

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Room Legend	Room Legend		1	2	Hair by Annette 3	4
(G) Gym (P) Piano Lounge (T) Theatre (L) Library (B) Bayview Room (D) Dining Room	(Bi) Billiards Area (S) Skyline Lounge (C) Coffee Bistro (SU) Sign Up at Front Desk (Te) Terrace		9:15 Walmart Outing (SU) 10:00 Fitness w/ Prabh (G) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 2:30 Fitness Techniques w/ Shelby (SU) 3:30 Presentation by David Darling: Machu Picchu (T)	9:45 Walking Group (C) 11:00 Fitness w/ Shelby (G) 1:00 Stretch and Balance (G) 2:00 Performance by Bob York (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: About a Boy (T)	10:00 Zumba w/ Eric (SU) 10:00 Wii Bowling 2 (P) 10:30 Trivia (L) 11:00 Self-Led Scrabble (B) 1:30 Self-Led Chess (B) 1:30 Mini Putt (Te) 3:00 Stretch and Balance (G) 7:00 Movie Night: As Good As It Gets (T)	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Fitness w/ Shelby (G) 1:30 Self-Led Cribbage (B) 2:00 Terraces Pride Walk (C) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: A Streetcar Named Desire (T)
5	6	7	Footcare by Evelyn 8	Hair by Inky 9	Hair by Annette 10	11
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christite 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 Ted Talk: Is our universe the only universe? (T)	9:45 PERK Activities (B) 11:15 Fitness w/ Prabh (G) 1:00 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B)	10:00 Gardening (Te) 10:30 Creative Card Making (B) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:00 American Mahjong (B) 2:00 Terraces Olympic Games (Te)	10:00 Fitness w/ Prabh (G) 10:00 Art Series: Sketching (B) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 2:30 Discuss the Book You're Reading (L)	9:45 Walking Group (C) 11:00 Fitness w/ Shelby (G) 1:00 Stretch and Balance (G) 2:00 Performance by Lester Soo (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Big Trouble in Little China (T)	10:00 Zumba w/ Eric (SU) 10:00 Wii Bowling 2 (P) 10:30 Trivia (L) 11:00 Self-Led Scrabble (B) 1:30 Art Class: Acrylic Paint Pouring (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: Bollywood Hollywood	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Fitness w/ Shelby (G) 1:30 Self-Led Cribbage (B) 2:00 Walking Group (C) 3:00 Icecream Social (Te) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: My Big Fat Greek Wedding (T)
12	13	14	15	Hair by Inky 16	Hair by Annette 17	18
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 Self Led BINGO (B) 7:00 Ted Talk: What happens when our computers get smarter than we are? (T)	9:45 PERK Activities (B) 11:15 Fitness w/ Prabh (G) 1:00 In Stitch Us: Knitting (P) 1:00 Dollarama/Liquor Store Outing (SU) 2:00 Self-Led Bridge Group (B)	10:00 Gardening (Te) 10:30 Creative Card Making (B) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:00 American Mahjong (B) 2:00 Mini Putt (Te)	9:45 Outing to Iona Beach (SU) 10:00 Fitness w/ Prabh (G) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:15 Recreation Workshop (B)	9:45 Walking Group (C) 11:00 Fitness w/ Shelby (G) 1:00 Stretch and Balance (G) 2:00 Performance by Luke Sandford 3:00 Wine and Cheese (C) 7:00 Movie Night: Bringing Down The House (T)	10:00 Zumba w/ Eric (SU) 10:00 Wii Bowling 2 (P) 10:30 Trivia (L) 11:00 Self Led Scrabble (B) 1:30 Self-Led Chess (B) 2:00 Performance by Greg Alcock (P) 3:00 Stretch and Balance (G) 7:00 Movie Night: My Bourne Identity (T)	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Fitness w/ Shelby (G) 1:30 Self-Led Cribbage (B) 2:00 Walking Group (C) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: The Bridges of Madison County (T)
19	20	21	22	Hair by Inky 23	Hair by Annette 24	25
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) 3:30 BINGO (B) 7:00 Ted Talk: How language shapes the way we think (T)	9:45 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)	10:00 Gardening (Te) 10:30 Creative Card Making (B) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:00 American Mahjong (B) 2:30 Digital Literacy w/ Daryl (SU)	9:15 Shoppers Drug Mart at Kingsgate Mall (SU) 10:00 Fitness w/ Prabh (G) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:00 Birthday Party (C)	9:45 Walking Group (C) 11:00 Fitness w/ Shelby (G) 1:00 Stretch and Balance (G) 2:00 Performance by Mackenzie Riddell (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Crouching Tiger Hidden Dragon (T)	10:00 Zumba w/ Eric (SU) 10:00 Wii Bowling 2 (P) 10:30 Trivia (L) 11:00 Self-Led Scrabble (B) 1:30 Art Class: Paper Mache Lanterns Step 1 (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: Cinderella Man (T)	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Fitness w/ Shelby (G) 1:30 Self-Led Cribbage (B) 2:00 Walking Group (C) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Charlie's Angels (T)
26	27	28	29	Hair by Inky 30	Hair by Annette 31	
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 Ted Talk: Poetry of youth and age (T)	9:45 PERK Activities (B) 11:00 5th Ave Jewellery (P) 1:00 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B)	10:00 Gardening (Te) 10:30 Creative Card Making (B) 11:00 Zumba w/ Eric (SU) 1:00 Wii Bowling 1 (P) 2:00 American Mahjong (B) 2:30 Digital Literacy w/ Daryl (SU) 3:00 High Tea (S)	1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:00 Public Library Rentals (P) 3:30 Silver Spoon (S) 6:30 Casino Night (P)	9:45 Card & Board Games (B) 11:00 Walking Group (C) 11:00 Seated Tap Dance w/ Beryl (B) 1:00 Stretch and Balance (G) 2:00 Performance by Sheryl Greenfield 3:00 Wine and Cheese (C) 7:00 Movie Night: Charlie's Angels: Full Throttle (T)	10:00 Zumba w/ Eric (SU) 10:00 Wii Bowling 2 (P) 10:30 Trivia (L) 11:00 Self-Led Scrabble (B) 1:30 Mini Putt (Te) 1:30 Self-Led Chess (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: Casablanca (T)	*Calendar is subject to change, please see daily activity sheets in elevator for accurate program listings.

