

# Sample Monthly Calendar



| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday   |
|--|---|---|--|--|--|--|
|  |   |   |  |  |  | <b>1</b>   |
| <p><b>Reminders</b><br/> <b>Resident Run Bridge &amp; Euchre</b>- scheduled every day at 2pm in the Lounge &amp; Euchre Monday's at 7 pm</p>   |   |   |  |  |  | <p>10:00 Sit &amp; Stand Balance Fit<br/>           1:00 Seated Strength Fit<br/>           2:00 Armchair Travel - Salzburg<br/>           2:15 Coffee Social<br/>           3:00 Craft Corner with Hailey</p> <p><b>International Coffee Day</b></p>                                  |
| <b>2</b>   | <b>3</b>  | <b>4</b>  | <b>5</b>   | <b>6</b>   | <b>7</b>   | <b>8</b>   |
| <p>10:00 Seated Cardio Fit<br/>           11:00 Trivia with Nancy<br/>           1:30 Virtual Hymn Sing<br/>           2:00 Ecumenical Church Service<br/>           2:30 Matinee Show: Downton Abbey<br/>           3:00 Resident Run Walks</p> | <p>10:00 Seated Cardio Fit<br/>           10:00 Sit &amp; Stand Balance Fit<br/>           11:00 Finish My Line<br/>           11:00 Jeopardy<br/>           1:30 Music with Jay Middleton<br/>           2:15 Shuffle Board Tournament<br/>           7:00 Resident Run Euchre</p> | <p>8:45 Trip to Walmart<br/>           9:30 Drum Fit<br/>           10:00 Drum Fit<br/>           11:00 Wheel of Fortune<br/>           11:00 Bus Trips<br/>           1:30 Bingo<br/>           2:00 Musical Interlude<br/>           2:30 Quarters Bingo<br/>           7:15 Movie Night: The King Speech</p> | <p>10:00 Trip to Cataraqui Mall<br/>           10:30 VON Sit &amp; Stand Cardio<br/>           11:00 Wordy Wednesday -Brain Games<br/>           11:00 Colouring &amp; Punch<br/>           2:00 Knitting &amp; Crocheting<br/>           6:30 Open Billiards<br/>           7:15 The Carol Burnett Show</p>   | <p>10:00 Seated Strength Fit<br/>           10:00 Sit &amp; Stand Cardio Fit<br/>           10:00 Scenic Drive<br/>           11:00 Mix It Up Trivia<br/>           11:00 All About...<br/>           1:30 Bingo<br/>           2:30 Masters Academy Secrets of Words<br/>           7:00 Bible Study with Bob Hawkins</p> | <p>9:30 Drum Fit<br/>           10:00 Drum Fit<br/>           11:00 Trivia<br/>           11:00 Word Games<br/>           1:30 Nature Strolls<br/>           2:30 Pub Social<br/>           7:00 Music with Kevin</p>  | <p>10:00 Sit &amp; Stand Balance Fit<br/>           1:00 Beauty Break<br/>           2:00 Armchair Travel- Venice<br/>           2:15 Seated Strength Fit<br/>           3:00 Craft Corner with Hailey : Thanksgiving<br/>           7:15 Movie Night: The Pursuit Of "Happy" Ness</p> |
| <b>9</b>   | <b>10 THANKSGIVING</b>  | <b>11</b>   | <b>12</b>  | <b>13</b>  | <b>14</b>  | <b>15</b>  |
| <p>10:00 Seated Cardio Fit<br/>           10:30 Communion Liturgy<br/>           11:00 Trivia with Nancy<br/>           1:30 Virtual Hymn Sing<br/>           2:30 Matinee Show: Downton Abbey<br/>           3:00 Resident Run Walks</p>        | <p>10:00 Seated Cardio Fit<br/>           10:00 Sit &amp; Stand Balance Fit<br/>           11:00 Finish My Line<br/>           2:15 Shuffle Board Tournament<br/>           2:30 Thanksgiving Tea<br/>           7:00 Resident Run Euchre</p> <p><b>Happy Thanksgiving</b></p>      | <p>8:45 Trip to Walmart<br/>           9:30 Drum Fit<br/>           10:00 Drum Fit<br/>           11:00 Wheel of Fortune<br/>           11:00 Bus Trips<br/>           1:30 Bingo<br/>           2:00 Musical Interlude<br/>           2:30 Quarters Bingo<br/>           7:15 Movie Night: The Martian</p>     | <p>10:00 Trip to Cataraqui Mall<br/>           10:30 VON Sit &amp; Stand Cardio<br/>           11:00 Wordy Wednesday -Brain Games<br/>           11:00 Colouring &amp; Punch<br/>           1:30 Music with Tom Ward<br/>           2:00 Knitting &amp; Crocheting<br/>           6:30 Open Billiards<br/>           7:15 The Carol Burnett Show</p> | <p>10:00 Seated Strength Fit<br/>           10:00 Sit &amp; Stand Cardio Fit<br/>           10:00 Scenic Drive<br/>           11:00 Food For Thought<br/>           1:30 Bingo<br/>           2:30 Masters Academy Secrets of Words<br/>           7:00 Bible Study with Bob Hawkins</p>                                   | <p>9:30 Drum Fit<br/>           10:00 Drum Fit<br/>           11:00 Trivia<br/>           11:00 Word Games<br/>           1:30 Nature Strolls<br/>           2:30 Pub &amp; Dessert Social<br/>           7:00 Music with Cowboy Mark</p> <p><b>National Dessert Day</b></p> | <p>10:00 Sit &amp; Stand Balance Fit<br/>           1:00 Beauty Break<br/>           2:00 Armchair Travel- Roma Italy<br/>           2:15 Seated Strength Fit<br/>           3:00 Craft Corner with Hailey<br/>           7:15 Movie Night: Beauty &amp; The Beast</p>                 |

