

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	Hair by Inky 5	Hair by Annette 6	7
11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 SELF LED BINGO (B) 7:00 TV Night: All The Light We Cannot See – Episode:1 (T)	10:00 PERK Activities w/ Gabby (B) 11:15 Stretch and Balance (G) 1:00 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B)	10:00 Discuss the Book You're Reading (L) 1:00 Wii Bowling (P) 2:30 Digital Literacy w/ Daryl (SU)	10:00 Fitness w/ Prabh (G) 2:00 Word in a Word 1 (B) 7:00 Movie Night: Julie & Julia (2009) (T)	10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 1:00 Stretch and Balance (G) 3:00 Wine and Cheese (C) 7:00 Movie Night: Elvis (2022) (T)	10:00 Zumba w/ Eric (G) 11:00 Self-Led Scrabble (B) 1:30 Self-Led Chess (B) 3:00 Fitness w/ Prabh (G) 7:00 Movie Night: the WALK (2015) (T)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: The Land of Steady Habits (2018) (T)
8	9	10	11	Hair by Inky 12	Hair by Annette 13	14
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:00 TV Night: All The Light We Cannot See – Episode: 2 (T)	9:30 COVID Vaccine Clinic (P) 10:00 PERK Activities w/ Shelby (B) 11:15 Stretch and Balance (G) 1:00 Dollarama/Liquor Store (SU) 1:00 In Stitch Us: Knitting (P) 1:30 Power Up w/ Shelby (G) 2:00 Self-Led Bridge Group (B) 3:00 Trivia (L)	10:00 Current Events (L) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:00 Performance by Jennifer Lauren (P) 2:30 Digital Literacy w/Daryl (SU) 3:30 Art Series (B)	9:45 Music in the Morning (SU) 10:00 Fitness w/ Prabh (G) 2:00 Word in a Word 1 (B) 3:30 Presentation by David Darling (T) 7:00 Movie Night: Away from Her (2006) (T)	10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 1:00 Stretch and Balance (G) 2:00 Performance by Lester J. Soo (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: The Fisherman's Diary (2020) (T)	10:30 Zumba w/ Eric (G) 11:00 Self-Led Scrabble (B) 1:30 Self-Led Chess (B) 3:00 Fitness w/ Prabh (G) 7:00 Documentary: Unknown Cosmic Time Machine (2023) (T)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 2:00 Performance by Austin Ng (P) 2:00 Self-Led Pool (Bi) 3:00 Movie Night: The Secret Dare to Dream (2020) (T) 7:00
15	16	17	18	Hair by Inky 19	Hair by Annette 20	21
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:00 TV Night: All The Light We Cannot See – Episode: 3 (T)	10:00 PERK Activities w/Shelby (B) 11:15 Stretch & Balance (G) 1:00 In Stitch Us: Knitting (P) 1:30 Power Up w/ Shelby (G) 2:00 Vlad Health Talks - Sleep (T) 2:00 Self-Led Bridge Group (B) 3:00 Trivia (L)	10:00 Trivia (L) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:00 Performance by the Suede Dogs (P) 2:30 Digital Literacy w/Daryl (SU) 3:15 Silver Spoon	9:45 Music in the Morning (SU) 10:00 Fitness w/ Prabh (G) 1:00 Shoppers Drug Mart at Kingsgate Mall (SU) 2:00 Word in a Word 1 (B) 3:15 Recreation Workshop (B) 7:00 Movie Night: Catch Me if You Can (2002) (T)	10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 1:00 Stretch and Balance (G) 2:00 Performance by Nancy Bellsmith (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: A Fortunate Man (2018) (T)	10:00 Zumba w/ Eric (G) 11:00 Self-Led Scrabble (B) 1:30 Self-Led Chess (B) 3:00 Fitness w/ Prabh (G) 7:00 Movie Night: Little Women (2019) (T)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: The Swimmers (2022) (T)
22	Footcare by Evelyn 23	24	Robbie Burns Day 25	Hair by Inky 26	Hair by Annette 27	28
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:00 TV Night: All The Light We Cannot See – Episode:4 (T)	10:00 Fitness Techniques (G) 10:00 PERK Activities w/Gabby (B) 11:15 Stretch and Balance (G) 1:00 In Stitch Us: Knitting (P) 1:30 Power Up w/ Shelby (G) 2:00 Self-Led Bridge Group (B) 3:00 Trivia (L)	9:30 Outing to Superstore (SU) 10:00 Public Library Rentals (P) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:00 Town Hall Meeting (P) 2:30 Digital Literacy w/ Daryl (SU) 3:00 Birthday Party (C)	10:00 Fitness w/ Prabh (G) 2:00 Word in a Word 1 (B) 3:15 Robbie Burns Day (P) 7:00 Movie Night: Overcomer (2019)(T)	10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 1:00 Stretch and Balance (G) 2:00 Health Arts (P) 3:00 Wine and Cheese (C) 7:00 Documentary: Breaking Boundaries – The Science of Our Planet (2021) (T)	10:00 Zumba w/ Eric (G) 11:00 Self-Led Scrabble (B) 1:30 Self-Led Chess (B) 3:00 Fitness w/ Prabh (G) 7:00 Movie Night: The Accidental Husband (2008) (T)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Dog Gone (2023) (T)
29	30	31		Room Legend	Room Legend	
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:00 Movie Night: The Miracle Club (2023) (T)	10:00 PERK Activities w/ Shelby (B) 11:15 Stretch and Balance (G) 1:00 In Stitch Us: Knitting (P) 1:30 Power Up w/ Shelby (G) 2:00 Self-Led Bridge Group (B) 2:30 Q & A w/ Lara (P) 3:00 Welcoming High Tea (C)	10:00 Current Events (L) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:30 Digital Literacy w/ Daryl (SU) 2:00 Winter Wonderland (P)		(G) Gym (P) Piano Lounge (T) Theatre (L) Library (B) Bayview Room	(Bi) Billiards Area (S) Skyline Lounge (C) Coffee Bistro (SU) Sign Up at Front Desk (Te) Terrace	*Calendar is subject to change, please see daily activity sheets in elevator for accurate program listings.