

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--|--|
| Emotional Intellectual Physical Purposeful Social Spiritual | New Year's Day 1 10:30 Go4Life Walking Club [E] 11:00 Dictionary Challenge [FL] 2:00 LLL: Everything You Need to Know About Carrots [TC] 3:00 Afternoon Coffee & Tea [B] 3:30 History Lessons [TC] 7:00 Bridge Club [CK] | 2 10:30 Go4Life Walking Club [E] 11:00 Giant Crosswords [FL] 1:30 Rummy-O [CK] 2:00 Knit & Natter [CK] 3:00 Friendly Debates [FL] 4:00 Toonie Tuesday - \$2 Cocktails [B] 7:00 Cribbage Club [CK] | 3 8:00 Lisa & Gord Make Breakfast [CK] 10:30 Chairobics [AR] 11:15 Bible Study [FL] 2:00 Meet Me at the MoMA: Painting [CK] 3:00 Jeopardy in Teams [FL] 4:00 Happy Hour [B] 7:00 Travel the World w/ Google Earth [TC] 7:00 Canasta (Resident-Run) [CK] | 4 10:00 Carpet Bowling [FL] 10:30 Rosary [TC] 11:00 Brain Busters [FL] 1:30 Gentle Stretch Class [3AR] 1:30 Trivial Pursuit [FL] 2:00 Pump it Up Class [AR] 3:00 Bingo for Sweets [B] 4:00 Happy Hour [B] 7:00 Movie Night: Grease [TC] | 5 10:30 Chairobics [AR] 11:30 Word Jumble [B] 1:30 LLL: Baking w/ Carrots [CK] 3:00 Afternoon Coffee & Tea [B] 3:30 TED Talks Lecture & Discussion [TC] 7:00 Movie Night: My Girl 2 [TC] 7:00 Euchre Club [CK] | 6 10:00 Gentle Chairobics [3AR] 10:45 Java Music Club [AR] 2:00 Toonie Bingo [B] 3:00 Afternoon Coffee & Tea [B] 3:30 Spot the Difference [B] 7:00 Movie Night: Chicago [TC] |
| 10:00 Interfaith Prayer Circle [AR] 7 10:30 Go4Life Walking Club [E] 11:00 Communion [TC] 11:15 Short Stories [3AR] 2:00 The Price is Right [FL] 3:00 Afternoon Coffee & Tea [B] 4:00 Sing-a-long w/ Joe Thompson! [3AR] 7:00 Movie Night: Silver Linings Playbook [TC] | 8 10:00 Go4Life Walking Club *Time Change Today* [E] 10:30 Resident Council Meeting [AR] 11:00 Resident Forum [AR] 1:30 Gentle Stretch Class [3AR] 2:00 Fall Prevention Class [AR] 3:00 Afternoon Coffee & Tea [B] 3:30 History Lessons [TC] 7:00 Bridge Club [CK] | 9 10:30 Go4Life Walking Club [E] 11:00 Giant Crosswords [FL] 1:30 Rummy-O [CK] 2:00 Knit & Natter [CK] 3:00 Music Video Requests [TC] 4:00 Toonie Tuesday - \$2 Cocktails [B] 6:00 Pet Visit from Harley [3AR] 7:00 Cribbage Club [CK] | 10 10:30 Chairobics [AR] 11:15 Bible Study [FL] 2:00 Meet Me at the MoMA: Lecture [TC] 3:00 Entertainment w/ Romantic Troubadour, Premek! [B] 4:00 Happy Hour [B] 5:00 LLL: Carrot Themed Dinner 7:00 Minute to Win It Games [CK] 7:00 Canasta (Resident-Run) [CK] | 11 9:00 Physio Assessments *Sign-Up Required* 10:00 Carpet Bowling [FL] 10:30 Rosary [TC] 11:00 Brain Busters [FL] 1:00 Outing to Erin Mills Town Centre [E] 1:30 Gentle Stretch Class [3AR] 1:30 Trivial Pursuit [FL] 2:00 Pump it Up Class [AR] 3:00 Bingo for Sweets [B] 4:00 Happy Hour [B] 7:00 Travel the World w/ Google Earth [TC] | Let's Beat the January Blues! 12 10:30 Chairobics [AR] 11:15 America's Funniest Home Videos [TC] 1:30 Baking Club [CK] 3:30 Funny Friday at the Bar - \$2 Cocktails & Laughs w/ Johnny Carson [B] 7:00 Movie Night: Concussion [TC] 7:00 Euchre Club [CK] | 13 10:00 Gentle Chairobics [3AR] 10:45 Java Music Club [AR] 2:00 Toonie Bingo [B] 3:00 Afternoon Coffee & Tea [B] 3:30 Finish the Sentence [B] 7:00 Movie Night: Table 19 [TC] |
