

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Emotional</p> <p>Intellectual</p> <p>Physical</p> <p>Purposeful</p> <p>Social</p> <p>Spiritual</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>Dining Room DR</p> <p>Fireside Lounge FL</p> <p>Game Room GR</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>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>	<p>10:00 Vendor: Monika's Accessories [LL] 1</p> <p>10:00 "I Spy" [3AR]</p> <p>10:30 Go4Life Walking Club [E]</p> <p>10:30 Rosary [TC]</p> <p>11:00 Bean Bag Toss [FL]</p> <p>1:30 Gentle Stretch Class [3AR]</p> <p>1:30 Technology Help (Sign-Up Required)</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 Song & Artist Quiz [FL]</p>	<p>10:30 Chairiobics [AR] 2</p> <p>11:15 Word Jumble [B]</p> <p>1:15 Movie Matinee [3AR]</p> <p>1:30 Baking Club [CK]</p> <p>3:00 Funny Friday: Rowan & Martin's Laugh-In [B]</p> <p>7:00 Movie Night: The Zookeeper's Wife [TC]</p> <p>7:00 Euchre Club [CK]</p>	<p>10:00 Gentle Chairiobics [3AR] 3</p> <p>10:45 Java Music Club [CK]</p> <p>1:30 TV Series: Mrs. Brown's Boys [3AR]</p> <p>2:00 Toonie Bingo [CK]</p> <p>3:00 Afternoon Coffee & Sing-a-long [CK]</p> <p>7:00 Movie Night: Irreplaceable You [TC]</p> <p>7:15 Hockey Night in Canada [B]</p>
<p>10:00 Interfaith Prayer Circle [AR] 4</p> <p>11:00 Communion [TC]</p> <p>1:30 Movie Matinee [3AR]</p> <p>2:00 Bridge Club [CK]</p> <p>2:15 Listen & Draw Game [FL]</p> <p>3:00 Afternoon Coffee & Conversation Cards [FL]</p> <p>4:00 Entertainment w/ Keyboardist, Joe Thomson! [3AR]</p> <p>7:00 Movie Night: The Theory of Everything [TC]</p>	<p>10:00 Vendor: Shiny Jewelry [LL] 5</p> <p>10:00 Chiroprapist [S]</p> <p>10:30 Go4Life Walking Club [E]</p> <p>10:30 Guided Autobiography Class (Sign-Up Required) [AR]</p> <p>11:00 LLL: Maple Trivia [FL]</p> <p>1:30 Gentle Stretch Class [3AR]</p> <p>2:00 Fall Prevention Class [AR]</p> <p>3:00 Afternoon Coffee & Brain Teasers [B]</p> <p>3:30 St. Paddy's Crafternoon [CK]</p> <p>7:00 Meditation Class w/ Daxa [TC]</p>	<p>10:30 Go4Life Walking Club [E] 6</p> <p>11:00 Giant Crosswords [FL]</p> <p>1:00 Outing: Erin Mills Town Centre [E]</p> <p>2:00 Knit & Natter [CK]</p> <p>3:00 Colour Transformations w/ Mary Lye [TC]</p> <p>4:00 Toonie Tuesday - \$2 Cocktails [B]</p> <p>7:00 Black & White Television Quiz [FL]</p> <p>7:00 TV Series: The Crown [TC]</p>	<p>8:00 Lisa & Gord Make Breakfast [CK] 7</p> <p>10:30 Chairiobics [AR]</p> <p>11:15 Bible Study [FL]</p> <p>2:00 Meet Me at the MoMA: Painting [CK]</p> <p>3:00 Let's Travel to Ireland [TC]</p> <p>4:00 Happy Hour & Entertainment w/ Bob Maclean! [B]</p> <p>6:00 Pet Visit from Harley</p> <p>7:00 Canasta Club [CK]</p>	<p>9:00 Free Physiotherapy Assessments (Sign-Up