



INSPIRED SENIOR LIVING

December 2023

Lake Bonavista Village



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>MONDAY DEC 25</p> <p>Christmas Day</p>	 <p>SUNDAY DEC 31</p> <p>New Years Eve</p>				<p>Festive Fridays! - Dress Up in Your Holiday Gear! 1</p> <p>9:00 Daily Fit (WEL) 10:00 Fit Minds (ACT) 1:15 Travelogue: "England's Cornwall" (WIL) 2:00 Happy Hour (DIN)</p>	<p>2</p> <p>9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:45 Aqua Fit (SWI) 1:15 Bridge Club (GAM) 1:15 Movie Matinee: Grumpy Old Men (WIL) 3:00 Weekend Trivia (ACT)</p>
<p>3</p> <p>10:15 Catholic Service (CHA) 1:00 Christmas Movie Matinee - "Home Alone" (1h 44m) (WIL) 3:00 Chapel Service (CHA)</p>	<p>4</p> <p>9:00 Daily Fit (WEL) 10:00 Aqua Fit (SWI) 10:00 Bible Study with Reverend Margaret Hogarth (FIR) 10:30 Brain Fitness (ACT) 1:00 Bingo (ACT) 1:00 MOMA Art Lecture: Raphael, Italian Painter and Architect (LIB) 1:15 Bridge Club (GAM) 2:00 Book Club with Shelagh (LIB) 3:00 Monday Meditation (ACT) 6:00 Canasta & Choice Games (FIR)</p>	<p>5</p> <p>9:00 Daily Fit - NOTICE LOCATION CHANGE (GAM) 9:30 Shopping/Banking: Promenade or South Centre (LOB) 9:45 Sit and Be Fit - NOTICE LOCATION CHANGE (GAM) 10:30 Colouring & Company (ACT) 11:30 Lunch Outing: Olive Garden (LOB) 1:15 Education Session: Superfoods - Cranberry (LIB) 2:00 Drum Fit - Music and Movement (WIL) 3:00 Social Sipping (BIS) 7:00 Entertainment: Silence In B'Tween - Christmas Show (DIN)</p>	<p>6</p> <p>9:00 Daily Fit - NOTICE LOCATION CHANGE (WEL) 10:00 Holiday Baking: Classic Gingerbread Cookies and Decorating (ACT) 10:30 Go 4 Life Walk and Talk (LOB) 1:00 Bingo (ACT) 1:15 Bridge Club (GAM) 1:15 Movie Matinee: Young Victoria (WIL) 1:30 Games Social - Join us for a Holiday Game and Themed Treats (BIS) 3:15 Java Music Club (FIR) 6:00 Cribbage (GAM)</p>	<p>7</p> <p>9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:30 Fit Minds (ACT) 1:00 Larissa the Seamstress (GAR) 2:00 Entertainment: Crystal Bells Choir (DIN) 3:00 Catholic Rosary/Divine Mercy Prayer - St. Bonaventure Pastoral Care (CHA) 3:30 Travelogue: "England's Cornwall" (WIL) 6:00 Whist (GAM)</p>	<p>8</p> <p>Festive Fridays! - Dress Up in Your Holiday Gear!</p> <p>9:00 Daily Fit (WEL) 10:00 Aqua Fit (SWI) 10:00 Seated Yoga with Teacher Lorraine (WEL) 10:15 Catholic Mass (CHA) 10:30 Go 4 Life Walk and Talk (LOB) 1:00 Outing: Grey Eagle Casino (LOB) 3:00 Happy Hour (BIS) 6:00 Cribbage (GAM) 6:00 Outing: Christmas Lights Tour #1 (LOB)</p>	<p>9</p> <p>9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:45 Aqua Fit (SWI) 1:00 Christmas in the Village: 1-3 - Live Music, Santa Visit and Crafts! (DIN) 1:15 Bridge Club (GAM) 1:15 Movie Matinee: Young Victoria (WIL) 3:00 Weekend Trivia (ACT) 6:00 Canasta (FIR)</p>
