

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Room Legend		Room Legend						1		Hair by Annette 2		3	
(G) Gym		(Bi) Billiards Area						10:00 Chair Yoga w/ Christie 1 (G)		10:00 Zumba w/ Eric		9:15 Stretch and Balance (G)	
(P) Piano Lounge		(S) Skyline Lounge						10:35 Chair Yoga w/ Christie 2 (G)		11:00 Self-Led Scrabble (B)		10:30 Word in a Word 2 (B)	
(T) Theatre		(C) Coffee Bistro						1:00 Stretch and Balance (G)		1:30 Self-Led Chess (B)		1:30 Self-Led Cribbage (B)	
(L) Library		(SU) Sign up at Front Desk						3:00 Wine and Cheese (C)		3:00 Fitness w/ Prabh (G)		7:00 Movie Night: Moneyball (2011) (T)	
(B) Bayview Room		(Te) Terrace						7:00 Movie Night: Rescued by Ruby (2022) (T)		7:00 Documentary: Mark Cavendish: Never Enough (2023) (T)			
4		5		6		7		Hair by Inky 8		9		10	
10:00 Chair Yoga w/ Christie 1 (G)		10:00 PERK Activities w/Gabby (B)		9:30 Walking Group: Striders (C)		10:00 Fitness w/ Prabh (G)		10:00 Chair Yoga w/ Christie 1 (G)		10:00 Zumba w/ Eric		9:15 Stretch and Balance (G)	
10:35 Chair Yoga w/ Christie 2 (G)		10:00 Fitness Techniques w/Shelby(G)		10:15 Walking group: Strollers (C)		10:30 Creative Corner (B)		10:35 Chair Yoga w/ Christie 2 (G)		11:00 Self-Led Scrabble (B)		10:30 Word in a Word 2 (B)	
11:00 Singing Group (P)		11:15 Stretch & Balance (G)		10:45 Public Library Rentals (P)		2:00 Word in a Word 1 (B)		1:00 Stretch and Balance (G)		1:30 Self-Led Chess (B)		1:30 Self-Led Cribbage (B)	
11:15 Mexican Train (B)		1:00 Dollarama/Liquor Store		11:00 Zumba w/ Eric		3:30 Art Series: Pastels		2:00 Performance by Susan Borax		3:00 Fitness w/ Prabh (G)		2:00 Performance by Greg Alcock (P)	
2:00 Life Talks w/ Lois (L)		1:30 In Stitch Us: Knitting (P)		1:00 Wii Bowling (P)		7:00 Movie Night: King Richard (2021) (T)		3:00 Wine and Cheese (C)		7:00 Documentary: Stories We Tell (2012) (T)		7:00 Movie Night: The Lost City (2022) (T)	
3:30 BINGO (B)		1:30 Power Up w/ Shelby (G)		2:00 Performance by Michelle Carlisle (P)				7:00 Movie Night: The Swimmers (2022) (T)					
7:00 TV Night: Atypical (T)		2:00 Self-Led Bridge Group (B)		2:30 Digital Literacy w/ Daryl									
		3:00 Trivia w/ Shelby (L)		3:15 Silver Spoon									
11		Photoshoot 12		Photoshoot 13		14		Hair by Inky 15		16		17	
10:00 Chair Yoga w/ Christie 1 (G)		9:30 Gardening w/Shelby (Te)		9:30 Current Events (L)		10:00 Fitness w/ Prabh (G)		10:00 Chair Yoga w/ Christie (G)		10:00 Zumba w/ Eric		9:15 Stretch and Balance (G)	
10:35 Chair Yoga w/ Christie 2 (G)		10:00 PERK Activities w/Gabby (B)		10:30 Discuss the Book You're Reading (L)		10:30 Creative Corner		10:35 Chair Yoga w/ Christie 2 (G)		11:00 Self-Led Scrabble (B)		10:30 Word in a Word 2 (B)	
11:00 Singing Group (P)		11:15 Stretch & Balance (G)		11:00 Zumba w/ Eric		2:00 Word in a Word 1 (B)		1:00 Stretch and Balance (G)		1:30 Self-Led Chess (B)		1:30 Self-Led Cribbage (B)	
11:15 Mexican Train (B)		1:30 In Stitch Us: Knitting (P)		1:00 Wii Bowling (P)		3:15 Chef Demo		3:00 Wine and Cheese (C)		3:00 Fitness w/ Prabh (G)		7:00 Movie Night: You are so not invited to my Bat Mitzvah (2023) (T)	
