

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30am Neighbourhood Time 11:00am Brains and Banter 2:00pm Stepping out 2:00pm Tai Chi with Dan - FC 3:30pm Circle of Friends 6:15pm Active Games - MS	2 9:45am Sing-a-long with Janet - Lib 11:00am Fit to Function with Dan - FC 1:30pm Stepping Out 2:00pm Knit & Chat - CC 3:00pm Express Yourself 6:15pm Trivia in the CC	3 8:30am Men's Breakfast - CC 11:00am In the Kitchen 11:00am Music Therapy with Jen 11:00am Stay Strong - FC 1:30pm Gather Group with Jody - Lib 2:00pm Circle of Friends 3:30pm For the Fun of Fit	4 9:30am Neighbourhood Time 11:00am Soothing Sensations 2:00pm Pub with Carla Gonzalez-MS - MS 3:30pm You and I - L
5 9:30am Neighbourhood Time 10:00am Church Service with Ankit - CH 11:00am Circle of Friends 2:30pm Church Service with Janet - CH 3:15pm Fellowship - CC	6 Blue Monday Fundraiser-MS 9:30am Neighbourhood Time 11:00am For the Fun of Fit 2:00pm Bingo - CC 3:30pm Stepping Out 6:15pm Musical Moments - CC	7 11:00am Stay Strong - FC 1:00pm For the Soul with Janet 1:30pm You and I 3:00pm Soothing Sensations 6:15pm Games Night - CC	8 9:30am Neighbourhood Time 11:00am Brains and Banter 2:00pm Movie with Janet-TH 2:00pm Tai Chi with Dan - FC 6:15pm Active Games - MS	9 9:45am Sing-a-long with Janet - Lib 11:00am Fit to Function with Dan - FC 2:00pm Knit & Chat - CC 3:15pm Resident's Council - CC 6:15pm Trivia in the CC 6:15pm Bingo - CC	10 9:30am Neighbourhood Time 11:00am In the Kitchen 11:00am Stay Strong - FC 1:30pm Williams Cafe at Pier 8 Outing 1:30pm Gather Group with Jody - Lib 2:00pm Circle of Friends 3:30pm For the Fun of Fit	11 9:30am Neighbourhood Time 11:00am Soothing Sensations 2:00pm Entertainment with Ron Tansley in Carrington! 3:30pm You and I - L
12 9:30am Neighbourhood Time 10:00am Church Service with Ankit - CH 11:00am Circle of Friends 2:30pm Church Service with Janet - CH 3:15pm Fellowship - CC	13 9:30am Neighbourhood Time 10:30am Walmart Outing 2:00pm Bingo - CC 3:30pm Stepping Out 6:15pm Musical Moments - CC	14 9:30 Grandfriends - TH 11:00am Stay Strong - FC 1:00pm For the Soul with Janet 1:30pm You and I 3:00pm Soothing Sensations 6:15pm Games Night - CC	15 9:30am Neighbourhood Time 10:30am Roman Catholic Mass - CH 11:00am Brains and Banter 2:00pm Alzheimer's Coffee Break - MS 2:00pm Stepping out 2:00pm Tai Chi with Dan - FC 6:15pm Active Games - MS	16 9:45am Sing-a-long with Janet - Lib 11:00am Fit to Function with Dan - FC 1:30pm Stepping Out 2:00pm Knit & Chat - CC 3:00pm Express Yourself 6:15pm Trivia in the CC	17 9:30am Neighbourhood Time 10:00am Country drive 11:00am In the Kitchen 11:00am Music Therapy with Jen 11:00am Stay Strong - FC 1:30pm Gather Group with Jody - Lib 3:00pm Happy Hour with Davis Steven- MS	18 9:30am Neighbourhood Time 11:00am Soothing Sensations 3:30pm Brains and Banter 3:30pm You and I - L
19 9:30am Neighbourhood Time 10:00am Church Service with Ankit - CH 11:00am Circle of Friends 2:30pm Church Service with Janet - CH 3:15pm Fellowship - CC	20 9:30am Neighbourhood Time 11:00am For the Fun of Fit 2:00pm Bingo - CC 2:30pm Elvis Performance-TS 3:30pm Stepping Out 6:15pm Musical Moments - CC	21 11:00am Stay Strong - FC 1:00pm For the Soul with Janet 1:30pm You and I 3:00pm Soothing Sensations 6:15pm Games Night - CC	22 9:30am Neighbourhood Time 11:00am Brains and Banter 2:00pm Stepping out 2:00pm Tai Chi with Dan - FC 2:30pm Armchair Travel: Dominican Republic - TH 3:30pm Circle of Friends 6:15pm Active Games - MS 7:15pm Highland Dancers - TS	23 9:45am Sing-a-long with Janet - Lib 11:00am Fit to Function with Dan - FC 1:30pm Stepping Out 2:00pm Knit & Chat - CC 3:00pm Express Yourself 6:15pm Trivia in the CC	24 9:30am Neighbourhood Time 11:00am In the Kitchen 11:00am Stay Strong - FC 1:30pm Gather Group with Jody - Lib 2:00pm Circle of Friends 3:30pm For the Fun of Fit	25 9:30am Neighbourhood Time 11:00am Soothing Sensations 2:00pm Entertainment with Martin Kling in Stonechurch 3:30pm You and I - L
26 9:30am Neighbourhood Time 10:00am Church Service with Ankit - CH 11:00am Circle of Friends 2:30pm Church Service with Janet - CH 3:15pm Fellowship - CC	27 9:30am Neighbourhood Time 11:00am For the Fun of Fit - L 2:00pm Bingo - CC 3:30pm Stepping Out 6:15pm Musical Moments - CC	28 11:00am Stay Strong - FC 1:00pm For the Soul with Janet 1:30pm You and I 3:00pm Soothing Sensations 6:15pm Games Night - CC	29 9:30am Neighbourhood Time 11:00am Brains and Banter 2:00pm Stepping out 2:00pm Tai Chi with Dan - FC 3:30pm Circle of Friends 5:00pm Diner's Club: Mandarin - MS	30 9:45am Sing-a-long with Janet - Lib 11:00am Fit to Function with Dan - FC 1:30pm Stepping Out 2:00pm Knit & Chat - CC 3:00pm Express Yourself 6:15pm Trivia in the CC	31 9:30am Neighbourhood Time 11:00am In the Kitchen 11:00am Music Therapy with Jen 11:00am Stay Strong - FC 1:30pm Gather Group with Jody - Lib 2:00pm Birthday Bash - CC	

CC - Community Centre

CH - Chapel

L - Lounge

Lib - Library

MS - Main Street