Required) 8</p> <p>10:00 "I Spy" [3AR]</p> <p>10:30 Go4Life Walking Club [E]</p> <p>10:30 Rosary [TC]</p> <p>11:00 Carpet Bowling [FL]</p> <p>1:30 Gentle Stretch Class [3AR]</p> <p>1:30 Technology Help (Sign-Up Required)</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 Movie Night: Mandela: Long Walk to Freedom [TC]</p>	<p>10:00 Behind the Scenes: Kitchen Tour (Sign-Up Required) [DR] 9</p> <p>10:30 Chairiobics [AR]</p> <p>11:15 Word Jumble [B]</p> <p>1:15 Movie Matinee [3AR]</p> <p>1:30 Baking Club [CK]</p> <p>3:00 Men's Club Outing: Billiards & Beer at the Legion [E]</p> <p>3:00 Afternoon Coffee & Trivia [B]</p> <p>3:30 TED Talks Lecture & Discussion [TC]</p> <p>7:00 Movie Night: Sixteen Candles [TC]</p> <p>7:00 Euchre Club [CK]</p>	<p>10:00 Gentle Chairiobics [3AR] 10</p> <p>10:45 Java Music Club [CK]</p> <p>1:30 TV Series: Mrs. Brown's Boys [3AR]</p> <p>2:00 Toonie Bingo [CK]</p> <p>3:00 Afternoon Coffee & Sing-a-long [CK]</p> <p>7:00 Movie Night: You Again [TC]</p> <p>7:15 Hockey Night in Canada [B]</p>
<p>10:00 Travel the World w/ Google Earth [TC] 11</p> <p>11:00 Communion [TC]</p> <p>1:30 Movie Matinee [3AR]</p> <p>2:00 Bridge Club [CK]</p> <p>2:15 Scattergories Word Game [FL]</p> <p>3:00 Afternoon Coffee & Current Events Discussion [FL]</p> <p>7:00 Movie Night: Diana: In Her Own Words [TC]</p>	<p>10:30 Resident Council Meeting [AR] 12</p> <p>10:30 Resident Forum [AR]</p> <p>1:30 Go4Life Walking Club [E]</p> <p>1:30 Gentle Stretch Class [3AR]</p> <p>2:00 Fall Prevention Class [AR]</p> <p>3:00 Afternoon Coffee & Brain Teasers [B]</p> <p>3:30 LLL: Maple Madness Lecture [TC]</p> <p>7:00 Scrabble [GR]</p>	<p>10:30 Go4Life Walking Club [E] 13</p> <p>11:00 Outing: Donn Zver Pottery & Cafe Troy [E]</p> <p>11:00 Giant Crosswords [FL]</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 On This Day in History... [FL]</p> <p>7:00 TV Series: The Crown [TC]</p>	<p>10:30 Chairiobics [AR] 14</p> <p>11:15 Bible Study [FL]</p> <p>2:00 Meet Me at the MoMA: Artist Lecture [TC]</p> <p>3:00 Meet Your Neighbours Social ft. Canadiano Coffee [CK]</p> <p>4:00 Happy Hour [B]</p> <p>5:00 Living Loving Local: Maple Madness Dinner [DR]</p> <p>7:00 Canasta Club [CK]</p>	<p>Happy 2nd Birthday Credit River!!! 15</p> <p>10:00 "I Spy" [3AR]</p> <p>10:30 Go4Life Walking Club [E]</p> <p>10:30 Rosary [TC]</p> <p>11:00 Bean Bag Toss [FL]</p> <p>1:30 Gentle Stretch Class [3AR]</p> <p>1:30 Technology Help (Sign-Up Required)</p> <p>2:00 Pump it Up Class [AR]</p> <p>3:00 Credit River Anniversary Party: ALL THAT JAZZ [LL]</p> <p>7:00 Movie Night: Pelé [TC]</p>	<p>10:30 Chairiobics [AR] 16</p> <p>11:15 St. Paddy's Word Games [FL]</p> <p>1:15 Movie Matinee [3AR]</p> <p>1:30 Baking Club [CK]</p> <p>3:00 