2:00 Life Talks w/ Lois (L)		1:30 Power Up w/ Shelby (G)		2:00 Creative Arts Class (B)		7:00 Movie Night: The Hunger Games (2012) (T)		2:00 Performance by Lester J. Soo (P)		7:00 Movie Night: The Queen (2006) (T)			
3:30 BINGO (B)		2:30 Vlad Health Talks		2:30 Digital Literacy w/Daryl(SU)				7:00 Movie Night: A Man Called Otto (2022) (T)					
7:00 TV Night: Atypical (T)		2:00 Self-Led Bridge Group (B)		3:00 Travel Show: Suede Dogs									
		3:00 Trivia w/ Shelby (L)		Terraces Buffet									
18		19		20		Foot Care by Evelyn 21		Hair by Inky 22		23		24	
10:00 Chair Yoga w/ Christie 1 (G)		10:00 PERK Activities w/Gabby (B)		9:30 Spanish Banks Beach (SU)		10:00 Fitness w/ Prabh (G)		10:00 Chair Yoga w/ Christie 1 (G)		10:00 Zumba w/ Eric		9:15 Stretch and Balance (G)	
10:35 Chair Yoga w/ Christie 2 (G)		10:00 Fitness Techniques w Shelby(G)		11:00 Zumba w/ Eric		10:00 Creative Corner (B)		10:35 Chair Yoga w/ Christie 2 (G)		11:00 Self-Led Scrabble (B)		10:30 Word in a Word 2 (B)	
11:00 Singing Group (P)		11:15 Stretch & Balance (G)		1:00 Wii Bowling (P)		11:00 Alta vida Fashion Fall Line		1:00 Stretch and Balance (G)		1:30 Self-Led Chess (B)		7:00 Movie Night: Judy (2019) (T)	
11:15 Mexican Train (B)		1:00 Mini Putt Tournament (Te)		2:00 Performance by Jennifer Lauren (P)		2:00 Word in a Word 1 (B)		3:00 Wine and Cheese (C)		3:00 Fitness w/ Prabh (G)			
2:00 Life Talks w/ Lois (L)		1:30 In Stitch Us: Knitting (P)		2:30 Digital Literacy w/Daryl (SU)		3:15 Recreation Workshop (B)		7:00 Movie Night: Frances Ha (2013) (T)		7:00 Movie Night: The Dig (2021) (T)			
3:30 BINGO (B)		NO Power Up w/ Shelby		3:00 Birthday Party (C)		7:00 Movie Night: The Squid and The Whale (2005) (T)							
7:00 TV Night: Atypical (T)		2:00 Self-Led Bridge Group (B)											
		3:00 Town Hall Meeting (P)											
25		26		27		28		29		30			
10:00 Chair Yoga w/ Christie 1 (G)		9:30 Gardening w/Shelby (Te)		10:00 Current Events (L)		10:00 Fitness w/ Prabh (G)		10:00 Chair Yoga w/ Christie 1 (G)		10:00 Zumba w/ Eric			
10:35 Chair Yoga w/ Christie 2 (G)		10:00 PERK Activities w/Gabby (B)		11:00 Zumba w/ Eric		10:30 Creative Corner (B)		10:35 Chair Yoga w/ Christie 2 (G)		11:00 Self-Led Scrabble (B)			
11:00 Singing Group (P)		11:15 Stretch and Balance (G)		NO Wii Bowling		1:00 Shoppers Drugmart Outing		1:00 Stretch and Balance (G)		1:30 Self-Led Chess (B)			
11:15 Mexican Train (B)		1:30 In Stitch Us: Knitting (P)		2:00 Art Exhibition		NO Word in a Word 1		2:00 Health Arts		3:00 Fitness w/ Prabh (G)			
2:00 Life Talks w/ Lois (L)		1:30 Power Up w/ Shelby (G)				7:00 Movie Night: The Fundamentals of Caring (2016) (T)		3:00 Wine and Cheese (C)		7:00 No Hard Feelings (2023) (T)			
3:30 BINGO (B)		2:00 Self-Led Bridge Group (B)						7:00 Movie Night: The Stranger (2023) (T)					
7:00 TV Night: Atypical (T)		2:30 Q & A with Lara (P)											
		3:00 Welcoming High Tea (C)											

