

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|---|---|
| | | Special Days Hanukkah Begins at Sundown December 2 Winter Solstice December 21 Christmas December 25 Boxing Day December 26 New Year's Eve December 31 | Tidbits Flower of the Month – Narcissus Birthstone – Turquoise What's Lucky in December Lucky Colors: Blue and Green Lucky Days: Tuesday and Saturday Lucky Numbers: 2 and 8 Lucky Letters: D and R Lucky Animal: Reindeer | Emotional Intellectual Physical Purposeful Social Spiritual | 9:00 🌿 Weekend Exercises [Wellness Centre] 1 10:00 🌿 Ping Pong [Wellness Centre] 10:15 🧠 Lighthearted Trivia [Library] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:15 🌿 Water Walking & Aqua Fit [Swimming Pool] 7:00 😊 Movie Night - "Crazy Rich Asians" [Wild Rose Room] | |
| 9:30 ☀️ Catholic Service [Chapel] 2 1:30 😊 Classic Movie Matinee - "Calendar Girls" [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room] | 9:00 🌿 Daily Fit [Wellness Centre] 3 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 11:00 🧠 The Nutman [Lobby] 1:00 🧠 Bingo [Activity Room] 1:15 🧠 Bridge Club [Games Room] 2:00 🧠 Book Club [Library] 2:00 🧠 Education Session: Super Foods [Bistro] 3:00 😊 Java Music Club [Fireplace Lounge] 6:30 🐎 Horse Racing [Activity Room] 7:00 🧠 Scrabble [Fireplace Lounge] | 9:00 🌿 Daily Fit [Wellness Centre] 4 10:00 🌿 Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:00 🧠 Ukulele Group #1 [Wellness Centre] 1:30 🧠 Knitters for Needy [Activity Room] 1:30 🧠 Quiddler [Fireplace Lounge] 1:45 🧠 Ukulele Group #2 [Wellness Centre] 2:00 ☀️ McDougall United Church Service [Chapel] 2:30 😊 Bring a TOONIE for the Food Bank Entertainment by Doris Daley Cowboy Poet [Dining Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 3:45 😊 Sing-a-Long with Marlee [Garden Lounge] 7:15 😊 Entertainment Night - "GOLD" Barber Shop Quartet [Dining Room] | 9:00 🌿 Daily Fit [Wellness Centre] 5 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 10:30 🧠 Meet the Chef [Bistro] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room] 2:00 😊 Entertainment - Harmonica's Tableau 2:00 🐎 Laughter Yoga [Wellness Centre] 2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room] 2:30 🐎 Tasty Tea [Bistro] 3:30 😊 Piano Prelude [Dining Room] 6:30 🐎 Cribbage [Games Room] | 9:00 🌿 Daily Fit [Wellness Centre] 6 10:00 🧠 Health Education [Wild Rose Room] 10:00 🌿 Outing: Canmore - Lunch at Chez Francois 1:00 🐎 Canasta & Choice Games [Fireplace Lounge] 1:00 🧠 Seamstress [Garden Lounge] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room] | 9:00 🌿 Daily Fit [Wellness Centre] 7 9:30 🧠 Shopping/Banking: South Centre or Promenade 10:00 🌿 Aqua Fit [Swimming Pool] 11:30 🌿 Shopping: Granary Road Christmas Market Shopping, Lunch Available 1:00 🧠 Bingo [Activity Room] 1:30 😊 Choir Practice [Chapel] 3:00 🐎 Happy Hour [Bistro] 6:30 🐎 Cribbage [Games Room] 7:00 😊 Movie Night [Wild Rose Room] | 9:00 🌿 Weekend Exercises [Wellness Centre] 8 10:00 🌿 Ping Pong [Wellness Centre] 10:15 🧠 Lighthearted Trivia [Library] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:15 🌿 Water Walking & Aqua Fit [Swimming Pool] 7:00 😊 Movie Night [Wild Rose Room] |
