

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Emotional Intellectual Physical Purposeful Social Spiritual	10:00 Chiropodist [S] 1 10:30 Cardio Workout [ER] 11:00 Short Stories [3AR] 1:30 Gentle Stretch Exercise Class [3AR] 2:00 Fall Prevention Exercise Class [AR] 2:00 Coffee & Tea Social [3AR] 3:00 Dictionary Challenge - Define the Word [B] 4:00 Scrabble (Resident-Run) [CK] 7:00 Rummy-O (Resident-Run) [CK]	10:30 Gentle Chairobics [AR] 2 11:00 Giant Crosswords [3AR] 1:30 Men's Club Project [AR] 2:00 Coffee & Tea Social [3AR] 2:00 Knit & Natter [AR] 3:00 Eco-Friendly Craft w/ Emily [CK] 4:00 Happy Hour: Toonie Tuesday! [B] 6:00 Pet Therapy w/ Harley [3AR]	10:30 Chairobics [AR] 3 11:15 Get Out & Garden! [AR] 12:00 Ambassador Lunch & Meeting *RSVP w/ Lisa* [CK] 1:30 Bible Study [AR] 2:00 Coffee & Tea Social [3AR] 3:00 Sing-a-long w/ Marie Gogo! [FL] 4:00 Happy Hour [B] 7:00 Classic TV Shows [TC]	9:00 Beautiful You Salon 4 9:30 Java Music Club [3AR] 10:30 Trivia & Music w/ Robert [3AR] 11:00 Line Dancing Lessons w/ Margo [AR] 1:30 Gentle Stretch Exercise Class [3AR] 2:00 Coffee & Tea Social [3AR] 2:00 Pump it Up Exercise Class [AR] 3:00 Bingo for Sweets [CK] 4:00 Happy Hour [B] 6:30 Scrabble Night (Resident-Run) [CK] 7:00 Movie Night [TC]	10:30 Chairobics [AR] 5 11:30 Word Jumble [B] 1:30 Walking Club w/ Edna [E] 2:00 Coffee & Tea Social [3AR] 3:00 Yoga w/ Uma [AR] 3:00 *NEW* Chase the Ace for Quarters [CK] 4:00 Lemonade on the Patio [DR] 7:00 Cribbage (Resident-Run) [AR] 7:00 Classic Movie Night [TC]	9:30 Fun & Fitness [3AR] 6 10:00 News & Views Discussion [E] 11:00 Backyard Fun & Games: Ladder Ball, Washer Toss [CK] 2:00 Toonie Bingo [CK] 3:00 Scattergories Categories [B] 4:00 Euchre (Resident-Run) [CK] 7:00 Movie Night [TC]
9:30 Fun & Fitness [3AR] 7 10:00 Interfaith Prayer Meeting [AR] 11:00 Communion w/ Tony & Ursula [TC] 1:00 Spring Art Show & Sale in the Village [E] 1:00 Walking Club [E] 7:00 Movie Night [TC]	10:30 Cardio Workout [ER] 8 11:00 Short Stories [3AR] 1:30 Gentle Stretch Exercise Class [3AR] 2:00 Fall Prevention Exercise Class [AR] 2:00 Coffee & Tea Social [3AR] 3:00 Spelling Bee [B] 4:00 Scrabble (Resident-Run) [CK] 7:00 Rummy-O (Resident-Run) [CK]	10:30 Gentle Chairobics [AR] 9 11:00 Giant Crosswords [3AR] 1:30 Men's Club Project [AR] 2:00 Garden Therapy w/ Jackie [3AR] 2:00 Knit & Natter [AR] 3:00 Crafter-noon [CK] 4:00 Happy Hour: Toonie Tuesday! [B] 6:00 Pet Therapy w/ Harley [3AR]	9:00 *Drop Off Donations for Diabetes Canada to Reception* 10 10:30 Chairobics [AR] 11:15 Get Out & Garden! [AR] 1:30 Bible Study [AR] 2:00 Coffee & Tea Social [3AR] 3:00 50s Concert w/ Fern! [FL] 4:00 Happy Hour [B] 5:00 Living Loving Local Dinner ft. the Ingredient of the Month! [DR] 7:00 Classic TV Shows [TC]	9:00 FREE Physio Assessments w/ Maria from Lifemark *Sign-Up at Reception* 11 9:00 Beautiful You Salon 10:30 Trivia & Music w/ Robert [3AR] 11:00 Line Dancing Lessons w/ Margo [AR] 1:00 Outing: Walk to Shoppers Drug Mart [E] 1:30 Gentle Stretch Exercise Class [3AR] 2:00 Coffee & Tea Social [3AR] 2:00 Pump it Up Exercise Class [AR] 3:00 Bingo for Sweets [CK] 4:00 Happy Hour [B] 6:30 Scrabble Night (Resident-Run) [CK] 7:00 Movie Night [TC]	10:30 Chairobics [AR] 12 11:30 Word Jumble [B] 1:30 Walking Club w/ Edna [E] 2:00 Coffee & Tea Social [3AR] 3:00 Yoga w/ Uma [AR] 3:00 *NEW* Chase the Ace for Quarters [CK] 4:00 Christmas Bazaar Update Meeting [TC] 7:00 Cribbage (Resident-Run) [AR] 7:00 Classic Movie Night [TC]	*No Toonie Bingo Today 13 *No Scattergories Categories Today 9:30 Fun & Fitness [3AR] 10:00 News & Views Discussion [E] 11:00 10 Pin Bowling Teams [CK] 1:00 Outing: Tour of Cameron's Brewery in Oakville [E] 4:00 Euchre (Resident-Run) [CK] 7:00 Movie Night [TC]
Mother's Day 14 9:30 Fun & Fitness [3AR] 10:00 Trivia Time [E] 11:00 Mother's Day Brunch w/ Entertainment by Pianist, Dan Clahane [DR] 11:00 Communion w/ Tony & Ursula [TC] 1:00 Walking Club [E] 2:00 Headbands Guessing Game [B] 3:00 Movie Matinee: Resident's Choice [TC] 7:00 Movie Night [TC]	10:00 Vendor: Traditions Alive [LL] 15 10:30 Resident Council Meeting: 1st Meeting w/ the NEW Resident Council [TC] 11:00 Resident Forum [TC] 1:30 Gentle Stretch Exercise Class [3AR] 2:00 Fall Prevention Exercise Class [AR] 2:00 Coffee & Tea Social [3AR] 3:00 Dictionary Challenge: Define the Word [B] 4:00 Scrabble (Resident-Run) [CK] 4:30 Book Club Meeting [L] 7:00 Rummy-O (Resident-Run) [CK]	10:30 Gentle Chairobics [AR] 16 11:00 Giant Crosswords [3AR] 1:30 Men's Club Project [AR] 2:00 Coffee & Tea Social [3AR] 2:00 Knit & Natter [AR] 3:00 Crafter-noon [CK] 4:00 Happy Hour: Toonie Tuesday! [B] 6:00 Pet Therapy w/ Harley [3AR]	8:30 Lisa Makes Breakfast [CK] 17 10:30 Chairobics [AR] 11:15 Get Out & Garden! [AR] 1:30 Bible Study [AR] 2:00 Coffee & Tea Social [3AR] 3:00 Entertainment w/ Singer, Janelle Heath! [CK] 4:00 Happy Hour [B] 7:00 Classic TV Shows [TC]	9:00 Beautiful You Salon 18 9:30 Java Music Club [3AR] 10:30 Trivia & Music w/ Robert [3AR] 11:00 Line Dancing Lessons w/ Margo [AR] 1:30 Gentle Stretch Exercise Class [3AR] 2:00 Coffee & Tea Social [3AR] 2:00 Pump it Up Exercise Class [AR] 3:00 Bingo for Sweets [CK] 4:00 Happy Hour [B] 6:30 Scrabble Night (Resident-Run) [CK] 7:00 Movie Night [TC]	10:30 Chairobics [AR] 19 11:30 Word Jumble [B] 1:30 Walking Club w/ Edna [E] 2:00 Coffee & Tea Social [3AR] 3:00 Yoga w/ Uma [AR] 3:00 *NEW* Chase the Ace for Quarters [CK] 4:00 Smoothies on the Patio [DR] 7:00 Cribbage (Resident-Run) [AR] 7:00 Classic Movie Night [TC]	9:30 Fun & Fitness [3AR] 20 10:00 News & Views Discussion [E] 11:00 Backyard Fun & Games: Ladder Ball, Washer Toss [CK] 2:00 Toonie Bingo [CK] 3:00 Scattergories Categories [B] 4:00 Euchre (Resident-Run) [CK] 7:00 Movie Night [TC]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 🌿 Fun & Fitness [3AR] 21</p> <p>10:00 ☀️ Interfaith Prayer Meeting [AR]</p> <p>11:00 ☀️ Communion w/ Tony & Ursula [TC]</p> <p>1:00 🌿 Walking Club [E]</p> <p>1:00 🌿 Walking Club [E]</p> <p>2:00 🧠 Headbands Guessing Game [B]</p> <p>3:00 😊 Sing-a-long w/ Joe Thomson! [CK]</p> <p>7:00 🎬 Movie Night [TC]</p>	<p>*Limited Programming Today 22</p> <p>Victoria Day</p> <p>10:30 🌿 Cardio Workout (Resident-Run) [ER]</p> <p>2:00 🌿 Coffee & Tea Social [3AR]</p> <p>3:00 😊 Movie Matinee: Resident's Choice [TC]</p> <p>4:00 🧠 Scrabble (Resident-Run) [CK]</p> <p>7:00 🧠 Rummy-O (Resident-Run) [CK]</p>	<p>10:30 🌿 Gentle Chairobics [AR] 23</p> <p>11:00 🧠 Giant Crosswords [3AR]</p> <p>1:30 🧠 Men's Club Project [AR]</p> <p>2:00 🌿 Coffee & Tea Social [3AR]</p> <p>2:00 🧠 Knit & Natter [AR]</p> <p>3:00 🧠 Crafter-noon [CK]</p> <p>4:00 🌿 Happy Hour: Toonie Tuesday! [B]</p> <p>6:00 😊 Pet Therapy w/ Harley [3AR]</p>	<p>10:00 Vendor: JBS Clothing [LL] 24</p> <p>10:30 🌿 Chairobics [AR]</p> <p>11:15 🧠 Get Out & Garden! [AR]</p> <p>1:30 ☀️ Bible Study [AR]</p> <p>2:00 🌿 Coffee & Tea Social [3AR]</p> <p>3:00 😊 Entertainment w/ The Wander Duo! [FL]</p> <p>4:00 🌿 Happy Hour [B]</p> <p>7:00 😊 Classic TV Shows [TC]</p>	<p>9:00 Beautiful You Salon 25</p> <p>10:30 🧠 Trivia & Music w/ Robert [3AR]</p> <p>11:00 🧠 Line Dancing Lessons w/ Margo [AR]</p> <p>1:30 🌿 Gentle Stretch Exercise Class [3AR]</p> <p>2:00 🌿 Coffee & Tea Social [3AR]</p> <p>2:00 🌿 Pump it Up Exercise Class [AR]</p> <p>3:00 🧠 Bingo for Sweets [CK]</p> <p>3:30 🧠 June Program Meeting [B]</p> <p>4:00 🌿 Happy Hour [B]</p> <p>6:30 🧠 Scrabble Night (Resident-Run) [CK]</p> <p>7:00 😊 Movie Night [TC]</p>	<p>10:30 🌿 Chairobics [AR] 26</p> <p>11:30 🧠 Word Jumble [B]</p> <p>1:30 🌿 Walking Club w/ Edna [E]</p> <p>2:00 🧠 Guest Speaker Bill Anderson: "Castles" [TC]</p> <p>2:00 🌿 Coffee & Tea Social [3AR]</p> <p>3:00 ☀️ Yoga w/ Uma [AR]</p> <p>3:00 🧠 *NEW* Chase the Ace for Quarters [CK]</p> <p>4:00 🌿 Sparkling Wine on the Patio [DR]</p> <p>7:00 🧠 Cribbage (Resident-Run) [AR]</p> <p>7:00 😊 Classic Movie Night [TC]</p>	<p>9:30 🌿 Fun & Fitness [3AR] 27</p> <p>10:00 🧠 News & Views Discussion [E]</p> <p>11:00 🌿 10 Pin Bowling Teams [CK]</p> <p>2:00 🧠 Toonie Bingo [CK]</p> <p>3:00 🧠 Scattergories Categories [B]</p> <p>4:00 🧠 Euchre (Resident-Run) [CK]</p> <p>7:00 😊 Movie Night [TC]</p>
