

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 🧠 Documentary: Volcanoes of the Deep Sea [T] 4</p> <p>11:30 🧠 Pick up Brain Puzzles from Reception</p> <p>1:00 📺 New TV Series: This Is Us [T]</p> <p>2:00 🎱 Billiards [GR]</p> <p>2:30 🎬 Afternoon Movie: Casablanca [T]</p> <p>3:00 🗨️ Palermo Café, Chat & Fun! [B]</p> <p>3:00 😊 Colour Therapy! [BI]</p> <p>7:00 🎮 Movie Night (Repeat from Afternoon) [T]</p>	<p>9:00 🚶 Go4Life Walking Club! 5</p> <p>10:00 🚶 Zumba! NEW! [G]</p> <p>10:45 🌞 Yoga [G]</p> <p>1:00 🗨️ Bridge Club [L]</p> <p>2:00 💃 Dance for Life! [B]</p> <p>3:00 😊 Rita MacNeil (Live In Concert) [T]</p> <p>3:00 🗨️ Palermo Café, Chat & Fun! [B]</p> <p>7:00 📺 NEW Television Series: White Collar [T]</p> <p>7:00 🎮 Euchre Club [L]</p>	<p>Chiroprapist (Please Make Appointment Through Nursing) 6</p> <p>10:00 🚶 Stay-Fit-Feeet [G]</p> <p>10:45 🌞 Tai Chi [G]</p> <p>1:00 🚌 Medical Appointments Shuttle Bus</p> <p>1:45 🎵 Java Music! [T]</p> <p>2:00 🎮 Dice Game! [B]</p> <p>2:30 🎬 Afternoon Movie: Norman [T]</p> <p>3:00 🗨️ Palermo Café, Chat & Fun! [B]</p> <p>3:00 😊 Colour Therapy! [BI]</p> <p>6:00 🎮 Men's Night! [GR]</p> <p>7:00 🎮 Movie Night (Repeat from Afternoon) [T]</p>	<p>9:00 🚶 Go4Life Walking Club! 7</p> <p>9:30 💆 Beautiful You Spa</p> <p>10:00 🌞 Yoga [G]</p> <p>10:45 🚶 Upper Body Workout [G]</p> <p>1:00 🌞 Christian Connection [L]</p> <p>2:00 🌞 Meet Me at the MoMA (Painting)! [BI]</p> <p>3:00 🗨️ Palermo Café, Chat & Fun! [B]</p> <p>7:00 🎮 Games Night! [B]</p> <p>7:00 🎮 Netflix Movie: The Last Word [T]</p>	<p>9:15 Mall Outing: Burlington Mall 1</p> <p>9:30 💆 Beautiful You Spa</p> <p>10:00 😊 CBC Series: The Wild Canadian Year (Narrated by David Suzuki) [T]</p> <p>2:00 🧠 Sequence Game! [B]</p> <p>2:00 🗨️ Movie Matinee: The Carol Burnett Show! [T]</p> <p>3:00 🗨️ Palermo Café, Chat & Fun! [B]</p> <p>3:00 🎮 Dice Game! [BI]</p> <p>7:00 🎮 Toonie Bingo! [B]</p>	<p>9:00 🚶 Go4Life Walking Club! 2</p> <p>10:00 🚶 Zumba! [G]</p> <p>10:45 🚶 Chair Aerobics! [G]</p> <p>1:00 🗨️ Bridge Club [L]</p> <p>2:00 🎬 Movie Afternoon: The Blind Side [T]</p> <p>2:00 🎨 Painting with Karen! [BI]</p> <p>3:00 🗨️ Palermo Café, Chat & Fun! [B]</p> <p>3:00 🎮 Dice Game! [B]</p> <p>7:00 🎮 Movie Night (Repeat from Afternoon) [T]</p> <p>7:30 🎮 Euchre Club [L]</p>	<p>10:00 🚶 Stay Fit Feet [G] 3</p> <p>10:30 🧠 Buzz Word! [B]</p> <p>10:30 🎱 Billiards! [GR]</p> <p>2:00 🎬 Afternoon Movie: The Time Traveler's Wife [T]</p> <p>2:00 🎮 Crazy Lines Bingo! [BI]</p> <p>3:00 🗨️ Palermo Café, Chat & Fun! [B]</p> <p>3:15 🎮 Billiards Tournament Finals! [GR]</p> <p>7:00 🎮 Movie Night (Repeat from Afternoon) [T]</p>
