

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



November 2019

Assisted Living Recreation Calendar

<p>11:00 Sunday Mass (C) 3 1:00 Scrabble (GR) 2:00 Art Class with Dira (AL-F3) 3:00 Afternoon Movie Matinée (AL-F) 6:15 Book of Isiah by Fr. Irwin (M)</p> <p><small>Daylight Saving Time Ends</small></p>	<p>10:30 Balance Class (M) 4 11:15 Daily Mass (C) 2:00 Ice Cream Bar (B) 2:00 Sing Along with Seville (AL-F2) 3:30 Aquafit (P) 4:00 Afternoon Tea (AL-F3)</p>	<p>10:15 Chair Yoga with Paul (M) 5 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:30 Gentle Balance (AL-F1) 3:30 Physio Fitness (M) 4:00 Tech Help (GR) 7:00 Centering Prayer (C)</p>	<p>10:00 Medical Tai Chi (M) 6 11:15 Daily Mass (C) 2:00 Sing Along with James Levac (AL-F3) 2:00 Knitting Group (L) 3:00 Cocktail and Trivia (B) 7:00 Night at the Opera: Die Walküre (T)</p>	<p>10:30 Stretch and Tone (M) 7 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:00 1 to 1 Visits 2:00 RBC Presents: Estate Planning (T) 2:30 Gentle Balance (AL-F1) 3:30 Physio Fitness (M) 7:00 Tribute Big Band Rehearsals (M)</p>	<p>10:30 Mindful Yoga With Marianne (M) 8 11:15 Daily Mass (C) 2:00 Sing Along with Marianne (AL-F2) 2:00 Climate Action Talk by Kehkashan Basu (M) 3:00 Bingo (AL-F1)</p>	<p>10:00 Wu-Dang Tai Chi (M) 9 11:15 Daily Mass (C) 3:00 Crafts with Kristin (AL-F3) 7:00 Movie Night (AL-F) Christmas Boutique 10:00 AM – 5:00 PM (B)</p>
<p>11:00 Sunday Mass (C) 10 1:00 Scrabble (GR) 2:00 Art Class with Dira (AL-F3) 3:00 Afternoon Movie Matinée (AL-F) 6:15 Book of Isiah by Fr. Irwin (M) Christmas Boutique 10:00 AM – 5:00 PM (B)</p>	<p>10:00 Daily Mass (C) 11 11:00 Remembrance Day Service (C) 2:00 Sing Along with Seville (AL-F2) 2:30 Veteran's Celebration By The Three Generations Band (DA) 3:30 Aquafit (P) <small>Veterans Day (US) Remembrance Day (Canada)</small></p>	<p>10:15 Chair Yoga with Paul (M) 12 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:30 Gentle Balance (AL-F1) 3:30 Physio Fitness (M) 4:00 Tech Help (GR) 7:00 Centering Prayer (C)</p>	<p>10:00 Medical Tai Chi (M) 13 11:15 Daily Mass (C) 2:00 Sing Along with James Levac (AL-F3) 2:00 Knitting Group (L) 3:00 Cocktail and Trivia (B) 7:00 CBC Docs (T)</p>	<p>10:30 Stretch and Tone (M) 14 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:00 1 to 1 Visits 2:30 Gentle Balance (AL-F1) 3:30 Physio Fitness (M) 7:00 Tribute Big Band Rehearsals (M)</p>	<p>10:30 Strength Training (M) 15 11:15 Daily Mass (C) 2:00 Sing Along with Marianne (AL-F2) 2:00 In the Music Halls of World War One by Daniel Aonso (T) 3:00 Bingo (AL-F1)</p>	<p>10:00 Wu-Dang Tai Chi (M) 16 11:15 Daily Mass (C) 3:00 Crafts with Kristin (AL-F3) 7:00 Movie Night (AL-F)</p>
<p>11:00 Sunday Mass (C) 17 1:00 Scrabble (GR) 2:00 Art Class with Dira (AL-F3) 3:00 Afternoon Movie Matinée (AL-F) 6:15 Book of Isiah by Fr. Irwin (M)</p>	<p>10:30 Balance Class (M) 18 11:15 Daily Mass (C) 2:00 Ice Cream Bar (B) 2:00 Sing Along with Seville (AL-F2) 3:30 Aquafit (P) 4:00 Afternoon Tea (AL-F3)</p>	<p>10:15 Chair Yoga with Paul (M) 19 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:30 Gentle Balance (AL-F1) 3:30 Physio Fitness (M) 4:00 Tech Help (GR) 7:00 Centering Prayer (C)</p>	<p>10:00 Medical Tai Chi (M) 20 11:15 Daily Mass (C) 2:00 Sing Along with James Levac (AL-F3) 2:00 Knitting Group (L) 3:00 Cocktail and Trivia (B) 7:00 National Geographic Wildlife Series (T)</p>	<p>10:30 Stretch and Tone (M) 21 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:00 1 to 1 Visits 2:30 Gentle Balance (AL-F1) 3:30 Physio Fitness (M) 7:00 Tribute Big Band Rehearsals (M)</p>	<p>10:30 Mindful Yoga With Marianne (M) 22 11:15 Daily Mass (C) 2:00 Sing Along with Marianne (AL-F2) 3:00 Bingo (AL-F1)</p>	<p>10:00 Wu-Dang Tai Chi (M) 23 11:15 Daily Mass (C) 3:00 Crafts with Kristin (AL-F3) 7:00 Movie Night (AL-F)</p>
<p>11:00 Sunday Mass (C) 24 1:00 Scrabble (GR) 2:00 Art Class with Dira (AL-F3) 3:00 Afternoon Movie Matinée (AL-F) 6:15 Book of Isiah by Fr. Irwin (M)</p>	<p>10:30 Balance Class (M) 25 11:15 Daily Mass (C) 2:00 Ice Cream Bar (B) 2:00 Sing Along with Seville (AL-F2) 3:30 Aquafit (P) 4:00 Afternoon Tea (AL-F3)</p>	<p>10:15 Chair Yoga with Paul (M) 26 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:00 Open House: Elegant Afternoon (DA) 2:30 Gentle Balance (AL-F1) 3:30 Physio Fitness (M) 4:00 Tech Help (GR) 7:00 Centering Prayer (C)</p>	<p>10:00 Medical Tai Chi (M) 27 11:15 Daily Mass (C) 2:00 Sing Along with James Levac (AL-F3) 2:00 Knitting Group (L) 3:00 Cocktail and Trivia (B) 7:00 Comedy Hour (T)</p>	<p>10:30 Stretch and Tone (M) 28 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:00 1 to 1 Visits 2:30 Gentle Balance (AL-F1) 3:30 Physio Fitness (M) 7:00 Tribute Big Band Rehearsals (M)</p> <p><small>Thanksgiving Day (US)</small></p>	<p>10:30 Strength Training (M) 29 11:15 Daily Mass (C) 2:00 Sing Along with Marianne (AL-F2) 2:00 Celebrity Spotlight: William Holden (T) 3:00 Bingo (AL-F1)</p>	<p>10:00 Wu-Dang Tai Chi (M) 30 11:15 Daily Mass (C) 3:00 Crafts with Kristin (AL-F3) 7:00 Movie Night (AL-F)</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)