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Call us today at 1-866-959-4848

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# Sample Monthly Calendar



| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday  |
|--|---|---|---|--|--|---|
| <b>16</b><br><b>10:00</b> Seated Cardio Fit<br><b>10:00</b> Out of the Ashes<br><b>11:00</b> Trivia with Nancy<br><b>1:30</b> Virtual Hymn Sing<br><b>2:30</b> Matinee Show: Downton Abbey<br><b>3:00</b> Resident Run Walks       | <b>17</b><br><b>10:00</b> Seated Cardio Fit<br><b>10:00</b> Sit & Stand Balance Fit<br><b>11:00</b> Finish My Line<br><b>11:00</b> Jeopardy<br><b>2:15</b> Shuffle Board Tournament<br><b>7:00</b> Resident Run Euchre  | <b>18</b><br><b>8:45</b> Trip to Walmart<br><b>9:30</b> Drum Fit<br><b>10:00</b> Drum Fit<br><b>11:00</b> Wheel of Fortune<br><b>11:00</b> Bus Trips<br><b>1:30</b> Bingo<br><b>2:00</b> Musical Interlude<br><b>2:30</b> Quarters Bingo<br><b>7:15</b> Movie Night: The Express    | <b>19</b><br><b>10:00</b> Trip to Cataraqui Mall<br><b>10:30</b> VON Sit & Stand Cardio<br><b>11:00</b> Wordy Wednesday -Brain Games<br><b>11:00</b> Colouring & Punch<br><b>2:00</b> Knitting & Crocheting<br><b>6:30</b> Music with Cowboy Mark<br><b>6:30</b> Open Billiards<br><b>7:15</b> The Carol Burnett Show | <b>20</b><br><b>10:00</b> Seated Strength Fit<br><b>10:00</b> Sit & Stand Cardio Fit<br><b>10:00</b> Scenic Drive<br><b>11:00</b> Mix It Up Trivia<br><b>11:00</b> All About...<br><b>1:30</b> Bingo<br><b>2:30</b> Masters Academy Secrets of Words<br><b>7:00</b> Bible Study with Bob Hawkins | <b>21</b><br><b>9:30</b> Drum Fit<br><b>10:00</b> Drum Fit<br><b>11:00</b> Trivia<br><b>11:00</b> Word Games<br><b>1:30</b> Nature Strolls<br><b>2:30</b> Pub Social<br><b>7:00</b> Music with The Lloyds  | <b>22</b><br><b>10:00</b> Sit & Stand Balance Fit<br><b>1:00</b> Beauty Break<br><b>2:00</b> Armchair Travel- South Africa<br><b>2:15</b> Seated Strength Fit<br><b>3:00</b> Craft Corner with Hailey<br><b>7:15</b> Movie Night: Love in the Villa   |