<p>10:00 🧠 Documentary: Volcanoes of the Deep Sea [T] 4</p> <p>11:30 🧠 Pick up Brain Puzzles from Reception</p> <p>1:00 📺 New TV Series: This Is Us [T]</p> <p>2:00 🎱 Billiards [GR]</p> <p>2:30 🎬 Afternoon Movie: Casablanca [T]</p> <p>3:00 🗨️ Palermo Café, Chat & Fun! [B]</p> <p>3:00 😊 Colour Therapy! [BI]</p> <p>7:00 🎮 Movie Night (Repeat from Afternoon) [T]</p>	<p>9:00 🚶 Go4Life Walking Club! 5</p> <p>10:00 🚶 Zumba! NEW! [G]</p> <p>10:45 🌞 Yoga [G]</p> <p>1:00 🗨️ Bridge Club [L]</p> <p>2:00 💃 Dance for Life! [B]</p> <p>3:00 😊 Rita MacNeil (Live In Concert) [T]</p> <p>3:00 🗨️ Palermo Café, Chat & Fun! [B]</p> <p>7:00 📺 NEW Television Series: White Collar [T]</p> <p>7:00 🎮 Euchre Club [L]</p>	<p>Chiroprapist (Please Make Appointment Through Nursing) 6</p> <p>10:00 🚶 Stay-Fit-Feeet [G]</p> <p>10:45 🌞 Tai Chi [G]</p> <p>1:00 🚌 Medical Appointments Shuttle Bus</p> <p>1:45 🎵 Java Music! [T]</p> <p>2:00 🎮 Dice Game! [B]</p> <p>2:30 🎬 Afternoon Movie: Norman [T]</p> <p>3:00 🗨️ Palermo Café, Chat & Fun! [B]</p> <p>3:00 😊 Colour Therapy! [BI]</p> <p>6:00 🎮 Men's Night! [GR]</p> <p>7:00 🎮 Movie Night (Repeat from Afternoon) [T]</p>	<p>9:00 🚶 Go4Life Walking Club! 7</p> <p>9:30 💆 Beautiful You Spa</p> <p>10:00 🌞 Yoga [G]</p> <p>10:45 🚶 Upper Body Workout [G]</p> <p>1:00 🌞 Christian Connection [L]</p> <p>2:00 🌞 Meet Me at the MoMA (Painting)! [BI]</p> <p>3:00 🗨️ Palermo Café, Chat & Fun! [B]</p> <p>7:00 🎮 Games Night! [B]</p> <p>7:00 🎮 Netflix Movie: The Last Word [T]</p>	<p>9:00 Shuttle Bus Outing 8</p> <p>9:30 💆 Beautiful You Spa</p> <p>10:00 😊 CBC Series: The Wild Canadian Year (Narrated by David Suzuki) [T]</p> <p>2:00 🧠 Sequence Game! [B]</p> <p>2:00 🗨️ Movie Matinee: The Carol Burnett Show! [T]</p> <p>3:00 🧠 LLL Maple Word Search & Trivia with Prizes! [B]</p> <p>3:00 🗨️ Palermo Café, Chat & Fun! [B]</p> <p>7:00 🎮 Toonie Bingo! [B]</p>	<p>Mobile Hearing Clinic (Please Make Appointment Through Nursing) 9</p> <p>9:00 🚶 Go4Life Walking Club!</p> <p>10:00 🚶 Zumba! [G]</p> <p>10:45 🚶 Chair Aerobics! [G]</p> <p>1:00 🗨️ Bridge Club [L]</p> <p>2:00 🎬 Afternoon Movie: The Time Machine [T]</p> <p>2:00 🎨 Crafternoon with Barbara! [BI]</p> <p>3:00 🗨️ Palermo Café, Chat & Fun! [B]</p> <p>3:00 🎮 Dice Game! [B]</p> <p>7:00 😊 Entertainment Featuring Jackie Wellsman! [B]</p> <p>7:00 🎮 Movie Night (Repeat from Afternoon) [T]</p> <p>7:30 🎮 Euchre Club [L]</p>	<p>10:00 🚶 Stay Fit Feet [G] 10</p> <p>10:30 🧠 Buzz Word! [B]</p> <p>10:30 🎱 Billiards! [GR]</p> <p>2:00 🎬 Afternoon Movie: Double Jeopardy [T]</p> <p>2:00 🎮 Crazy Lines Bingo! [BI]</p> <p>3:00 🗨️ Palermo Café, Chat & Fun! [B]</p> <p>3:15 🧠 Wheel of Fortune! [B]</p> <p>7:00 🎮 Movie Night (Repeat from Afternoon) [T]</p>
