

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|--|--|--|
| 1 | 2 | National Walking Day 3 | 4 | Hair by Inky 5 | Hair by Annette 6 | 7 |
| 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: The Thirsty Traveler Ep:5 – Kentucky | 10:00 PERK Activities (B) 11:00 5 th Avenue Collection Jewellery (P) 11:15 Stretch and Balance (G) 1:00 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 7:30 Self-Led Wizard Card Game (B) | 10:00 Walking Group (C) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:00 Performance by Bob York (P) 2:30 Digital Literacy w/Daryl (SU) 7:30 Self-Led Sequence (B) | 9:45 Shoppers Drug Mart at Kingsgate Mall (SU) 10:00 Fitness w/ Prabh (G) 2:00 Word in a Word 1 (B) 3:30 Presentation by David Darling (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 the Suede Dogs – Egypt Cairo (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: King Arthur (T) | 10:00 Zumba w/ Eric (G) 10:30 Word in a Word 2 (B) 12:45 Current Events (L) 1:30 Self-Led Chess (B) 2:00 Fitness w/ Prabh (G) 3:00 Trivia (L) 7:00 Movie Night: Rain Man (T) | 11:00 Self-Led Scrabble (B) 11:00 Chair Yoga w/ Christie 1 (G) 11:35 Chair Yoga w/ Christie 2 (G) 1:30 Self-Led Cribbage (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Charlie Wilson's War (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: The Thirsty Traveler Ep:6 – Ontario | 10:00 PERK Activities (B) 11:15 Stretch and Balance (G) 1:00 In Stitch Us: Knitting (P) 1:00 Walmart Outing (SU) 2:00 Self-Led Bridge Group (B) 7:30 Self-Led Wizard Card Game (B) | 10:00 Hearing Clinic (P) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:30 Digital Literacy w/Daryl (SU) 3:00 Art Series – Clay 7:30 Self-Led Sequence (B) | 10:00 Fitness w/ Prabh (G) 10:30 Creative Card Making 2:00 Word in a Word 1 (B) 3:30 Silver Spoon (S) | 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 Soo (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: The Fisher King (T) | 10:00 Zumba w/ Eric (G) 10:30 Work in a Word 2 (G) 1:00 Current Events (L) 1:30 Self-Led Games (B) 2:00 Fitness w/ Prabh (G) 3:00 Trivia (L) 7:00 Movie Night: The Thomas Crown Affair (T) | 11:00 Self-Led Scrabble (B) 1:30 Self-Led Cribbage (B) 2:00 Performance by Judy on the Cello (P) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: The Name of the Rose (T) |
| World Art Day 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) 6:30 Pub Night (C) 7:00 TV Night: The Thirsty Traveler Ep: 7 – Mexico | 10:00 PERK Activities (B) 11:15 Stretch & Balance (G) 1:00 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 3:00 Trivia (L) 7:30 Self-Led Wizard Card Game (B) | 9:45 Park Royal Shopping Mall (SU) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:30 Digital Literacy w/Daryl (SU) 7:30 Self-Led Sequence (B) | 9:45 Music in the Morning (SU) 10:00 Fitness w/ Prabh (G) 2:00 Word in a Word 1 (B) 3:15 Recreation Workshop (B) | 10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 1:00 Seated Dance w/ Beryl (B) 2:00 Performance by Side by Side (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Ray (T) | 10:00 Zumba w/ Eric (G) 11:00 Self-Led Scrabble (B) 1:30 Self-Led Chess (B) 2:00 Fitness w/ Prabh (G) 7:00 Movie Night: Rear Window (T) | 10:00 Stretch and Balance (G) 11:00 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 1:30 Walking Group (C) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Chocolat (T) |
| 22 | Footcare by Evelyn 23 | 24 | 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: The Thirsty Traveler Ep:8 – Jamaican Rum Man | 10:00 PERK Activities (B) 11:15 Fitness w/ Prabh (G) 1:00 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 3:00 Town Hall Meeting (P) 7:30 Self-Led Wizard Card Game (B) | 10:00 Public Library Rentals (P) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:30 Digital Literacy w/ Daryl (SU) 2:30 Q & A w/ Lara (S) 3:00 Welcoming High Tea (S) 7:30 Self-Led Sequence (B) | 10:00 Fitness w/ Prabh (G) 10:30 Creative Card Making (B) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:00 Birthday Party (C) | 10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 10:30 Rummy Card Game (B) 1:00 Seated Dance w/ Beryl (B) 2:00 Health Arts Concert (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Casino Royale 7 | 10:00 Zumba w/ Eric (G) 10:00 Current Events (L) 11:00 Self-Led Scrabble (B) 1:00 Stretch and Balance (G) 1:30 Self-Led Games (B) 2:00 Trivia (L) 7:00 Movie Night: Moonstruck (T) | 10:00 Stretch and Balance (G) 11:00 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 1:00 Stretch and Balance (G) 2:00 Walking Group (C) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Ocean's Eleven (T) |
| 29 | 30 | | | Denim Day | 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 TV Night: The Thirsty Travler Ep:9 – Japanese | 10:00 PERK Activities (B) 11:15 Fitness w/ Prabh (G) 1:00 In Stitch Us: Knitting (P) 1:00 Dollarama/Liquor Store (SU) 2:00 Self-Led Bridge Group (B) 7:30 Self-Led Wizard Card Game (B) | | | (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. |

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