

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
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# 2022

Location of Activity  
RR= Retirement Residence SS= Senior Suites

B= Bistro T= Theatre C= Chapel L= Lobby LL= Lower Level	Lib= Library AR= Activity Room FC= Fitness Centre GR= Games Room DR= Dining Room
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Type of Activity

**Blue—Fitness Green—New Program/Event**  
**Black— Outing Red— Movie/Virtual Pink—Special**

		<p>10:00 Outing: Walmart Baseline 10:00 Chair Dance (SS-T) 10:00 Fitminds (RR-Activity Room) 10:15 The Tuck Shop (RR-LL) 10:45 Virtual Armchair Travel: Turkey (SS-T) 11:00 Community Exercise (RR-A) 2:00 Outing: Scenic Drive 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-5th) 3:00 Smoothie Bar (SS-B) 3:00 Tea and Chatter (RR-B) 7:00 Painting with Navy (SS-A)</p>	<p>1 10:00 Moderate Intensity Exercise (SS-A) 10:30 Giant Crossword (RR-Bistro) 10:45 Chair Yoga with Georgia (SS-A) 2:00 Outing: Shopper's Drug Mart 2:00 Chair Tai Chi with Ruth (SS-A) 2:00 Ball Exercise (RR-5th) 2:30 Chair Exercise (SS-A) 2:45 Ball Exercise (RR-A) 2:45 Social Hour (SS-Bistro) 3:00 Ted Talks (SS) 3:00 Afternoon Tea (RR-Bistro) 7:15 Movie Night (SS-T): <i>A Cinderella Story</i></p>	<p>2 9:45 Tunnel Walking Group 10:00 Chair Dance (SS-T) 10:15 Colour Corner (RR-Bistro) 10:30 Fitminds (SS-A) 11:00 Community Exercise (RR-A) 2:00 Book Club Monthly Meeting (SS-Red Room) 2:00 Chair Exercise (SS-A) 2:00 BINGO (RR-A) 3:00 Docuseries: <i>Health</i> (SS-T) 3:00 Social Hour (RR-Bistro) 7:15 Movie Night (SS-T): <i>Identity Thief</i></p>	<p>3 10:00 Moderate Intensity Exercise (SS-A) 10:15 The Tuck Shop (RR-LL) 10:45 Men's Group (SS-A) 12:15 FLDC Group (SS-T) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-5th) 2:45 Chair Exercise (RR-A) 2:45 Social Hour (SS-Bistro) 3:30 Docuseries: <i>Health</i> (RR-Bistro) 7:15 Cards/Games (SS-B) 7:15 Movie Night (SS-T): <i>From Prada to Nada</i></p>	<p>4 10:00 Moderate Intensity Exercise (SS-A) 10:15 The Tuck Shop (RR-LL) 10:45 Men's Group (SS-A) 12:15 FLDC Group (SS-T) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-5th) 2:45 Chair Exercise (RR-A) 2:45 Social Hour (SS-Bistro) 3:30 Docuseries: <i>Health</i> (RR-Bistro) 7:15 Cards/Games (SS-B) 7:15 Movie Night (SS-T): <i>From Prada to Nada</i></p>	<p>5 10:15 Virtual Catholic TV Mass (SS-T) 10:45 Chair Dance (RR-B) 1:30 Afternoon Walks (RR) 2:00 BINGO (SS-A) 2:00 Chair Exercise (RR-A) 3:15 TV Series: <i>When Calls the Heart</i> (SS-T)  7:15 Movie Night (SS-T): <i>Happy Gilmore</i></p>