<p>Sunday Brunch (11 am & 1 pm Seating's) 11</p> <p>11:30 🧠 Pick up Brain Puzzles from Reception</p> <p>1:00 📺 New TV Series: This Is Us [T]</p> <p>2:00 🎱 Billiards [GR]</p> <p>2:30 🎬 Afternoon Movie: King Arthur [T]</p> <p>3:00 🗨️ Palermo Café, Chat & Fun! [B]</p> <p>3:00 😊 Colour Therapy! [BI]</p> <p>7:00 🎮 Movie Night (Repeat from Afternoon) [T]</p>	<p>9:00 🚶 Go4Life Walking Club! 12</p> <p>10:00 🚶 Zumba! NEW! [G]</p> <p>10:45 🌞 Yoga [G]</p> <p>1:00 🗨️ Bridge Club [L]</p> <p>2:00 💃 Dance For Life! [B]</p> <p>3:00 😊 Andre Rieu: Live In Dublin [T]</p> <p>3:00 🗨️ Palermo Café, Chat & Fun! [B]</p> <p>7:00 📺 NEW Television Series: White Collar [T]</p> <p>7:00 🎮 Euchre Club [L]</p>	<p>Chiroprapist (Please Make Appointment Through Nursing) 13</p> <p>10:00 🚶 Stay-Fit-Feeet [G]</p> <p>10:45 🌞 Tai Chi [G]</p> <p>11:30 🍽️ Lunch Outing: Mandarin [B]</p> <p>2:00 🎬 Afternoon Movie: Master & Commander [T]</p> <p>2:00 🎮 Dice Game! [B]</p> <p>3:00 🎮 Popcorn Social! [B]</p> <p>3:00 😊 Colour Therapy! [BI]</p> <p>7:00 😊 Entertainment with Marcus Schwan! [B]</p> <p>7:00 🎮 Movie Night (Repeat from Afternoon) [T]</p>	<p>9:00 🚶 Go4Life Walking Club! 14</p> <p>9:30 💆 Beautiful You Spa</p> <p>10:00 🌞 Yoga [G]</p> <p>10:45 🚶 Upper Body Workout [G]</p> <p>1:00 🌞 Christian Connection [L]</p> <p>2:00 🧠 Meet Me at the MoMA (Lecture) [T]</p> <p>3:00 😊 Java! [T]</p> <p>3:00 🗨️ Palermo Café, Chat & Fun! [B]</p> <p>7:00 🎮 Netflix Movie: What Women Want [T]</p> <p>7:00 🎮 Games Night! [B]</p>	<p>9:15 Mall Outing: Oakville Place 15</p> <p>9:30 💆 Beautiful You Spa</p> <p>10:00 😊 CBC Series: The Wild Canadian Year (Narrated by David Suzuki) [T]</p> <p>2:00 🗨️ Movie Matinee: The Carol Burnett Show! [T]</p> <p>2:00 🧠 Sequence Game! [B]</p> <p>3:00 🗨️ LLL Canadian Maple Syrup Tasting! [B]</p> <p>3:00 🗨️ Palermo Café, Chat & Fun! [B]</p> <p>3:00 🎮 Dice Game! [BI]</p> <p>7:00 🎮 Toonie Bingo! [B]</p>	<p>9:00 🚶 Go4Life Walking Club! 16</p> <p>10:00 🚶 Zumba! [G]</p> <p>10:45 🚶 Chair Aerobics! [G]</p> <p>1:00 🗨️ Bridge Club [L]</p> <p>2:00 🎬 Afternoon Movie: The Notebook [T]</p> <p>2:00 🎮 Afternoon Bowling! [B]</p> <p>3:00 🗨️ Palermo Café, Chat & Fun! [B]</p> <p>7:00 🎮 Movie Night (Repeat from Afternoon) [T]</p> <p>7:30 🎮 Euchre Club [L]</p>	<p>10:00 Nelly's Comfort Shoes 10-3 [L] 17</p> <p>10:00 🚶 Stay Fit Feet [G]</p> <p>10:30 🧠 Buzz Word! [B]</p> <p>10:30 🎱 Billiards! [GR]</p> <p>2:00 🎬 Afternoon Movie: The Delta Force [T]</p> <p>2:00 🎮 Crazy Lines Bingo! [BI]</p> <p>3:00 🗨️ St. Patrick's Day Social with Specialty Drinks and Desserts!! [B]</p> <p>7:00 😊 St. Patrick's Day Entertainment with Jay Franco! [B]</p> <p>7:00 🎮 Movie Night (Repeat from Afternoon) [T]</p>



- 😊 Emotional
- 🧠 Intellectual
- 🚶 Physical
- 🗨️ Purposeful
- 🗨️ Social
- 🌞 Spiritual