<p>10</p> <p>10:15 Catholic Service (CHA) 1:00 Christmas Movie Matinee - "Disney's - A Christmas Carol" (1h 38m) (WIL) 1:30 Craft with Sierra & Presley: Making Christmas Cards (ACT) 2:00 Documentary Series: - "Unlikely Animal Friends: Cheetah Cub, Puppy Love (44m)" (FIR) 3:00 Chapel Service (CHA) 6:15 Wii Games: Bowling and Ice Cream (WIL)</p>	<p>11</p> <p>9:00 Daily Fit (WEL) 10:00 Aqua Fit (SWI) 10:00 Bible Study with Reverend Margaret Hogarth (FIR) 10:30 Brain Fitness (ACT) 1:00 Bingo (ACT) 1:15 Bridge Club (GAM) 3:00 Monday Meditation (ACT) 3:30 Line Dancing with Gayle (WEL) 6:00 Canasta & Choice Games (FIR)</p>	<p>12</p> <p>9:00 Daily Fit (WEL) 9:30 Shopping/Banking: Shawnessy (LOB) 9:45 Sit and Be Fit (WEL) 10:30 Colouring & Company (ACT) 1:00 Shopping/Banking: Promenade or South Centre (LOB) 1:30 Anglican Church Service (CHA) 2:00 Drum Fit - Music and Movement (WIL) 3:00 Social Sipping (BIS) 7:00 Entertainment: Walkin on Sunshine Christmas Show (DIN)</p>	<p>13</p> <p>12 Days of Christmas!</p> <p>9:00 Daily Fit (WEL) 10:00 Aqua Fit (SWI) 10:30 Go 4 Life Walk and Talk (LOB) 12:30 Resident Choir Rehearsal (CHA) 1:00 Bingo (ACT) 1:15 Bridge Club (GAM) 1:15 Movie Matinee: The Secret of Roan Inish (WIL) 1:30 1st Day of Christmas: Choir Performance by FFCA South Elementary School - Visit with Children to Follow in Bistro (DIN) 3:15 Java Music Club (FIR) 6:00 Cribbage (GAM)</p>	<p>14</p> <p>12 Days of Christmas!</p> <p>9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:30 Fit Minds (ACT) 1:15 New Mini Series: "All The Light We Cannot See" - Ep. 4 (WIL) 1:30 2nd Day of Christmas: Christmas Trivia and Treats (ACT) 2:00 Seated Tai Chi (WEL) 2:30 Tech Talk - Help with Technology (LIB) 3:30 Travelogue: "England's Bath and York" (WIL) 6:00 Whist (GAM)</p>	<p>15</p> <p>12 Days of Christmas!</p> <p>Festive Fridays! - Dress Up in Your Holiday Gear!</p> <p>9:00 Daily Fit (WEL) 10:00 Aqua Fit (SWI) 10:00 Seated Yoga with Teacher Lorraine (WEL) 10:30 Go 4 Life Walk and Talk (LOB) 2:00 Painting with Alex - Museum of Modern Art (ACT) 3:00 Happy Hour and 3rd Day of Christmas (BIS) 6:00 Cribbage (GAM) 6:00 Outing: Christmas Lights Tour #2 (LOB) 7:00 Charity Gift Making with Community Volunteers (ACT)</p>	<p>16</p> <p>12 Days of Christmas!</p> <p>9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:45 Aqua Fit (SWI) 1:15 Bridge Club (GAM) 1:15 Movie Matinee: The Secret of Roan Inish (WIL) 1:30 Horse Races (ACT) 2:00 4th Day of Christmas Entertainment: Sonabellas A Capella Choir - Christmas Caroling (DIN) 3:00 Weekend Trivia (ACT) 6:00 Canasta (FIR)</p>