<p>*No Fun & Fitness Today 28</p> <p>10:30 🌿 Outing: ArtFest Port Credit [E]</p> <p>11:00 ☀️ Communion w/ Tony & Ursula [TC]</p> <p>1:00 🌿 Walking Club [E]</p> <p>1:00 🌿 Walking Club [E]</p> <p>2:00 🧠 Headbands Guessing Game [B]</p> <p>2:30 ☀️ Anglican Church Service [FL]</p> <p>3:00 😊 Piano & Fiddle Duet w/ SL & Friend! [FL]</p> <p>7:00 🎬 Movie Night [TC]</p>	<p>10:30 🌿 Cardio Workout [ER] 29</p> <p>11:00 😊 Short Stories [3AR]</p> <p>1:30 🌿 Gentle Stretch Exercise Class [3AR]</p> <p>2:00 🌿 Fall Prevention Exercise Class [AR]</p> <p>2:00 🌿 Coffee & Tea Social [3AR]</p> <p>3:00 🧠 Spelling Bee</p> <p>4:00 🧠 Scrabble (Resident-Run) [CK]</p> <p>7:00 🧠 Rummy-O (Resident-Run) [CK]</p>	<p>10:30 🌿 Gentle Chairobics [AR] 30</p> <p>11:00 🧠 Giant Crosswords [3AR]</p> <p>1:30 🧠 Men's Club Project [AR]</p> <p>2:00 🌿 Coffee & Tea Social [3AR]</p> <p>2:00 🧠 Knit & Natter [AR]</p> <p>3:00 🧠 Crafter-noon [CK]</p> <p>4:00 🌿 Happy Hour: Toonie Tuesday! [B]</p> <p>6:00 😊 Pet Therapy w/ Harley [3AR]</p>	<p>10:15 Outing & Lunch: "All the Best" Frank Sinatra Tribute at Meadowvale Theatre [E] 31</p> <p>10:30 ☀️ Yoga w/ Asha [AR]</p> <p>11:15 🧠 Get Out & Garden! [AR]</p> <p>1:30 ☀️ Bible Study [AR]</p> <p>2:00 🌿 Coffee & Tea Social [3AR]</p> <p>3:00 😊 Entertainment w/ Flautist, Frazer French! [CK]</p> <p>4:00 🌿 Happy Hour [B]</p> <p>7:00 😊 Classic TV Shows [TC]</p>	<p>Location Keys</p> <p>3rd Fl Activity Room 3AR</p> <p>Activity Room AR</p> <p>Bistro/Bar B</p> <p>Country Kitchen CK</p> <p>Dining Room DR</p> <p>Exercise Room ER</p> <p>Fireside Lounge FL</p> <p>Library L</p> <p>Lower Level LL</p> <p>Meet at Entrance E</p> <p>Salon/Spa S</p> <p>Theatre/Chapel TC</p>	<p>PINK - Services Offered</p> <p>GREY - Vendors</p> <p>BLUE - Musical Entertainment</p> <p>ORANGE - Resident Meetings</p> <p>GREEN - Outings</p> <p>PURPLE - Special Events</p>	<p>BEAUTIFUL YOU SALON & SPA</p> <p>Make your hair and nail appointments with our Reception team.</p> <p>Salon Hours: Thursdays starting @ 9:00am</p>

TUCK SHOP

The Tuck Shop offers many of your toiletry, gift wrap, and snack needs all at a low cost! Please bring all items you wish to purchase up to Reception to complete payment.
Tuck Shop Hours:
Monday-Friday
1:00pm-4:00pm

"Look deep into nature and you will understand everything better"
— Albert Einstein