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 🧠 PBS NOVA: Tales From The Hive [T] 18</p> <p>11:30 🧠 Pick up Brain Puzzles from Reception</p> <p>1:00 📺 New TV Series: This Is Us [T]</p> <p>2:00 🎱 Billiards [GR]</p> <p>2:30 🎬 Movie Afternoon: Quartet [T]</p> <p>3:00 🍷 Palermo Café, Chat & Fun! [B]</p> <p>3:00 😊 Colour Therapy! [BI]</p> <p>7:00 🎬 Movie Night (Repeat from Afternoon) [T]</p>	<p>9:00 🚶 Go4Life Walking Club! 19</p> <p>10:00 🚶 Zumba! NEW! [G]</p> <p>10:45 🧘 Yoga [G]</p> <p>1:00 🎮 Bridge Club [L]</p> <p>2:00 💃 Dance For Life Performance! [B]</p> <p>3:00 😊 Yanni Live (The Concert Event) [T]</p> <p>3:00 🍷 Palermo Café, Chat & Fun! [B]</p> <p>7:00 📺 NEW Television Series: White Collar [T]</p> <p>7:00 🎮 Euchre Club [L]</p>	<p>10:00 🚶 Stay-Fit-Feeet [G] 20</p> <p>10:45 🧘 Tai Chi [G]</p> <p>11:30 🍽️ Lunch Outing: Fionn MacCool's [B]</p> <p>2:00 😊 Java! [T]</p> <p>2:00 🧠 Dice Game! [B]</p> <p>2:30 🎬 Afternoon Movie: The Phantom of the Opera [T]</p> <p>3:00 🍷 Palermo Café, Chat & Fun! [B]</p> <p>3:00 😊 Colour Therapy! [BI]</p> <p>7:00 😊 Entertainment by Kim Atkins! [B]</p> <p>7:00 🎬 Movie Night (Repeat from Afternoon) [T]</p>	<p>9:00 🚶 Go4Life Walking Club! 21</p> <p>9:30 🧘 Beautiful You Spa</p> <p>10:00 🧘 Yoga [G]</p> <p>10:45 🚶 Upper Body Workout [G]</p> <p>1:00 ☀️ Christian Connection [L]</p> <p>1:30 🎨 Meet Me at the MoMA (Painting)! [BI]</p> <p>3:00 🧠 Travelogue: New York! [T]</p> <p>3:00 🍷 Palermo Café, Chat & Fun! [B]</p> <p>7:00 🎬 Netflix Movie: A Street Cat Named Bob [T]</p> <p>7:00 🎰 Casino Night! [B]</p>	<p>9:00 Shuttle Bus Outing 22</p> <p>9:30 🧘 Beautiful You Spa</p> <p>10:00 😊 CBC Series: The Wild Canadian Year (Narrated by David Suzuki) [T]</p> <p>2:00 🎬 Movie Matinee: The Carol Burnett Show! [T]</p> <p>2:00 🧠 Sequence Game! [B]</p> <p>3:00 🍷 Ice Cream Social! [B]</p> <p>3:00 🍷 Palermo Café, Chat & Fun! [B]</p> <p>7:00 🎱 Toonie Bingo! [B]</p>	<p>9:00 🚶 Go4Life Walking Club! 23</p> <p>10:00 🚶 Zumba! [G]</p> <p>10:45 🚶 Chair Aerobics! [G]</p> <p>1:00 🎮 Bridge Club [L]</p> <p>2:00 🎬 Afternoon Movie: Conviction [T]</p> <p>2:00 💃 Crafternoon with Barbara! [BI]</p> <p>3:00 🍷 Palermo Café, Chat & Fun! [B]</p> <p>3:00 🧠 Dice Game! [B]</p> <p>7:00 🎬 Movie Night (Repeat from Afternoon) [T]</p> <p>7:30 🎮 Euchre Club [L]</p>	<p>10:00 Avon Beauty Vendor Lillian 10-2 [BI] 24</p> <p>10:00 🚶 Stay Fit Feet [G]</p> <p>10:30 🧠 Buzz Word! [B]</p> <p>10:30 🎱 Billiards! [GR]</p> <p>2:00 🎬 Afternoon Movie: The Book Thief [T]</p> <p>2:00 🎱 Crazy Lines Bingo! [BI]</p> <p>3:00 🍷 Palermo Café, Chat & Fun! [B]</p> <p>3:15 🧠 Concentration! [B]</p> <p>7:00 🎬 Movie Night (Repeat from Afternoon) [T]</p>