<p>6 10:15 Virtual United Church Service (SS-T) 10:45 Chair Exercise (RR-511) 2:30 Knitting Club (SS-L) 2:45 TV Series <i>Heartland</i> (SS-T) 2:45 TV Series <i>The Crown</i> (RR-A) 3:00 Scrabble (SS-Bistro) 7:15 Movie Night (SS-T): <i>Dear John</i></p>	<p>7 10:00 Moderate Intensity Exercise (SS-A) 10:15 Chair Dance (RR-Bistro) 10:30 Women's Group (SS-A) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-511) 2:45 Chair Exercise (RR-511) 2:45 Social Hour (SS-Bistro) 7:15 BINGO with Dora (SS-A)</p>	<p>8 10:00 Outing: Giant Tiger 10:00 Chair Dance (SS-T) 10:00 Fitminds (RR-Activity Room) 10:15 The Tuck Shop (RR-LL) 10:45 Virtual Armchair Travel: France (SS-T) 11:00 Community Exercise (RR-A) 2:00 Outing: Scenic Drive 2:00 Chair Exercise (SS-A) 2:15 Heygo Travel Live Tour: Singapore (SS-T) 2:00 Chair Exercise (RR-5th) 3:00 Tea and Chatter (RR-B) 7:15 Movie Night (SS-T): <i>The Starling</i></p>	<p>9 10:00 Moderate Intensity Exercise (SS-A) 10:30 Giant Crossword (SS-Bistro) 10:30 Current Events with Professor Cammy (SS-T) 2:00 Outing: Loblaws and Dollarama 2:00 Chair Exercise (SS-A) 2:00 Ball Exercise (RR-5th) 2:45 Ball Exercise (RR-A) 2:45 Social Hour (SS-Bistro) 3:00 Ted Talks (SS) 3:00 Afternoon Tea (RR-Bistro) 7:15 Movie Night (SS-T): <i>Goodwill Hunting</i></p>	<p>10 9:45 Tunnel Walking Group 10:00 Chair Dance (SS-T) 10:15 Jewelry Making (RR-Bistro) 10:30 Fitminds (SS-A) 11:00 Community Exercise (RR-A) 2:00 Concert with Dai Bassett (SS-Bistro) 2:00 BINGO (RR-A) 3:00 Docuseries: <i>Health</i> (SS-T) 3:00 Social Hour (RR-Bistro) 7:15 Movie Night (SS-T): <i>Finding You</i></p>	<p>11 10:00 Moderate Intensity Exercise (SS-A) 10:15 The Tuck Shop (RR-LL) 10:45 Men's Group (SS-A) 12:15 FLDC Group (SS-T) 2:00 Catholic Mass with Father Martin (RR-A) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-5th) 2:45 Chair Exercise (RR-A) 2:45 Social Hour (SS-Bistro) 3:30 Social Hour (RR-Bistro) 7:15 Cards/Games (SS-B) 7:15 Movie Night (SS-T): <i>Like Father</i></p>	<p>12 10:15 Virtual Catholic TV Mass (SS-T) 10:15 Fitminds (RR-AR) 1:30 Afternoon Walks (RR) 2:00 BINGO (SS-A) 2:00 Chair Exercise (RR-A) 3:15 TV Series: <i>When Calls the Heart</i> (SS-T)  7:15 Movie Night (SS-T): <i>A Heart Champion</i></p>	



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Daylight Savings 13</b></p> <p>10:15 Virtual United Church Service (SS-T) 10:45 Chair Exercise (RR-511) 2:30 Knitting Club (SS-L) 2:45 TV Series <i>Heartland</i> (SS-T) 2:45 TV Series <i>The Crown</i> (RR-A) 3:00 Scrabble (SS-Bistro) 7:15 Movie Night (SS-T): <i>Catch me if you can</i></p>	<p><b>14</b></p> <p>10:00 Moderate Intensity Exercise (SS-A) 10:15 Chair Dance (RR-Bistro) 11:00 Jeopardy (SS-Theatre) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-5th) 2:30 Painting with Ellen (SS-A) 2:45 Chair Exercise (RR-A) 2:45 Social Hour (SS-B) 3:00 Bridge (RR-Bistro) 7:15 BINGO with Dora (SS-A)</p>	<p><b>15</b></p> <p>10:00 Chair Dance (SS-T) 10:00 Fitminds (RR-Activity Room) 10:15 The Tuck Shop (RR-LL) 10:45 Virtual Armchair Travel: Dubai (SS-T) 11:00 Community Exercise (RR-A) 11:00 Outing: Lunch at Noon at <i>The Brew Table</i> 2:00 Outing: Scenic Drive 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-5th) 3:00 Tea and Chatter (RR-B) 7:15 Movie Night (SS-T): <i>Failure to Launch</i></p>	<p><b>16</b></p> <p>10:00 Moderate Intensity Exercise (SS-A) 10:30 Giant Crossword (RR-Bistro) 10:45 Chair Yoga with Georgia (SS-A) 2:00 Outing: Billing's Bridge Mall 2:00 Chair Tai Chi with Ruth (SS-A) 2:00 Ball Exercise (RR-5th) 2:30 Chair Exercise (SS-A) 2:45 Ball Exercise (RR-A) 2:45 Social Hour (SS-Bistro) 3:00 Ted Talks (SS) 7:15 Movie Night (SS-T): <i>Mad Families</i></p>	<p><b>Happy Saint Patrick's Day 17</b></p> <p>9:45 Tunnel Walking Group 10:00 Chair Dance (SS-T) 10:15 Leprechaun Crafts (RR Bistro) 10:30 Fitminds (SS-A) 11:00 Community Exercise (RR-A) <b>Taste of Ireland Lunch Regular Seating Times</b> 2:00 Chair Exercise (SS-A) 2:00 BINGO (RR-A) 2:45 Social Hour (SS-Bistro) 3:00 Social Hour (RR-Bistro) 7:15 Movie Night (SS-T): <i>American Woman</i></p>	<p><b>18</b></p> <p>10:00 Moderate Intensity Exercise (SS-A) 10:15 The Tuck Shop (RR-LL) 10:45 Men's Group (SS-A) 12:15 FLDC Group (SS-T) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-5th) 2:45 Chair Exercise (RR-A) 2:45 Social Hour (SS-Bistro) 3:30 Docuseries: Planet (RR-Bistro) 7:15 Cards/Games (SS-B) 7:15 Movie Night (SS-T): <i>Mall Cop</i></p>	<p><b>19</b></p> <p>10:15 Virtual Catholic TV Mass (SS-T) 10:45 Chair Dance (RR-B) 1:30 Afternoon Walks (RR) 2:00 BINGO (SS-A) 2:00 Chair Exercise (RR-A) 3:15 TV Series: <i>When Calls the Heart</i> (SS-T) 7:15 Movie Night (SS-T): <i>The Perfect Date</i></p>
<p><b>20</b></p> <p>10:15 Virtual United Church Service (SS-T) 10:45 Chair Exercise (RR-511) 2:30 Knitting Club (SS-L) 2:45 TV Series <i>Heartland</i> (SS-T) 2:45 TV Series <i>The Crown</i> (RR-A) 3:00 Scrabble (SS-Bistro) 7:15 Movie Night (SS-T): <i>Safe Haven</i></p>	<p><b>21</b></p> <p>10:00 Moderate Intensity Exercise (SS-A) 10:15 Chair Dance (RR-Bistro) 10:30 Women's Group (SS-A) 1:30 Resident's Council Meeting (SS-A) 2:00 Chair Exercise (RR-5th) 2:45 Chair Exercise (RR-A) 2:45 Social Hour (SS-B) 3:00 Bridge (RR-Bistro) 7:15 BINGO with Dora (SS-A)</p>	<p><b>22</b></p> <p>10:00 Outing: Shopper's Drug Mart 10:00 Chair Dance (SS-T) 10:00 Fitminds (RR-Activity Room) 10:15 The Tuck Shop (RR-LL) 10:45 Virtual Armchair Travel: Israel (SS-T) 11:00 Community Exercise (RR-A) 2:00 Outing: Drive to Rideau Canal 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-5th) 3:00 Tea and Chatter (RR-B) 7:00 Painting with Navy (SS-A)</p>	<p><b>23</b></p> <p>10:00 Moderate Intensity Exercise (SS-A) 10:30 Giant Crossword (RR-Bistro) 10:45 Chair Yoga with Georgia (SS-A) 2:00 Outing: Carlingwood