| 10:30 Go4Life Walking Club [E] 14 11:00 Communion [TC] 11:15 Short Stories [3AR] 2:00 LLL: Word Games [FL] 3:00 Afternoon Coffee & Tea [B] 3:30 World Geography Jingo [FL] 7:00 Movie Night: Soul Surfer [TC] | 15 9:00 Chiroprapist 10:30 Go4Life Walking Club [E] 11:00 Scattergories Word Game [FL] 1:30 Gentle Stretch Class [3AR] 2:00 Fall Prevention Class [AR] 3:00 Afternoon Coffee & Tea [B] 3:30 Workshop: Growing Sprouts & Microgreens [CK] 3:30 History Lessons [TC] 7:00 Bridge Club [CK] | 16 10:30 Go4Life Walking Club [E] 11:00 Giant Crosswords [FL] 1:30 Rummy-O [CK] 2:00 Knit & Natter [CK] 3:00 Let's Go to the Hop Event & Cocktail Hour! [FL] 6:00 Pet Visit from Harley [3AR] 7:00 Cribbage Club [CK] | Celtic Theme Day! 17 10:30 Chairobics [AR] 11:15 Bible Study [FL] 2:00 Meet Me at the MoMA: Painting [CK] 3:00 Entertainment w/ Brian MacIntyre & The Rogue Brogues! [FL] 4:00 Happy Hour & Tasty Themed Appetizers! [B] 7:00 All About Celtic Languages [TC] 7:00 Canasta (Resident-Run) [CK] | 18 10:00 Carpet Bowling [FL] 10:30 Rosary [TC] 11:00 Brain Busters [FL] 1:30 Gentle Stretch Class [3AR] 1:30 Trivial Pursuit [FL] 2:00 Pump it Up Class [AR] 3:00 Bingo for Sweets [B] 4:00 Happy Hour [B] 7:00 Canadian Trivia [FL] 7:00 Movie Night: How Do You Know? [TC] | 19 10:30 Chairobics [AR] 11:30 Word Jumble [B] 1:30 Baking Club [CK] 3:00 Afternoon Coffee & Tea [B] 3:30 TED Talks Lecture & Discussion [TC] 4:00 Ambassador Appreciation & Meeting [B] 7:00 Movie Night: The Holiday [TC] 7:00 Euchre Club [CK] | 20 10:00 Gentle Chairobics [3AR] 10:45 Java Music Club [AR] 2:00 Toonie Bingo [B] 3:00 Afternoon Coffee & Tea [B] 3:30 Catch Phrase Quiz [B] 7:00 Movie Night: The Big Wedding [TC] |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|---|--|
| <p>10:00 ☀️ Interfaith Prayer Circle [AR] 21</p> <p>10:30 🌿 Go4Life Walking Club [E]</p> <p>11:00 ☀️ Communion [TC]</p> <p>11:15 🌿 Short Stories [3AR]</p> <p>2:00 🧠 Hangman [FL]</p> <p>3:00 🌿 Afternoon Coffee & Tea [B]</p> <p>3:30 🧠 Trivia by the Decade [FL]</p> <p>7:00 🎬 Movie Night: Greenberg [TC]</p> | <p>10:00 🌿 Vendor: Traditions Alive [LL] 22</p> <p>10:30 🌿 Go4Life Walking Club [E]</p> <p>11:00 🧠 Dictionary Challenge [FL]</p> <p>1:30 🌿 Gentle Stretch Class [3AR]</p> <p>2:00 🌿 Fall Prevention Class [AR]</p> <p>3:00 🌿 Afternoon Coffee & Tea [B]</p> <p>3:30 🧠 History Lessons [TC]</p> <p>7:00 🧠 Bridge Club [CK]</p> | <p>10:30 🌿 Go4Life Walking Club [E] 23</p> <p>11:00 🧠 Giant Crosswords [FL]</p> <p>1:30 🧠 Rummy-O [CK]</p> <p>2:00 🧠 Knit & Natter [CK]</p> <p>3:00 🌿 Friendly Debates [FL]</p> <p>4:00 🌿 Toonie Tuesday - \$2 Cocktails [B]</p> <p>6:00 😊 Pet Visit from Harley [3AR]</p> <p>7:00 🧠 Cribbage Club [CK]</p> | <p>10:30 🌿 Chairobics [AR] 24</p> <p>11:00 🧠 Meet Me at the MoMA: Lecture *Time Change Today* [TC]</p> <p>2:00 🌿 Handwriting Interpretation Event w/ Elaine Charal [FL]</p> <p>4:00 🌿 Happy Hour [B]</p> <p>7:00 🧠 How It's Made [TC]</p> <p>7:00 🧠 Canasta (Resident-Run) [CK]</p> | <p>10:00 🌿 Carpet Bowling [FL] 25</p> <p>10:30 ☀️ Rosary [TC]</p> <p>11:00 🧠 Brain Busters [FL]</p> <p>1:30 🌿 Gentle Stretch Class [3AR]</p> <p>1:30 🧠 Trivial Pursuit [FL]</p> <p>2:00 🌿 Pump it Up Class [AR]</p> <p>3:00 🧠 Bingo for Sweets [B]</p> <p>4:00 🌿 Happy Hour [B]</p> <p>7:00 🧠 Thread Talks: Learn About Sikhism [TC]</p> | <p>10:30 🌿 Chairobics [AR] 26</p> <p>11:30 🧠 Word Jumble [B]</p> <p>1:30 🌿 Baking Club [CK]</p> <p>3:00 🌿 Afternoon Coffee & Tea [B]</p> <p>3:30 🧠 TED Talks Lecture & Discussion [TC]</p> <p>7:00 😊 Movie Night: The Meddler [TC]</p> <p>7:00 🧠 Euchre Club [CK]</p> | <p>10:00 🌿 Gentle Chairobics [3AR] 27</p> <p>10:45 😊 Java Music Club [AR]</p> <p>2:00 🧠 Toonie Bingo [B]</p> <p>3:00 🌿 Afternoon Coffee & Tea [B]</p> <p>3:30 🧠 Word in a Word [B]</p> <p>7:00 😊 Movie Night: Before We Go [TC]</p> |