<p>10:15 🏰 Catholic Church Service [L] 25</p> <p>11:30 🧠 Pick up Brain Puzzles from Reception</p> <p>1:00 📺 New TV Series: This Is Us [T]</p> <p>2:00 🎱 Billiards [GR]</p> <p>2:30 🎬 Afternoon Movie: Paris Can Wait [T]</p> <p>3:00 🍷 Palermo Café, Chat & Fun! [B]</p> <p>3:00 😊 Colour Therapy! [BI]</p> <p>7:00 🎬 Movie Night (Repeat from Afternoon) [T]</p>	<p>9:00 🚶 Go4Life Walking Club! 26</p> <p>10:00 🚶 Zumba! NEW! [G]</p> <p>10:45 🧘 Yoga [G]</p> <p>11:15 🏰 Anglican Church Service [T]</p> <p>1:00 🎮 Bridge Club [L]</p> <p>2:00 😊 Java! [T]</p> <p>3:00 😊 Andre Rieu: 100 Years of Strauss [T]</p> <p>3:00 🍷 Palermo Café, Chat & Fun! [B]</p> <p>7:00 📺 NEW Television Series: White Collar [T]</p> <p>7:00 🎮 Euchre Club [L]</p>	<p>10:00 🚶 Stay-Fit-Feeet [G] 27</p> <p>10:45 🧘 Tai Chi [G]</p> <p>12:30 🎬 Movie Outing</p> <p>2:00 🎬 Afternoon Movie: Inside Man [T]</p> <p>2:00 🧠 Dice Game! [B]</p> <p>3:00 🍷 Palermo Café, Chat & Fun! [B]</p> <p>3:00 😊 Colour Therapy! [BI]</p> <p>6:00 🎱 Men's Night! [GR]</p> <p>7:00 😊 Ballroom Dancing Evening with Derek! [B]</p> <p>7:00 🎬 Movie Night (Repeat from Afternoon) [T]</p>	<p>LLL Maple Dinner (Regular Seating) 28</p> <p>9:00 🚶 Go4Life Walking Club!</p> <p>9:30 🧘 Beautiful You Spa</p> <p>10:00 🧘 Yoga [G]</p> <p>10:45 🚶 Upper Body Workout [G]</p> <p>1:00 ☀️ Christian Connection [L]</p> <p>1:30 🧠 Meet Me at the MoMA (Lecture)! [T]</p> <p>3:00 🗓️ Next Month's Calendar Discussion [B]</p> <p>3:00 🍷 Palermo Café, Chat & Fun! [B]</p> <p>7:00 🎬 Netflix Movie: The Young Victoria [T]</p> <p>7:00 🎰 Games Night! [B]</p>	<p>9:30 🧘 Beautiful You Spa 29</p> <p>10:00 😊 BBC Documentary: The Life of Mammals (A Winning Design) [T]</p> <p>10:00 Bank Shuttle</p> <p>2:00 🎬 Movie Matinee: The Carol Burnett Show! [T]</p> <p>2:00 🧠 Sequence Game! [B]</p> <p>3:00 😊 Celebrating March Birthdays with The Escapades Trio! [B]</p> <p>3:00 🍷 Palermo Café, Chat & Fun! [B]</p> <p>7:00 🎱 Toonie Bingo! [B]</p>	<p>9:00 🚶 Go4Life Walking Club! 30</p> <p>10:00 📺 Documentary: Into the Arctic [T]</p> <p>1:00 🎮 Bridge Club [L]</p> <p>2:00 🎬 Afternoon Movie: Definitely Maybe [T]</p> <p>2:00 🎨 Painting with Karen! [BI]</p> <p>3:00 🍷 Palermo Café, Chat & Fun! [B]</p> <p>3:00 🧠 Dice Game! [B]</p> <p>7:00 🎬 Movie Night (Repeat from Afternoon) [T]</p> <p>7:30 🎮 Euchre Club [L]</p>	<p>10:00 🚶 Stay Fit Feet [G] 31</p> <p>10:30 🧠 Buzz Word! [B]</p> <p>10:30 🎱 Billiards! [GR]</p> <p>2:00 🎬 Afternoon Movie: Sleeping with the Enemy [T]</p> <p>2:00 🎱 Crazy Lines Bingo! [BI]</p> <p>3:00 🍷 Palermo Café, Chat & Fun! [B]</p> <p>3:15 🧠 Wheel of Fortune! [B]</p> <p>7:00 🎬 Movie Night (Repeat from Afternoon) [T]</p>



- 😊 Emotional
- 🧠 Intellectual
- 🚶 Physical
- 💃 Purposeful
- 🎱 Social
- ☀️ Spiritual

Location Keys

- Bar B
- Bistro BI
- Game Room GR
- Gym G
- Library L
- Theatre T

