p> <p>10:15 Mindful Yoga with Mariana (M) 11:15 Daily Mass (C) 2:00 Bingo (AL-F1) 2:00 Afternoon Bridge (GR) 3:00 Afternoon Tea (B) 4:00 Circuit Training with Bremen (F) 7:00 Aquafit (P)</p>	<p>18</p> <p>10:00 Wu-Dang Tai Chi (M) 11:00 Daily Mass (C) 3:00 Crafts with Kristin (AL-F3) 4:00 Sing Along with Allen (AL-F4) 7:00 Movie Night (T)</p>
<p>19</p> <p>11:00 Sunday Mass (C) 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)</p> <p><small>Activity Professionals Week</small></p>	<p>20</p> <p>10:30 Balance Class (M) 11:15 Daily Mass (C) 2:00 Ice Cream Bar (B) 3:00 Martin Luther King: Historical Perspective (T) 4:00 Circuit Training with Bremen (F)</p> <p><small>Martin Luther King Day</small></p>	<p>21</p> <p>10:15 Chair Yoga with Paul (M) 11:00 Daily Mass (C) 1:30 Shopping Shuttle (O) 3:30 Physio Fitness (M) 4:00 Tech Help (GR) 7:00 Dean Martin Comedy Roast (T)</p>	<p>22</p> <p>10:00 Medical Tai Chi (M) 11:15 Daily Mass (C) 2:00 Knitting Group (L) 2:00 Sing Along with James Levac (AL-F3) 3:00 Happy Hour and Trivia (B) 7:00 National Geographic Wildlife Series (T)</p>	<p>23</p> <p>10:30 Stretch and Tone (M) 11:15 Daily Mass (C) 1:30 Shopping Shuttle (O) 2:00 January Birthday Party with Mike and Darlene (DA) 3:30 Physio Fitness (M) 7:00 Euchre Night (GR) 7:00 Tribute Big Band Rehearsals (M)</p>	<p>24</p> <p>10:30 Build Your Strength (M) 11:15 Daily Mass (C) 2:00 Bingo (AL-F1) 2:00 Afternoon Bridge (GR) 3:00 Afternoon Tea (B) 4:00 Circuit Training with Bremen (F) 7:00 Aquafit (P)</p>	<p>25</p> <p>10:00 Wu-Dang Tai Chi (M) 11:00 Daily Mass (C) 4:00 Sing Along with Allen (AL-F4) 7:00 Movie Night (T)</p> <p><small>Chinese New Year</small></p>
<p>26</p> <p>11:00 Sunday Mass (C) 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)</p>	<p>27</p> <p>10:30 Balance Class (M) 11:15 Daily Mass (C) 2:00 Ice Cream Bar (B) 3:00 Brain Aerobics (GR) 4:00 Circuit Training with Bremen (F)</p> <p><small>Australia Day (observed)</small></p>	<p>28</p> <p>10:15 Chair Yoga with Paul (M) 11:00 Daily Mass (C) 1:30 Shopping Shuttle (O) 2:00 Fraud Prevention with Sgt. Bob (T) 3:30 Physio Fitness (M) 4:00 Tech Help (GR) 7:00 Dean Martin Comedy Roast (T)</p>	<p>29</p> <p>10:00 Medical Tai Chi (M) 11:15 Daily Mass (C) 2:00 Knitting Group (L) 2:00 Sing Along with James Levac (AL-F3) 3:00 Happy Hour and Trivia (B) 7:00 Netflix Documentary: Makeup Mayhem (T)</p>	<p>30</p> <p>Visit to McMichael Gallery 1:30PM - 4:00 PM 10:30 Stretch and Tone (M) 11:15 Daily Mass (C) 1:30 Shopping Shuttle (O) 3:30 Physio Fitness (M) 7:00 Euchre Night (GR) 7:00 Tribute Big Band Rehearsals (M)</p>	<p>31</p> <p>10:15 Mindful Yoga with Mariana (M) 11:15 Daily Mass (C) 2:00 Bingo (AL-F1) 2:00 Afternoon Bridge (GR) 3:00 Afternoon Tea (B) 4:00 Circuit Training with Bremen (F) 7:00 Aquafit (P)</p>	<p>10:00 Wu-Dang Tai Chi (M) 11:00 Daily Mass (C) 3:00 Crafts with Kristin (AL-F3) 4:00 Sing Along with Allen (AL-F4) 7:00 Movie Night (T)</p>

Assisted Living- (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)