

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30am Neighbourhood Time 11:00am For the Fun of Fit with Recreation 2:00pm Musical Moments 2:00pm Tai Chi with Dan - FC 3:30pm Brains and Banter	2 11:00am Fit to Function with Dan - FC 1:30pm Express Yourself 2:30pm Java Music Club with Janet 3:00pm Circle of Friends 6:00pm Neighbourhood Time	3 8:30am Men's Breakfast - CC 11:00am Stay Strong - FC 1:30pm Gather Group with Jody - Lib 1:30pm Stepping Out 2:15pm Music Therapy with Jen 3:00pm In the Kitchen 6:00pm Neighbourhood Time	4 2:00pm Pub with Carla Gonzalez-MS - MS 3:30pm Soothing Sensations 6:00pm Neighbourhood Time
5 10:00am Church Service with Ankit - CH 1:30pm You and I 2:30pm Church Service with Janet - CH 3:00pm Specialty Coffee and Cookies 3:15pm Fellowship - CC 6:00pm Neighbourhood Time	6 Blue Monday Fundraiser-MS 9:30am Neighbourhood Time 11:00am Soothing Sensations 2:00pm Stepping Out 2:00pm Bingo - CC 3:30pm Musical Moments	7 9:30am For the Soul with Janet 11:00am Stay Strong - FC 1:30pm You and I 3:00pm For the Fun of Fit with Recreation 6:00pm Neighbourhood Time	8 9:30am Neighbourhood Time 11:00am For the Fun of Fit with Recreation 2:00pm Movie with Janet-TH 2:00pm Tai Chi with Dan - FC	9 11:00am Fit to Function with Dan - FC 2:30pm Java Music Club with Janet 3:15pm Resident's Council - CC 6:00pm Neighbourhood Time	10 11:00am Stay Strong - FC 1:30pm Williams Cafe at Pier 8 Outing 1:30pm Gather Group with Jody - Lib 1:30pm Stepping Out 3:00pm In the Kitchen 6:00pm Neighbourhood Time	11 2:00pm Entertainment with Ron Tansley in Carrington! 3:30pm Soothing Sensations 6:00pm Neighbourhood Time
12 10:00am Church Service with Ankit - CH 1:30pm You and I 2:30pm Church Service with Janet - CH 3:00pm Apple Cider Social 3:15pm Fellowship - CC 6:00pm Neighbourhood Time	13 9:30am Neighbourhood Time 10:30am Walmart Outing 11:00am Soothing Sensations 2:00pm Stepping Out 2:00pm Bingo - CC 3:30pm Musical Moments	14 9:30 Grandfriends - TH 9:30am For the Soul with Janet 11:00am Stay Strong - FC 1:30pm You and I 3:00pm For the Fun of Fit with Recreation 6:00pm Neighbourhood Time	15 9:30am Neighbourhood Time 10:30am Roman Catholic Mass - CH 11:00am For the Fun of Fit with Recreation 2:00pm Alzheimer's Coffee Break - MS 2:00pm Musical Moments 2:00pm Tai Chi with Dan - FC 3:30pm Brains and Banter	16 11:00am Fit to Function with Dan - FC 1:30pm Express Yourself 2:30pm Java Music Club with Janet 3:00pm Circle of Friends 6:00pm Neighbourhood Time	17 10:00am Country drive 11:00am Stay Strong - FC 1:30pm Gather Group with Jody - Lib 1:30pm Stepping Out 2:15pm Music Therapy with Jen 3:00pm Happy Hour with Davis Steven- MS 3:00pm In the Kitchen 6:00pm Neighbourhood Time	18 3:30pm Soothing Sensations 6:00pm Neighbourhood Time
19 10:00am Church Service with Ankit - CH 1:30pm You and I 2:30pm Church Service with Janet - CH 3:00pm Specialty Coffee and Cookies 3:15pm Fellowship - CC 6:00pm Neighbourhood Time	20 9:30am Neighbourhood Time 11:00am Soothing Sensations 2:00pm Stepping Out 2:00pm Bingo - CC 2:30pm Elvis Performance-TS 3:30pm Musical Moments	21 9:30am For the Soul with Janet 11:00am Stay Strong - FC 1:30pm You and I 3:00pm For the Fun of Fit with Recreation 6:00pm Neighbourhood Time	22 9:30am Neighbourhood Time 11:00am For the Fun of Fit with Recreation 2:00pm Musical Moments 2:00pm Tai Chi with Dan - FC 2:30pm Armchair Travel: Dominican Republic - TH 3:30pm Brains and Banter 7:15pm Highland Dancers - TS	23 11:00am Fit to Function with Dan - FC 1:30pm Express Yourself 2:30pm Java Music Club with Janet 3:00pm Circle of Friends 6:00pm Neighbourhood Time	24 11:00am Stay Strong - FC 1:30pm Gather Group with Jody - Lib 1:30pm Stepping Out 3:00pm In the Kitchen 6:00pm Neighbourhood Time	25 2:00pm Entertainment with Martin Kling in Stonechurch 3:30pm Soothing Sensations 6:00pm Neighbourhood Time
26 10:00am Church Service with Ankit - CH 1:30pm You and I 2:30pm Church Service with Janet - CH 3:00pm Apple Cider Social 3:15pm Fellowship - CC 6:00pm Neighbourhood Time	27 9:30am Neighbourhood Time 11:00am Soothing Sensations 2:00pm Stepping Out 2:00pm Bingo - CC 3:30pm Musical Moments	28 9:30am For the Soul with Janet 11:00am Stay Strong - FC 1:30pm You and I 3:00pm For the Fun of Fit with Recreation 6:00pm Neighbourhood Time	29 9:30am Neighbourhood Time 11:00am For the Fun of Fit with Recreation 2:00pm Musical Moments 2:00pm Tai Chi with Dan - FC 3:30pm Brains and Banter 5:00pm Diner's Club: Mandarin - MS	30 11:00am Fit to Function with Dan - FC 1:30pm Express Yourself 2:30pm Java Music Club with Janet 3:00pm Circle of Friends 6:00pm Neighbourhood Time	31 11:00am Stay Strong - FC 1:30pm Gather Group with Jody - Lib 1:30pm Stepping Out 2:00pm Birthday Bash - CC 2:15pm Music Therapy with Jen 3:00pm In the Kitchen 6:00pm Neighbourhood Time	

CC - Community Centre

CH - Chapel

Lib - Library

MS - Main Street