St. Patrick's Day Celebration w/ Brian MacIntyre & The Rogue Brogues! [CK]</p> <p>5:00 St. Patrick's Day: Irish Themed Dinner</p> <p>7:00 Movie Night: Under the Tuscan Sun [TC]</p> <p>7:00 Euchre Club [CK]</p>	<p>St. Patrick's Day 17</p> <p>10:00 Castles & Cultures Presentation [TC]</p> <p>11:00 Java Music Club [CK]</p> <p>1:30 TV Series: Mrs. Brown's Boys [3AR]</p> <p>2:00 Toonie Bingo [CK]</p> <p>3:00 Afternoon Coffee & Sing-a-long [CK]</p> <p>4:00 St. Paddy's Day Pub! [B]</p> <p>7:00 Movie Night: Hidden Figures [TC]</p> <p>7:15 Hockey Night in Canada [B]</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 ☀️ Interfaith Prayer Circle [AR] 18</p> <p>11:00 ☀️ Communion [TC]</p> <p>1:30 😊 Movie Matinee [3AR]</p> <p>2:00 🧠 Bridge Club [CK]</p> <p>2:15 🧠 Listen & Draw Game [FL]</p> <p>3:00 🌿 Afternoon Coffee & Current Events Discussion [FL]</p> <p>7:00 🎬 Movie Night: Sinatra: To Be Frank [TC]</p>	<p>10:00 🛒 Vendor: Traditions Alive [LL] 19</p> <p>10:00 🎵 Chiroprapist [S]</p> <p>10:30 🚶 Go4Life Walking Club [E]</p> <p>10:30 📖 Guided Autobiography Class (Sign-Up Required) [AR]</p> <p>11:00 🎥 Travelogue Videos: Portugal [TC]</p> <p>1:30 🚶 Gentle Stretch Class [3AR]</p> <p>2:00 🚶 Fall Prevention Class [AR]</p> <p>3:00 🌱 Get Growing Workshop: Growing Seeds [CK]</p> <p>7:00 🎵 Musical Bingo [3AR]</p> <p>7:00 🧠 Scrabble [GR]</p>	<p>First Day of Spring 20</p> <p>10:30 🚶 Go4Life Walking Club [E]</p> <p>11:00 🧠 Giant Crosswords [FL]</p> <p>2:00 🧶 Knit & Natter [CK]</p> <p>3:00 😊 Garden Therapy Group w/ Lisa [CK]</p> <p>4:00 🌿 Toonie Tuesday - \$2 Cocktails [B]</p> <p>6:00 😊 Pet Visit from Harley [3AR]</p> <p>7:00 😊 TV Series: The Crown [TC]</p>	<p>10:30 🚶 Chairiobics [AR] 21</p> <p>11:15 ☀️ Bible Study [FL]</p> <p>2:00 😊 Meet Me at the MoMA: Painting [CK]</p> <p>3:30 🌿 LLL: Maple Cocktails, Mocktails, and Appetizers! [B]</p> <p>7:00 🧠 Canasta Club [CK]</p>	<p>10:00 🕒 "I Spy" [3AR] 22</p> <p>10:30 🚶 Outing: Lunch & Tour at Aga Khan Museum [E]</p> <p>10:30 🚶 Go4Life Walking Club [E]</p> <p>10:30 🌿 Rosary [TC]</p> <p>11:00 🚶 Carpet Bowling [FL]</p> <p>1:30 🚶 Gentle Stretch Class [3AR]</p> <p>1:30 🧠 Technology Help (Sign-Up Required)</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 🚶 Balloon Badminton [3AR]</p>	<p>10:30 🚶 Chairiobics [AR] 23</p> <p>11:15 🧠 Word Jumble [B]</p> <p>1:15 😊 Movie Matinee [3AR]</p> <p>1:30 🌿 Baking Club [CK]</p> <p>3:00 🌿 Rolling Out the Red Carpet for the Resident Volunteers! [LL]</p> <p>7:00 😊 Movie Night: What the Health [TC]</p> <p>7:00 🧠 Euchre Club [CK]</p>	<p>10:00 🚶 Gentle Chairiobics [3AR] 24</p> <p>10:45 😊 Java Music Club [CK]</p> <p>1:30 😊 TV Series: Mrs. Brown's Boys [3AR]</p> <p>2:00 🧠 Toonie Bingo [CK]</p> <p>3:00 🌿 Afternoon Coffee & Sing-a-long [CK]</p> <p>7:00 😊 Movie Night: Field of Dreams [TC]</p> <p>7:15 🌿 Hockey Night in Canada [B]</p>