Mall 2:00 Chair Exercise (SS-A) 2:00 Ball Exercise (RR-5th) 2:45 Ball Exercise (RR-A) 3:00 PM Afternoon Tea with the Management Team (RR &amp; SS Dining Rooms) 7:15 Movie Night (SS-T): <i>Away from Her</i></p>	<p><b>24</b></p> <p>9:45 Tunnel Walking Group 10:00 Chair Dance (SS-T) 10:15 Painting (RR Bistro) 10:30 Fitminds (SS-A) 11:00 Community Exercise (RR-A) 2:00 Chair Exercise (SS-A) 2:00 Concert with Guy Lalonde (RR-Lobby) 3:00 Docuseries: <i>Health</i> (SS-T) 3:00 Social Hour (RR-Bistro) 7:15 Movie Night (SS-T): <i>The Bucket List</i></p>	<p><b>25</b></p> <p>10:00 Moderate Intensity Exercise (SS-A) 10:15 The Tuck Shop (RR-LL) 10:45 Men's Group (SS-A) 11:00 Movie Committee (SS-T) 12:15 FLDC Group (SS-T) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-5th) 2:45 Chair Exercise (RR-A) 2:45 Social Hour (SS-Bistro) 3:30 Social Hour (RR-Bistro) 7:15 Cards/Games (SS-B) 7:15 Movie Night (SS-T): <i>The Notebook</i></p>	<p><b>26</b></p> <p>10:15 Virtual Catholic TV Mass (SS-T) 10:15 Giant Crossword (RR-B) 1:30 Afternoon Walks (RR) 2:00 BINGO (SS-A) 2:00 Chair Exercise (RR-A) 3:15 TV Series: <i>When Calls the Heart</i> (SS-T) 7:15 Movie Night (SS-T): <i>I'll see you in my Dreams</i></p>
<p><b>27</b></p> <p>10:15 Virtual United Church Service (SS-T) 10:45 Chair Exercise (RR-511) 2:30 Knitting Club (SS-L) 2:45 TV Series <i>Heartland</i> (SS-T) 2:45 TV Series <i>The Crown</i> (RR-A) 3:00 Scrabble (SS-Bistro) 7:15 Movie Night (SS-T): <i>Our Planet</i></p>	<p><b>28</b></p> <p>10:00 Moderate Intensity Exercise (SS-A) 10:15 Chair Dance (RR-Bistro) 11:00 Jeopardy (SS-Theatre) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-5th) 2:45 Chair Exercise (RR-A) 2:45 Social Hour (SS-B) 3:00 Bridge (RR-Bistro) 7:15 BINGO with Dora (SS-A)</p>	<p><b>29</b></p> <p>10:00 Outing: Walmart Baseline 10:00 Chair Dance (SS-T) 10:00 Fitminds (RR-Activity Room) 10:15 The Tuck Shop (RR-LL) 10:45 Virtual Armchair Travel: Egypt (SS-T) 11:00 Community Exercise (RR-A) 2:00 Outing: Scenic Drive 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-5th) 3:00 Tea and Chatter (RR-B) 7:15 Movie Night (SS-T): <i>Julie &amp; Julia</i></p>	<p><b>30</b></p> <p>10:00 Moderate Intensity Exercise (SS-A) 10:30 Giant Crossword (RR-Bistro) 10:45 Chair Yoga with Georgia (SS-A) 2:00 Outing: Billing's Bridge Mall 2:00 Chair Exercise (SS-A) 2:00 Ball Exercise (RR-5th) <b>Monthly Birthday Dinner and Concert (RR &amp; SS)</b> 7:15 Movie Night (SS-T): <i>Good Fellas</i></p>	<p><b>31</b></p> <p>9:45 Tunnel Walking Group 10:00 Chair Dance (SS-T) 10:15 Jewelry Making (RR Bistro) 10:30 Fitminds (SS-A) 11:00 Community Exercise (RR-A) 2:00 Chair Exercise (SS-A) 2:00 BINGO (RR-A) 3:00 Docuseries: <i>Health</i> (SS-T) 3:00 Social Hour (RR-Bistro) 7:15 Movie Night (SS-T): <i>Grease</i></p>		