





<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		<b>1</b> 10:00 Exercise 6 <sup>th</sup> fl 11:15 Manicures 4 <sup>th</sup> 2:00 Video 8 <sup>th</sup> fl 3:15 Trivia 5 <sup>th</sup> 4:00 1-1 Visits 10 <sup>th</sup>	<b>2</b> 9:45 Royal Bank Main Lobby 10:00 Fitness 9 <sup>th</sup> Fl 11:00 Fitness 10 <sup>th</sup> Fl 2:00 Baking	<b>3</b> 9:45 Scotia Bank Main Lobby 10:00 - 12:00 Sing-a-Long with George Fl 10,9,5,4,3 2:30 Worship & Communion Service(PH) 2:45 Fun & Fitness 11 <sup>th</sup> 6:45 Sing-a-Long with Willene (PH)	<b>4</b> 10:15 Restorative Walks 11:00 Poet's Corner 5 <sup>th</sup> 2:15 Travelogues Mexico (PH)	<b>5</b> 10:00 Movie 11 <sup>th</sup> 11:15 Bean Bag Toss 7 <sup>th</sup> 2:00 Social Tea &Talk 8 <sup>th</sup> 3:15 Hand Massage 5 <sup>th</sup>
<b>6</b> Calvary Church Meetings 10:00a.m. &6:30p.m. 10:00 Hand Massage 5 <sup>h</sup> &4 <sup>th</sup> 2:00 Bible Reading 6 <sup>th</sup> 3:15 Music Appreciation & Tea 11 <sup>th</sup> Fl 4:15 1-1 Visits 10 <sup>rd</sup> Fl	<b>7</b> 10:00 Trivia 9 <sup>th</sup> Fl 11:00 Trivia 10 <sup>th</sup> Fl 2:00 Pottery/Ceramics (PH)  6:30 Pet Visit 11,10,9 <sup>th</sup> 4 <sup>th</sup> Floors 6:45 Movie 6 <sup>th</sup> Fl	<b>8</b> 10:15 Tea &Bingo (2 <sup>nd</sup> ) 10:20 Story Time 4 <sup>th</sup> 11:15 Gentle Stretch 5 <sup>th</sup> 2:15 Crafts (2 <sup>nd</sup> ) 2:20 Hand Massage 3 <sup>rd</sup> 3:20 Hand Massage 5 <sup>th</sup> 6:45 Bible Study (2 <sup>nd</sup> Fl 6:45 Hymn Sing 10 <sup>th</sup> Fl	<b>9</b> 9:45 Royal Bank Main Lobby 10:00 Fitness 9 <sup>th</sup> Fl 11:00 Fitness 10 <sup>th</sup> Fl 2:15 Bowling 2 <sup>nd</sup> Fl 2:00 Quiz Challenge with Gwen (PH) 6:45 Comedy Movie 7 <sup>th</sup> &8 <sup>th</sup>	<b>10</b> 9:45 Scotia Bank Main Lobby 10:00 Bingo With Special Needs Kids (2 <sup>nd</sup> ) 10:00 - 12:00 Sing-a-Long with George Fl 10,9,5,4,3 2:15 Party For Akosua 6:30 -7:00 Pet Visit All Floors 6:45 Music Video 10 <sup>th</sup> Fl Res. From 9 <sup>th</sup> & 11 <sup>th</sup> are invited to participate	<b>11</b> 10:15 Chair Yoga Exercises P.H 10:15 Restorative Walks 12:00 Young at Heart (Calvary Church) 2:00 Travelogues Paris (PH)	<b>12</b> 10:00 Kick Ball Exercise 5 <sup>th</sup> fl 11:15 Kick Ball Exercise 10 <sup>th</sup> 2:00 Sing-a-Long 6 <sup>th</sup> 3:15 1-1 Hand Massage 4 <sup>th</sup>
<b>13</b> Calvary Church Meetings 10:00a.m. &6:30p.m. 10:00 Hand Massage 8 & 3 2:00 Sensory Stimulation 7 <sup>th</sup> Fl 3:15 Music Appreciation & Tea 6 <sup>th</sup> Fl 4:15 1-1 Visits 5 <sup>th</sup>	<b>14</b> 10:15 Manicure 5 <sup>th</sup> 11:15 Manicure/Hand Massage 4 <sup>th</sup> 10:00 Short Story 9 <sup>th</sup> 11:00 Short Story 11 <sup>th</sup> 2:00 Bean Bag Toss 5 <sup>th</sup> 2:00 Pottery/Ceramics (PH)  3:00 Video 3 <sup>rd</sup> 6:45 Movie 6 <sup>th</sup> Fl	<b>15</b> 10:15 Tea &Bingo (2 <sup>nd</sup> ) 2:15 Smile Theatre 6:45 Bible Study(2 <sup>nd</sup> ) 6:45 Hymn Sing 10 <sup>th</sup>	<b>16</b> 9:45 Royal Bank Main Lobby 10:00 Fitness 9 <sup>th</sup> Fl 10:15 Menology (Men's Group) PH 11:00 Fitness 10 <sup>th</sup> Fl 2:15 Baking 2 <sup>nd</sup> 2:30 Bean Bag Toss 11 <sup>th</sup> 6:45 Story Telling 8 <sup>th</sup> &7 <sup>th</sup>	<b>17</b> 9:45 Scotia Bank 2 <sup>nd</sup> 10:15 "Monthly Birthday Party" (PH) 2:15P.M. "Monthly Birthday Party" (PH) 6:30 -7:00 Pet Visit All Floors 6:45 Sing-a-Long with Willene (PH)	<b>18</b> 10:15 Restorative Walks 11:00 1-1 Visits 3 <sup>rd</sup> 2:15 Travelogues Spain (PH)	<b>19</b> 10:00 Bean Bag Toss 11 <sup>th</sup> 11:00 Stretch & Flex 4 <sup>th</sup> 2:00 Reminiscing & Tea 6 <sup>th</sup> 3:30 1-1Visits 5 <sup>th</sup>

**P.T.O.**