

Sunday

Monday

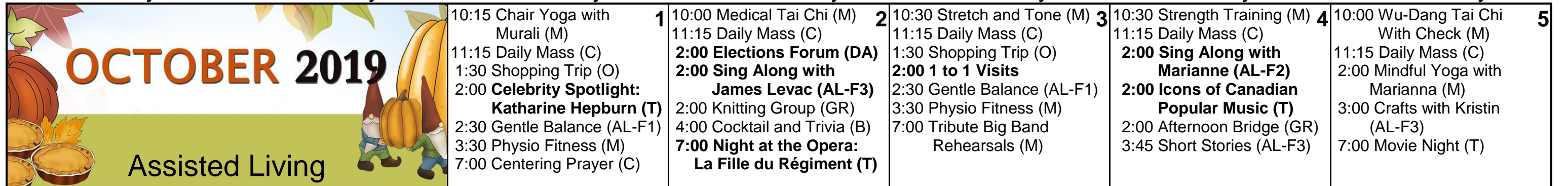
Tuesday

Wednesday

Thursday

Friday

Saturday



OCTOBER 2019
Assisted Living

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)
2:00 Sing Along with Seville (AL-F2)
3:00 Bingo (AL-F1)
3:30 Aquafit (P)
4:15 Group Discussion: Missionary Work (L)

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)
2:30 Gentle Balance (AL-F1)
3:30 Physio Fitness (M)
7:00 Centering Prayer (C)

10:00 Medical Tai Chi (M) **9**
11:15 Daily Mass (C)
2:00 Sing Along with James Levac (AL-F3)
2:00 Town Hall (DA)
2:00 Knitting Group (GR)
3:00 Cocktail and Trivia (B)
4:00 Afternoon Tea (AL-F3)
7:00 CBC Docs (T)
Yom Kippur

10:30 Stretch and Tone (M) **10**
11:15 Daily Mass (C)
1:30 Shopping Trip (O)
2:00 Food is Focus (DA)
2:00 1 to 1 Visits
2:30 Gentle Balance (AL-F1)
3:30 Physio Fitness (M)
7:00 Tribute Big Band Rehearsals (M)

9:00 Resident Council Meeting (BR) **11**
10:30 Strength Training (M)
11:15 Daily Mass (C)
2:00 Sing Along with Marianne (AL-F3)
2:00 Call of the Forest: The Forgotten Wisdom Of Trees (T)

10:00 Wu-Dang Tai Chi With Check (M) **12**
11:00 Daily Mass (C)
3:00 Storytelling with Raymond Pierce (M)
3:00 Crafts with Kristin (AL-F3)
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)
2:30 Gentle Balance (AL-F1)
4:00 Tech Help (GR)
7:00 Centering Prayer (C)

10:00 Medical Tai Chi (M) **16**
11:15 Daily Mass (C)
2:00 Sing Along with James Levac (AL-F3)
3:00 Cocktail and Trivia (B)
4:00 Afternoon Tea (AL-F3)
7:00 National Geographic Wildlife Series (T)

10:30 Stretch and Tone (M) **17**
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)
4:00 Afternoon Tea (AL-F3)
7:00 Tribute Big Band Rehearsals (M)

10:30 Strength Training (M) **18**
11:15 Daily Mass (C)
2:00 Sing Along with Marianne (AL-F2)
2:00 Afternoon Bridge (GR)
3:45 Short Stories (AL-F3)

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 (M) **21**
11:15 Daily Mass (C)
2:00 Sing Along with Seville (AL-F2)
3:00 Bingo (AL-F1)
3:30 Aquafit (P)
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)
2:30 Gentle Balance (AL-F1)
3:30 Physio Fitness (M)
4:00 Tech Help (GR)
7:00 Centering Prayer (C)
Simchat Torah

10:00 Medical Tai Chi (M) **23**
10:00 Trip to Aga Khan Museum (O)
11:15 Daily Mass (C)
2:00 Sing Along with James Levac (AL-F3)
3:00 Cocktail and Trivia (B)
4:00 Afternoon Tea (AL-F3)
7:00 Comedy Hour (T)

10:30 Stretch and Tone (M) **24**
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)

10:30 Strength Training (M) **25**
11:15 Daily Mass (C)
2:00 Sing Along with Marianne (AL-F2)
2:00 Afternoon Bridge (GR)
3:45 Short Stories (AL-F3)

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 Sing Along with Seville (AL-F2)
3:00 Bingo (AL-F1)
3:30 Aquafit (P)
4:15 Group Discussion: Indigenous Cultures (GR)

10:15 Chair Yoga with Murali (M) **29**
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)

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)
3:00 Cocktail and Trivia (B)
4:00 Afternoon Tea (AL-F3)

10:30 Stretch and Tone (M) **31**
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)
Halloween

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)

