

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2019

Presentation Manor Recreation Manor

				<p>10:30 Stretch and Tone (M) 1 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:30 Gentle Balance (AL-F1) 3:30 Physio Fitness (M) 7:00 Euchre Night (GR) 7:00 Tribute Big Band Rehearsals (M)</p>	<p>10:30 Build Your Strength (M) 2 11:15 Daily Mass (C) 2:00 Sleep! "Getting a Goodnight's Sleep" Presented by Rexall (T) 4:00 Afternoon Bridge (GR) 7:00 Action Movie Night (T)</p>	<p>10:00 Wu Dang Tai Chi (M) 3 11:15 Daily Mass (C) 2:00 Music with James Levac (AL-F3) 2:40 Mindful Yoga with Marianna (F) 7:00 Movie Night (T)</p>
<p>11:00 Daily Mass (C) 4 1:00 Scrabble (GR) 2:00 Creative Art and Crafts With Kristin (AL-F2) 3:00 Afternoon Movie Matinée (T)</p>	<p>11:15 Daily Mass (C) 5 CIVIC HOLIDAY BBQ and Entertainment With Allen Charney 12:00 P.M. – 2:30 P.M.</p>	<p>10:15 Chair Yoga with Murali (M) 6 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:00 Brain Aerobics (GR) 2:30 Gentle Balance (AL-F1) 3:00 Open Swim (P) 3:30 Physio Fitness (M) 7:00 Comedy Hour (T)</p>	<p>10:00 Medical Tai Chi with Check (M) 7 11:15 Daily Mass (C) 2:00 Robert Schumann-Scenes from Childhood (T) 3:30 Cocktail and Trivia Hour (B) 7:00 Night at the Opera: Carmen (T)</p>	<p>10:30 Stretch and Tone (M) 8 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:00 Current Events (GR) 2:00 Gentle Balance (AL-F1) 2:45 Open Swim (P) 3:30 Physio Fitness (M) 7:00 Euchre Night (GR) 7:00 Tribute Big Band Rehearsals (M)</p>	<p>10:30 Build Your Strength (M) 9 11:15 Daily Mass (C) 2:00 Food is the Focus (DA) 2:00 Celebrity Spotlight: Gloria Vanderbilt Part 2 (T) 3:00 Open Swim (P) 4:00 Afternoon Bridge (GR) 7:00 Action Movie Night (T)</p>	<p>10:00 Wu Dang Tai Chi (M) 10 11:15 Daily Mass (C) 2:00 Music with James Levac (AL-F3) 7:00 Movie Night (T)</p>
<p>11:00 Daily Mass (C) 11 1:00 Scrabble (GR) 2:00 Creative Art and Crafts With Kristin (AL-F3) 3:00 Afternoon Movie Matinée (T) National Tea Week</p>	<p>10:30 Balance Class (M) 12 11:15 Daily Mass (C) 2:30 Elegant Tea Social (B) 3:00 Bingo (AL-F1) 3:00 Aquafit (P) 4:00 Group Discussion: Cost of Electricity (GR)</p>	<p>10:15 Chair Yoga with Murali (M) 13 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:00 Teaching Kitchen (DK) 2:30 Gentle Balance (AL-F1) 3:30 Physio Fitness (M) 4:00 Computer Basics (GR) 7:00 Comedy Hour (T)</p>	<p>10:00 Medical Tai Chi with Check (M) 14 11:15 Daily Mass (C) 2:00 Fitness Training with Bremen (F) 3:00 Iced Tea Social (B) 4:00 Activities Meeting (M) 7:00 Cocktail Lounge with Jay Vasquez (DA)</p>	<p>10:30 Stretch and Tone (M) 15 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:00 Classical Indian (Carnatic) Presentation (M) 2:30 Gentle Balance (AL-F1) 3:30 Physio Fitness (M) 7:00 Euchre Night (GR) 7:00 Tribute Big Band Rehearsals (M)</p>	<p>9:00 Resident Council Meeting (BR) 16 10:30 Build Your Strength (M) 11:15 Daily Mass (C) 2:00 Ice Cream Float Bar (B) 4:00 Afternoon Bridge (GR) 7:00 Action Movie Night (T)</p>	<p>10:00 Wu Dang Tai Chi (M) 17 11:15 Daily Mass (C) 2:00 Music with James Levac (AL-F3) 2:30 Mindful Yoga with Marianna (F) 7:00 Movie Night (T)</p>