<p>10:00 🧠 Travel the World w/ Google Earth [TC] 25</p> <p>11:00 ☀️ Communion [TC]</p> <p>1:30 😊 Movie Matinee [3AR]</p> <p>2:00 🧠 Bridge Club [CK]</p> <p>2:30 ☀️ Anglican Church Service [TC]</p> <p>3:00 🌿 Afternoon Coffee & Current Events Discussion [FL]</p> <p>7:00 🎬 Movie Night: Chef [TC]</p>	<p>10:30 🚶 Go4Life Walking Club [E] 26</p> <p>10:30 📖 Guided Autobiography Class (Sign-Up Required) [AR]</p> <p>11:00 🎥 Travelogue Videos: France [TC]</p> <p>1:30 🚶 Gentle Stretch Class [3AR]</p> <p>2:00 🚶 Fall Prevention Class [AR]</p> <p>3:00 🌿 March Birthday Party!! [CK]</p> <p>7:00 🧘 Meditation Class w/ Daxa [TC]</p>	<p>10:30 🚶 Go4Life Walking Club [E] 27</p> <p>11:00 🧠 Giant Crosswords [FL]</p> <p>2:00 🧶 Knit & Natter [CK]</p> <p>3:00 🌿 April Program Meeting [TC]</p> <p>4:00 🌿 Toonie Tuesday - \$2 Cocktails [B]</p> <p>6:00 😊 Pet Visit from Harley [3AR]</p> <p>7:00 😊 TV Series: The Crown [TC]</p>	<p>10:00 🛒 Vendor: Golden Age Apparel [LL] 28</p> <p>10:30 🧘 Yoga w/ Asha [AR]</p> <p>11:15 ☀️ Bible Study [FL]</p> <p>12:00 🌿 Welcome New Residents Luncheon w/ The Ambassador Club [CK]</p> <p>2:00 🎬 Meet Me at the MoMA: Artist Lecture [TC]</p> <p>3:00 🌿 LLL: Maple Syrup Tasting [FL]</p> <p>4:00 🌿 Happy Hour [B]</p> <p>7:00 🧠 Thread Talks: Learn About Judaism [TC]</p> <p>7:00 🧠 Canasta Club [CK]</p>	<p>10:00 🕒 "I Spy" [3AR] 29</p> <p>10:30 🚶 Go4Life Walking Club [E]</p> <p>10:30 🌿 Rosary [TC]</p> <p>11:00 🚶 Bean Bag Toss [FL]</p> <p>1:30 🚶 Gentle Stretch Class [3AR]</p> <p>1:30 🧠 Technology Help (Sign-Up Required)</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>6:45 🚶 Outing: Canada's Ballet Jörgen's ANASTASIA (Meadowdale Theatre) [E]</p> <p>7:00 😊 Movie Night: Charlie & the Chocolate Factory [TC]</p>	<p>Good Friday 30</p> <p>10:30 🚶 Chairiobics [AR]</p> <p>11:15 🧠 Word Jumble [B]</p> <p>1:15 😊 Movie Matinee [3AR]</p> <p>1:30 🌿 Baking Club [CK]</p> <p>3:00 🌿 Afternoon Coffee & Trivia [B]</p> <p>3:30 🧠 TED Talks Lecture & Discussion [TC]</p> <p>7:00 😊 Movie Night: Grease [TC]</p> <p>7:00 🧠 Euchre Club [CK]</p>	<p>10:00 🚶 Gentle Chairiobics [3AR] 31</p> <p>10:45 😊 Java Music Club [CK]</p> <p>1:30 😊 TV Series: Mrs. Brown's Boys [3AR]</p> <p>2:00 🧠 Toonie Bingo [CK]</p> <p>3:00 🌿 Afternoon Coffee & Sing-a-long [CK]</p> <p>7:00 😊 Movie Night: Move Over, Darling [TC]</p> <p>7:15 🌿 Hockey Night in Canada [B]</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.



Living Loving Local

Each month we feature a local food that is in season. For March, it's all about MAPLE MADNESS! Learn all about all things MAPLE at one of our Living Loving Local events listed on the calendar in green.