| <p>10:30 🌿 Go4Life Walking Club [E] 28</p> <p>11:00 ☀️ Communion [TC]</p> <p>11:15 🌿 Short Stories [3AR]</p> <p>2:00 🌿 Table Volleyball [3AR]</p> <p>2:30 ☀️ Anglican Church Service [TC]</p> <p>3:00 🌿 Afternoon Coffee & Tea [B]</p> <p>3:30 🌿 Would You Rather...? [FL]</p> <p>7:00 🎬 Movie Night: Move Over, Darling [TC]</p> | <p>10:30 🌿 Go4Life Walking Club [E] 29</p> <p>11:00 🧠 Pictionary [FL]</p> <p>1:30 🌿 Gentle Stretch Class [3AR]</p> <p>2:00 🌿 Fall Prevention Class [AR]</p> <p>3:00 🌿 January Birthday Party w/ Robert Macerollo! [FL]</p> <p>7:00 ☀️ Meditation Session w/ Daxa [TC]</p> <p>7:00 🧠 Bridge Club [CK]</p> | <p>10:30 🌿 Go4Life Walking Club [E] 30</p> <p>11:00 🧠 Giant Crosswords [FL]</p> <p>1:30 🧠 Rummy-O [CK]</p> <p>2:00 🧠 Knit & Natter [CK]</p> <p>3:00 🧠 New Zealand: Lecture & Travelogue [TC]</p> <p>4:00 🌿 Toonie Tuesday - \$2 Cocktails [B]</p> <p>6:00 😊 Pet Visit from Harley [3AR]</p> <p>7:00 🧠 Cribbage Club [CK]</p> | <p>10:30 🌿 Chairobics [AR] 31</p> <p>11:15 ☀️ Bible Study [FL]</p> <p>1:30 😊 Entertainment w/ The Parkview Jammers [FL]</p> <p>3:00 😊 Meet Me at the MoMA: Painting *Time Change Today* [CK]</p> <p>4:00 🌿 February Program Meeting [TC]</p> <p>4:00 🌿 Happy Hour [B]</p> <p>7:00 😊 Sing-a-long w/ Gloria [FL]</p> <p>7:00 🧠 Canasta (Resident-Run) [CK]</p> | <p>Location Keys</p> <p>3rd Floor Activity Room 3AR</p> <p>Activity Room AR</p> <p>Bistro/Bar B</p> <p>Country Kitchen CK</p> <p>Fireside Lounge FL</p> <p>Lower Level LL</p> <p>Meet at Entrance E</p> <p>Theatre/Chapel TC</p> | <p>PINK - Services Offered</p> <p>GREY - Vendors</p> <p>LIGHT BLUE - Outings</p> <p>BLUE - Musical Entertainment</p> <p>GREEN - Living Loving Local</p> <p>ORANGE - Resident Meetings</p> | <p>Beautiful You Salon & Spa</p> <p>Hours of Operation:</p> <p>Wednesdays 9:00am-3:00pm</p> <p>Thursdays 9:00am-3:00pm</p> <p>All appointments and payments are made with the Salon directly. For the Salon's contact information, please stop by Reception.</p> |

All activity locations and times are subject to change. Please refer to the daily activity posters in the elevators for the most up-to-date information. **Thank you!**

Monthly Outings

Please note that all outings are offered on a first come, first serve basis. Once the monthly calendar is released, the sign-up sheets for outings are available at Reception. The sign-up sheets also include important information about accessibility and pricing.

"You must be the change you wish to see in the world."
— Mohandas Gandhi

Living Loving Local

Each month we feature a local food that is in season. For January, it's all about carrots! How many different ways can carrots be cooked? What are the health benefits? Can carrots be used for anything other than eating? Learn all about CARROTS at one of our Living Loving Local events listed on the calendar in green.

