


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 Mass (1, 2 & AL) 1 11:45 Mass (3, 4) 2:00 Movie Matinee (T): The Greatest Showman *No Centering Prayer at 7:00pm <small>New Year's Day</small>	9:30 Exercises (M) 2 10:30 Mass (C) 1:00 Baking w/ Jain (AL4) 2:00 Safe Haven Documentary (T) 2:30 BINGO (AL1) 4:00 Rosary (C)	9:30 Slow Flow Fitness (M) 3 10:30 Mass (C) 1:00 New Year's Colouring (AL4) 2:00 SAGE Group (PD) 2:00 Physio Exercises(AL1) 3:30 Physio Exercises(AL3)	9:30 Exercises (M) 4 10:30 Mass (C) 1:00 Knitting Club (PD) 2:30 Happy Hour & Trivia with Bremen (B) 3:30 Sing-Along w/ Sr. Christine (AL4) 4:00 Rosary (C)	9:30 Exercises (M) 5 10:30 Mass (C) 2:00 Physio Exercises(AL1) 2:30 Ice Cream Bar (B) 3:00 Happy Hour! (AL4) 3:30 Physio Exercises(AL3)	9:30 Exercises (M) 6 10:30 Mass (C) 1:45 Bridge (GR) 2:30 BINGO (AL3) 4:00 Rosary (C) 7:00 BINGO (DR)	10:30 Mass (C) 7 2:30 God's Doorkeeper St. André of Montreal Documentary (T) 6:30 Movie Night (T): On a Clear Day
10:30 Mass (1, 2 & AL) 8 11:45 Mass (3, 4) 2:00 Movie Matinee (T): On a Clear Day 7:00 Centering Prayer (PD)	9:30 Exercises (M) 9 10:30 Mass (C) 1:00 Baking w/ Jain (AL4) 2:30 Pilates w/ Carolyn (M) 2:30 BINGO (AL1) 4:00 Rosary (C)	9:30 Slow Flow Fitness (M) 10 10:30 Mass (C) 1:00 Arts & Crafts (AL4) 2:00 2017 Royal Nova Scotia International Tattoo Video (T) 2:00 Physio Exercises(AL1) 3:30 Physio Exercises(AL3)	9:30 Exercises (M) 11 10:30 Mass (C) 1:00 Knitting Club (PD) 2:30 Happy Hour: Hot Chocolate Bar 3:30 Sing-Along w/ Sr. Christine (AL4) 4:00 Rosary (C) 7:00 SUPER BINGO! (DR)	9:30 Exercises (M) 12 10:30 Mass (C) 2:00 Physio Exercises(AL1) 2:30 Ice Cream Bar (B) 3:00 St. Paul's Enduring Legacy to the Church (C) 3:00 Happy Hour! (AL4) 3:30 Physio Exercises(AL3)	9:30 Exercises (M) 13 10:30 Mass (C) 1:45 Bridge (GR) 2:30 BINGO (AL3) 2:30 Pilates w/ Carolyn (M) 4:00 Rosary (C) 7:00 BINGO (DR)	10:30 Mass (C) 14 6:30 Movie Night (T): The Imitation Game
10:30 Mass (1, 2 & AL) 15 11:45 Mass (3, 4) 2:00 Movie Matinee (T): The Imitation Game 7:00 Centering Prayer (PD)	9:30 Exercises (M) 16 10:30 Mass (C) 2:00 Martin Luther King Jr. Day – "Selma" Movie (T) 2:30 Pilates w/ Carolyn (M) 2:30 BINGO (AL1) 4:00 Rosary (C) <small>Martin Luther King Jr. Day</small>	9:30 Slow Flow Fitness (M) 17 10:30 Mass (C) 2:00 SAGE Group (PD) 2:00 Physio Exercises(AL1) 2:30 Colouring Group (AL3) 3:30 Physio Exercises(AL3)	9:30 Exercises (M) 18 10:30 Mass (C) 1:00 Knitting Club (PD) 2:30 Birthday Party with Michael Danckert (DR) 3:30 Sing-Along w/ Sr. Christine (AL4) 4:00 Rosary (C)	9:30 Exercises (M) 19 10:30 Mass (C) 2:00 Physio Exercises (AL1) 2:30 Ice Cream Bar (B) 3:00 What were the big questions St. Paul was trying to answer in his letters...?"(C) 3:00 Happy Hour! (AL4) 3:30 Physio Exercises (AL3)	9:30 Exercises (M) 20 10:30 Mass (C) 1:45 Bridge (GR) 2:30 BINGO (AL3) 2:30 Pilates w/ Carolyn (M) 4:00 Rosary (C) 7:00 BINGO (DR)	10:30 Mass (C) 21 6:30 Movie Night (T): Anna and the King
10:30 Mass (1, 2 & AL) 22 11:45 Mass (3, 4) 2:00 Movie Matinee (T): Anna and the King 7:00 Centering Prayer (PD) <small>Chinese New Year (Year of the Rabbit)</small>	9:30 Exercises (M) 23 10:30 Mass (C) 2:30 Pilates w/ Carolyn (M) 2:30 BINGO (AL1) 4:00 Rosary (C) Chinese New Year Dinner <small>Activity Professionals Week</small>	9:30 Slow Flow Fitness (M) 24 10:30 Mass (C) 2:00 Paint n' Sip Class w/ Dira (GR) 2:00 Physio Exercises(AL1) 2:30 Word Games (AL3) 3:30 Physio Exercises(AL3)	9:30 Exercises (M) 25 10:30 Mass (C) 1:00 Knitting Club (PD) 2:30 Robbie Burns Day Happy Hour with Edie (DR) 3:30 Sing-Along w/ Sr. Christine (AL4) 4:00 Rosary (C)	9:30 Exercises (M) 26 10:30 Mass (C) 2:00 Physio Exercises(AL1) 2:00 Town Hall (C) 3:00 Ice Cream Bar (DR) 3:00 Happy Hour! (AL4) 3:30 Physio Exercises(AL3)	9:30 Exercises (M) 27 10:30 Mass (C) 1:45 Bridge (GR) 2:30 BINGO (AL3) 2:30 Pilates w/ Carolyn (M) 4:00 Rosary (C) 7:00 BINGO (DR)	10:30 Mass (C) 28 6:30 Movie Night (T): Water
10:30 Mass (1, 2 & AL) 29 11:45 Mass (3, 4) 2:00 Movie Matinee (T): Water 7:00 Centering Prayer (PD)	9:30 Exercises (M) 30 10:30 Mass (C) 2:30 Pilates w/ Carolyn (M) 2:30 BINGO (AL1) 4:00 Rosary (C)	9:30 Slow Flow Fitness (M) 31 10:30 Mass (C) 2:00 The Metropolitan Opera: Hamlet (T) 2:00 Physio Exercises(AL1) 2:30 Balloon Toss (AL2) 3:30 Physio Exercises(AL3)				

B- Bistro C- Chapel D – Dining Room F- Fitness Centre G- Games Room L – Library M- Multipurpose Room PD – Private Dining Room T- Theatre.