| <b>23</b><br><b>10:00</b> Seated Cardio Fit<br><b>10:30</b> Communion Liturgy<br><b>11:00</b> Trivia with Nancy<br><b>1:30</b> Virtual Hymn Sing<br><b>2:30</b> Matinee Show: Downton Abbey<br><b>3:00</b> Resident Run Walks      | <b>24</b><br><b>10:00</b> Seated Cardio Fit<br><b>10:00</b> Sit & Stand Balance Fit<br><b>11:00</b> Finish My Line<br><b>11:00</b> Jeopardy<br><b>1:30</b> Music with Andy<br><b>2:00</b> Municipal Election<br><b>2:15</b> Shuffle Board Tournament<br><b>7:00</b> Resident Run Euchre | <b>25</b><br><b>8:45</b> Trip to Walmart<br><b>9:30</b> Drum Fit<br><b>10:00</b> Drum Fit<br><b>11:00</b> Wheel of Fortune<br><b>11:00</b> Bus Trips<br><b>1:30</b> Bingo<br><b>2:00</b> Musical Interlude<br><b>2:30</b> Quarters Bingo<br><b>7:15</b> Movie Night: Country Strong | <b>26</b><br><b>10:00</b> Trip to Cataraqui Mall<br><b>10:30</b> VON Sit & Stand Cardio<br><b>11:00</b> Wordy Wednesday -Brain Games<br><b>11:00</b> Colouring & Punch<br><b>2:00</b> Knitting & Crocheting<br><b>3:00</b> Library Meeting<br><b>6:30</b> Open Billiards<br><b>7:15</b> The Carol Burnett Show        | <b>27</b><br><b>10:00</b> Seated Strength Fit<br><b>10:00</b> Sit & Stand Cardio Fit<br><b>10:00</b> Scenic Drive<br><b>11:00</b> Mix It Up Trivia<br><b>11:00</b> All About...<br><b>2:30</b> Judge the Pumpkin Carvings<br><b>7:00</b> Bible Study with Bob Hawkins                            | <b>28</b><br><b>9:30</b> Drum Fit<br><b>10:00</b> Drum Fit<br><b>10:00</b> Catholic Mass<br><b>11:00</b> Word Games<br><b>11:00</b> Managers Update Meeting<br><b>1:30</b> Nature Strolls<br><b>2:30</b> Pub Social<br><b>2:30</b> Music with Sun Shine Soul | <b>29</b><br><b>10:00</b> Sit & Stand Balance Fit<br><b>1:00</b> Beauty Break<br><b>2:00</b> Armchair Travel- Argentina<br><b>2:15</b> Seated Strength Fit<br><b>3:00</b> Craft Corner with Hailey: Halloween<br><b>7:15</b> Movie Night: Forgiveness |
| <b>30</b><br><b>10:00</b> Seated Cardio Fit<br><b>11:00</b> Trivia with Nancy<br><b>1:30</b> Virtual Hymn Sing<br><b>2:30</b> Matinee Show: Downton Abbey<br><b>2:30</b> Church with Bob Hawkins<br><b>3:00</b> Resident Run Walks | <b>31</b><br><b>10:00</b> Seated Cardio Fit<br><b>10:00</b> Sit & Stand Balance Fit<br><b>11:00</b> Finish My Line<br><b>11:00</b> Jeopardy<br><b>2:30</b> Halloween Party With The Manning Brothers<br><b>7:00</b> Resident Run Euchre<br><br><b>Happy Halloween</b>                   |   |   |  |  |   |

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