

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