<p>11:00 Daily Mass (C) 18 1:00 Scrabble (GR) 2:00 Creative Art and Crafts With Kristin (AL-F2) 3:00 Afternoon Movie Matinée (T)</p>	<p>10:30 Balance Class (M) 19 11:15 Daily Mass (C) 2:00 Ted Talks: Pursuit Of Happiness (T) 3:00 Bingo (AL-F1) 3:00 Aquafit (P) 4:00 Group Discussion: Going to the CNE (GR)</p>	<p>10:15 Chair Yoga with Murali (M) 20 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:00 Brain Aerobics (GR) 2:30 Gentle Balance (AL-F1) 3:30 Physio Fitness (M) 4:00 Computer Basics (GR) 7:00 Comedy Hour (T)</p>	<p>10:00 Medical Tai Chi with Check (M) 21 11:15 Daily Mass (C) 2:00 Town Hall Meeting (DA) 2:45 Open Swim (P) 3:30 Cocktail and Trivia Hour (B) 7:00 National Geographic Wildlife Series (T)</p>	<p>10:30 Stretch and Tone (M) 22 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:30 Birthday Party with Briar Boake (DA) 3:30 Physio Fitness (M) 7:00 Euchre Night (GR) 7:00 Tribute Big Band Rehearsals (M)</p>	<p>10:30 Build Your Strength (M) 23 11:15 Daily Mass (C) 1:00 Mandala Art (GR) 2:00 Ice Cream Float Bar (B) 4:00 Afternoon Bridge (GR) 7:00 Action Movie Night (T)</p>	<p>10:00 Wu Dang Tai Chi (F) 24 11:15 Funeral Mass For Brenda Hodgson (C) 2:00 Music with James Levac (AL-F3) 7:00 Movie Night (T)</p>
<p>11:00 Daily Mass (C) 25 1:00 Scrabble (GR) 2:00 Creative Art and Crafts With Kristin (AL-F3) 3:00 Afternoon Movie Matinée (T)</p>	<p>10:30 Balance Class (M) 26 11:15 Daily Mass (C) 2:00 Ice Cream Social (B) 3:00 Bingo (AL-F1) 3:00 Aquafit (P) 4:00 Group Discussion: Back to School (GR) 7:00 Advocats Big Band Rehearsals (M)</p>	<p>10:15 Chair Yoga with Murali (M) 27 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:00 Brain Aerobics (GR) 2:30 Gentle Balance (AL-F1) 3:30 Physio Fitness (M) 4:00 Computer Basics (GR) 7:00 Comedy Hour (T)</p>	<p>10:00 Medical Tai Chi with Check (M) 28 11:15 Daily Mass (C) 2:00 Fitness Training with Bremen (F) 2:45 Open Swim (P) 3:30 Cocktail and Trivia Hour (B) 7:00 CBC Docs (T)</p>	<p>10:30 Stretch and Tone (M) 29 11:15 Daily Mass (C) 12:00 Picnic Lunch at McMichael Art Gallery (O) 1:30 Shopping Trip (O) 2:30 Gentle Balance (AL-F1) 3:30 Physio Fitness (M) 7:00 Euchre Night (GR) 7:00 Tribute Big Band Rehearsals (M)</p>	<p>9:30 Free Swim (P) 30 10:30 Build Your Strength (M) 11:15 Daily Mass (C) 2:00 August Corn Roast Open House (DA) 4:00 Afternoon Bridge (GR) 7:00 Action Movie Night (T)</p>	<p>10:00 Wu Dang Tai Chi (M) 31 11:15 Daily Mass (C) 2:00 Music with James Levac (AL-F3) 2:30 Mindful Yoga with Marianna (F) 7:00 Movie Night (T)</p>