



**9:45am** Mindfulness Meditation (C) **19**  
**10:00am** Glen Cairn United Church Service (CH)  
**10:30am** Brain Teasers (C)  
**11:00am** Catholic Mass From St. Mary's Parish (CH)  
**1:15pm** Gratitude Journaling & Variety Writing (2<sup>nd</sup>)  
**2:00pm** Fitness Class (RH)  
**3:00pm** Sunday Tea Time (C)  
**4:00pm** Sing Along (2<sup>nd</sup>)  
**4:30pm** Billiards (C)

**VENDOR MARKET 10-2 (C) 20**  
**9:30am** This Day in History (C)  
**9:45am** Fitness Class (RH)  
**9:45am** Tai Chi (C)  
**10:45am** Knitting Circle (C)  
**10:45am** Nifty Nails (2<sup>nd</sup>)  
**1:00pm** Giant Crossword Collaboration (2<sup>nd</sup>)  
**2:00pm** Bridge Club (RH)  
**2:00pm** Resident Run Walking Club (L)  
**2:30pm** Read Aloud Book Club (T)  
**3:15pm** Bingo (B)  
**4:30pm** Brain Games (2<sup>nd</sup>)

**VENDOR MARKET 10-2 (C) 21**  
**9:30am** This Day in History (C)  
**9:45am** Fitness Class (RH)  
**9:45am** Tai Chi (C)  
**10:00am-1:00pm** Eco-West Enders Sewing Group (RH)  
**10:45am** Arts & Crafts: Body Scrub (B)  
**1:00pm** Good News Discussion (2<sup>nd</sup>)  
**2:00pm** Resident Run Walking Club (L)  
**2:30pm** New Resident Meet & Greet Social (C)  
**3:00pm** Euchre Club (RH)  
**3:00pm** Tech Time (C)  
**3:30pm** Happy Hour (B)  
**4:30pm** Jeopardy Trivia (2<sup>nd</sup>)

**VENDOR MARKET 10-2 (C) 22**  
**9:30am** This Day in History (C)  
**9:45am** Fitness On Your Feet (RH)  
**9:45am** Tai Chi (C)  
**10:15am** Hymn Sing (CH)  
**10:30am** Tuck Shop (C)  
**10:45am** Knitting Circle (C)  
**11:00am** St. Thomas Anglican Service (CH)  
**12:00pm** RC: Elections (B)  
**1:00pm** Wordle (2<sup>nd</sup>)  
**2:00pm** Bridge Club (RH)  
**2:00pm** Resident Run Walking Club (L)  
**2:30pm** Geo Guesser (T)  
**3:15pm** Bingo (B)  
**4:30pm** Hand Massages (2<sup>nd</sup>)

**VENDOR MARKET 10-2 (C) 23**  
**9:30am** This Day in History (C)  
**9:45am** Fitness Class (RH)  
**9:45am** Tai Chi (C)  
**10:45am** Baking Club: Strawberry Jam With Lucy (B)  
**10:45am** Walk To Shop (L)  
**1:00pm** Short Stories (2<sup>nd</sup>)  
**2:00pm** Resident Run Walking Club (L)  
**2:30pm** Book Club (T)  
**3:00pm** Euchre Club (RH)  
**3:30pm** Wacky Auction (C)  
**4:30pm** You Be The Judge (2<sup>nd</sup>)

**VENDOR MARKET 10-2 (C) 24**  
**9:30am** This Day in History (C)  
**9:45am** Fitness Class (RH)  
**9:45am** Tai Chi (C)  
**10:45am** In The News Discussion Group (C)  
**10:45am** Knitting Circle (C)  
**1:15pm** Friday Funnies (2<sup>nd</sup>)  
**2:00pm** Bridge Club (RH)  
**2:00pm** Resident Run Walking Club (L)  
**2:30pm** Hot Chocolate Social (C)  
**3:00pm** Ladies Club (PDR)  
**3:00pm** Men's Club (B)  
**4:30pm** Left, Right & Centre (2<sup>nd</sup>)

**9:45am** Fitness Class (RH) **25**  
**9:45am** Tai Chi (C)  
**10:45am** Bingo (B)  
**1:00pm** Guess That Tune & Sing Along (2<sup>nd</sup>)  
**2:00pm** Resident Run Walking Club (L)  
**2:30pm** Saturday Movie Matinee (T)  
**3:15pm** 5 Minute Mysteries (C)  
**4:30pm** Getting to Know You (2<sup>nd</sup>)

**9:45am** Mindfulness Meditation (C) **26**  
**10:00am** Glen Cairn United Church Service (CH)  
**10:30am** Brain Teasers (C)  
**11:00am** Catholic Mass From St. Mary's Parish (CH)  
**1:15pm** Gratitude Journaling & Variety Writing (2<sup>nd</sup>)  
**2:00pm** Fitness Class (RH)  
**3:00pm** Sunday Tea Time (C)  
**4:00pm** Sing Along (2<sup>nd</sup>)  
**4:30pm** Billiards (C)

**9:45am Latin Chair Dancing (RH) 27**  
**9:45am** Fitness Class (RH)  
**9:45am** Tai Chi (C)  
**10:30am** Bingo (B)  
**10:45am** Knitting Circle (C)  
**1:00pm** Giant Crossword Collaboration (2<sup>nd</sup>)  
**2:00pm** Bridge Club (RH)  
**2:00pm** Resident Run Walking Club (L)  
**2:30pm** Month End Milestone With Guy Lalonde (C)  
**3:45pm** Nifty Nails (B)  
**4:30pm** Brain Games (2<sup>nd</sup>)

**9:30am** This Day in History (C) **28**  
**9:45am** Fitness Class (RH)  
**9:45am** Tai Chi (C)  
**10:45am** Arts & Crafts: Soap Making (B)  
**1:00pm** Good News Discussion (2<sup>nd</sup>)  
**2:00pm** Resident Run Walking Club (L)  
**2:30pm** Town Hall Meeting (RH)  
**3:00pm** Food Meeting (RH)  
**3:30pm** Happy Hour (B)  
**4:30pm** Jeopardy Trivia (2<sup>nd</sup>)

**9:30am** This Day in History (C) **29**  
**9:45am** Fitness On Your Feet (RH)  
**9:45am** Tai Chi (C)  
**10:30am** Tuck Shop (C)  
**10:45am** Knitting Circle (C)  
**10:45am** Smoothie Bar (C)  
**1:00pm** Wordle (2<sup>nd</sup>)  
**2:00pm** Bridge Club (RH)  
**2:00pm** Resident Run Walking Club (L)  
**2:30pm** Geo Guesser (T)  
**3:15pm** Bingo (B)  
**4:30pm** Hand Massages (2<sup>nd</sup>)

**9:30am** This Day in History (C) **30**  
**9:45am** Fitness Class (RH)  
**9:45am** Tai Chi (C)  
**10:30am** Book Club (T)  
**10:45am** Walk To Shop (L)  
**1:00pm** Short Stories (2<sup>nd</sup>)  
**2:00pm** Resident Run Walking Club (L)  
**2:30pm** Resident Council Meeting (RH)  
**3:00pm** Euchre Club (RH)  
**3:30pm** Wacky Auction (C)  
**4:30pm** You Be The Judge (2<sup>nd</sup>)

**ROOM LEGEND:**  
**C-** Café  
**CH-** Chapel  
**RH-** Recreation Hall  
**2<sup>nd</sup>- 2<sup>nd</sup> Floor**  
**B-** Bar  
**PDR-** Private Dining Room  
**T-** Theatre  
**L-** Lobby  
**RC-** Residents Council