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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12 Days of Christmas! 17</p> <p>10:15 Catholic Service (CHA)</p> <p>1:00 Christmas Movie Matinee - "Dr. Seuss' - How the Grinch Stole Christmas (1h 55m)" (WIL)</p> <p>1:30 5th Day of Christmas Craft with Sierra & Presley: (ACT)</p> <p>2:00 Documentary Series: - "Unlikely Animal Friends: Big Love (43m)" (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Wii Games: Bowling and Ice Cream (WIL)</p>	<p>12 Days of Christmas! 18</p> <p>9:00 Daily Fit (WEL)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:00 Bible Study with Reverend Margaret Hogarth (FIR)</p> <p>10:30 Brain Fitness (ACT)</p> <p>1:00 Bingo (ACT)</p> <p>1:00 Hearing Aid Clinic - Drop In Service Welcome (GAR)</p> <p>1:00 MOMA Art Lecture: Casper David Friedrich (LIB)</p> <p>1:15 Bridge Club (GAM)</p> <p>2:00 8th Day of Christmas: Music Bingo - Holiday Edition (WIL)</p> <p>3:00 Monday Meditation (ACT)</p> <p>6:00 Canasta & Choice Games (FIR)</p>	<p>12 Days of Christmas! 19</p> <p>9th Day of Christmas: Christmas Gala Dinner</p> <p>9:00 Daily Fit (WEL)</p> <p>9:30 Shopping/Banking: Shawnessy (LOB)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Colouring & Company (ACT)</p> <p>11:30 Outing: Lunch at Olive Garden (LOB)</p> <p>1:00 Knitting Club (ACT)</p> <p>1:15 Education Session: Superfoods - Dark Chocolate (LIB)</p> <p>1:30 McDougall United Communion Service (CHA)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping (BIS)</p> <p>7:00 Entertainment: Waltzing Matildas - Entertainment to follow Christmas Gala Dinner (DIN)</p>	<p>12 Days of Christmas! 20</p> <p>9:00 Daily Fit (WEL)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: Holiday Inn (WIL)</p> <p>2:00 10th Day of Christmas: Reindeer Races and Holiday Drinks (DIN)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p> <p>7:00 Candlelight Service with McDougall United Church (DIN)</p>	<p>12 Days of Christmas! 21</p> <p>9:00 Daily Fit (WEL)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:00 11th Day of Christmas Entertainment: Le Roi Daniels Grade 3 Choir - Christmas Performance (DIN)</p> <p>10:30 Fit Minds (ACT)</p> <p>1:00 Larissa the Seamstress (GAR)</p> <p>2:00 Seated Tai Chi (WEL)</p> <p>3:00 Catholic Rosary/Divine Mercy Prayer - St. Bonaventure Pastoral Care (CHA)</p> <p>3:30 Travelogue: "Rick Steves' Christmas in Europe" (WIL)</p> <p>6:00 Whist (GAM)</p>	<p>12 Days of Christmas! 22</p> <p>Festive Fridays! - Pajama Day!</p> <p>9:00 Daily Fit (WEL)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:00 Seated Yoga with Teacher Lorraine (WEL)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>10:30 Canadian History Talk by Bart Daley: History of Christmas (WIL)</p> <p>1:00 Shopping/Banking: Promenade or South Centre (LOB)</p> <p>1:30 12th Day of Christmas: Resident Choir Performance (DIN)</p> <p>3:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p> <p>6:00 Outing: Christmas Lights Tour #4 - One Hour Only (LOB)</p>	<p>9:00 Daily Fit (WEL) 23</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:45 Aqua Fit (SWI)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: Holiday Inn (WIL)</p> <p>1:30 Horse Races (ACT)</p> <p>2:00 Entertainment: Student Jazz Band Christmas Performance (DIN)</p> <p>3:00 Weekend Trivia (ACT)</p> <p>6:00 Canasta (FIR)</p>
<p>Christmas Eve 24</p> <p>10:15 Catholic Service (CHA)</p> <p>1:00 Christmas Movie Matinee - "Elf (1h 37m)" (WIL)</p> <p>3:00 Chapel Service (CHA)</p>	<p>Christmas Day 25</p> <p>10:00 Bible Study with Reverend Margaret Hogarth (FIR)</p> <p>1:15 Bridge Club (GAM)</p> <p>6:00 Canasta & Choice Games (FIR)</p>	<p>7:00 Entertainment: Johnson Phillip - Folk, Jazz, Gospel and Elvis! (DIN) 26</p>	<p>9:00 Daily Fit (WEL) 27</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>11:30 Resident Birthday Lunch: By Invite Only (BIS)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: The Queen (WIL)</p> <p>2:00 Seated Gentle Movement - New Class! (WEL)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p>	<p>9:00 Daily Fit (WEL) 28</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Fit Minds (ACT)</p> <p>1:30 Choice Games with Life Enrichment: Scrabble (GAM)</p> <p>2:30 Tech Talk - Help with Technology (LIB)</p> <p>3:30 Travelogue: "Istanbul" (WIL)</p> <p>6:00 Whist (GAM)</p>	<p>9:00 Daily Fit (WEL) 29</p> <p>9:30 Shopping/Banking: Promenade or South Center (LOB)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>11:30 Outing: Lunch at Black Diamond Bar and Grill followed by Country Drive (LOB)</p> <p>2:00 Painting with Alex - Museum of Modern Art (ACT)</p> <p>3:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p>	<p>9:00 Daily Fit (WEL) 30</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:45 Aqua Fit (SWI)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: The Queen (WIL)</p> <p>1:30 Horse Races (ACT)</p> <p>3:00 Weekend Trivia (ACT)</p> <p>6:00 Canasta (FIR)</p>
<p>10:15 Catholic Service (CHA) 31</p> <p>1:00 Classic Movie Matinee - "New Years Eve" (WIL)</p> <p>1:30 Craft with Sierra & Presley: Pumpkin Gnome (ACT)</p> <p>2:00 Documentary Series: - "Unlikely Animal Friends: The Fox and the Hound (43m)" (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Wii Games: Bowling and Ice Cream (WIL)</p>					<p>Locations Legend</p> <p>1st Floor Wellness Centre (WEL)</p> <p>2nd Floor Activity Room (ACT)</p> <p>3rd Floor Games Room (GAM)</p> <p>1st Floor Wild Rose Room (WIL)</p> <p>1st Floor Lobby (LOB)</p> <p>4th Floor Fireplace Lounge (FIR)</p> <p>1st Floor Swimming Pool (SWI)</p> <p>1st Floor Chapel (CHA)</p> <p>1st Floor Dining Room (DIN)</p> <p>1st Floor Bistro (BIS)</p> <p>2nd Floor Library (LIB)</p> <p>1st Floor Garden Lounge (GAR)</p>	<p>Calendar Legend</p> <p>Outing</p> <p>Special Program</p> <p>Living, Loving, Local</p> <p>Signature Program</p>