| 9:30 ☀️ Catholic Service [Chapel] 9 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:00 🌿 Outing: Christmas Lights Tour #1 6:30 😊 Sing-a-long w/ Linda [Activity Room] | 9:00 🌿 Daily Fit [Wellness Centre] 10 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 1:00 🧠 Bingo [Activity Room] 1:15 🧠 Bridge Club [Games Room] 2:00 🧠 Education Session: Super Foods [Bistro] 3:00 😊 Java Music Club [Fireplace Lounge] 6:30 🐎 Horse Racing [Activity Room] 7:00 🧠 Scrabble [Fireplace Lounge] 7:15 😊 Entertainment - Vivo Jazz [Dining Room] | 9:00 🌿 Daily Fit [Wellness Centre] 11 9:30 🧠 Hearing Aid Clinic - By Appointment Only [Library] 10:00 🌿 Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:00 🧠 Ukulele Group #1 [Wellness Centre] 1:30 🧠 Knitters for Needy [Activity Room] 1:30 🧠 Quiddler [Fireplace Lounge] 1:45 🧠 Ukulele Group #2 [Wellness Centre] 3:00 🌿 Sit & Be Fit [Wellness Centre] 3:45 😊 Sing-a-Long with Marlee [Garden Lounge] 7:15 😊 Entertainment Night - Korean Choir [Dining Room] | 9:00 🌿 Daily Fit [Wellness Centre] 12 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:30 😊 Christmas Carols with Pianist Dave Morton [Dining Room] 2:00 🐎 Laughter Yoga [Wellness Centre] 2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room] 2:30 🐎 Tasty Tea [Bistro] 3:30 😊 Piano Prelude [Dining Room] 6:30 🐎 Cribbage [Games Room] | 9:00 🌿 Daily Fit [Wellness Centre] 13 9:30 🧠 Shopping/Banking: Shawnessy Wal-mart, Michaels, BMO, Nygard etc... 10:00 🧠 Health Education [Wild Rose Room] 11:00 🧠 Just Jewelry & Clothing [Lobby] 11:15 🌿 Outing: Edelweiss Village - Lunch & Shopping 1:00 🐎 Canasta & Choice Games [Fireplace Lounge] 2:00 🐎 Reindeer Races - Come 1 Come All! [Dining Room] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room] 7:00 😊 Entertainment - High Country Corale | 9:00 🌿 Daily Fit [Wellness Centre] 14 9:30 🧠 Shopping/Banking: South Centre 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Outing: Grandfriends Program at Prince Of Wales School 10:15 ☀️ Catholic Mass [Chapel] 1:00 🧠 Bingo [Activity Room] 1:00 🧠 Shopping/Banking: Southland Walmart, BMO, London Drugs, Winners, Home Sense or Dollar Tree 1:30 😊 Choir Practice [Chapel] 3:00 🐎 Happy Hour [Bistro] 6:30 🐎 Cribbage [Games Room] 7:00 😊 Entertainment - Performance by "Dance Alive" (Children's Dance Studio) [Dining Room] 7:00 😊 Movie Night [Wild Rose Room] | 9:00 🌿 Weekend Exercises [Wellness Centre] 15 10:00 🌿 Ping Pong [Wellness Centre] 10:15 🧠 Lighthearted Trivia [Library] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:15 🌿 Water Walking & Aqua Fit [Swimming Pool] 7:00 😊 Movie Night [Wild Rose Room] |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|---|---|
| <p>9:30 ☀️ Catholic Service [Chapel] 16</p> <p>1:30 😊 Classic Movie Matinee [Wild Rose Room]</p> <p>3:00 ☀️ Chapel Service [Chapel]</p> <p>6:00 Outing: Christmas Lights Tour #2</p> <p>6:30 😊 Sing-a-long w/ Linda [Activity Room]</p> | <p>9:00 🌿 Daily Fit [Wellness Centre] 17</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:30 🧠 Brain Fitness [Activity Room]</p> <p>11:00 🎭 The Nutman [Lobby]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>2:00 🧠 Education Session: Super Foods [Bistro]</p> <p>3:00 😊 Java Music Club [Fireplace Lounge]</p> <p>6:30 🐎 Horse Racing [Activity Room]</p> <p>7:00 😊 Carols with Girl Guides, Glee Club & Brownies (Children) [Dining Room]</p> <p>7:00 🧠 Scrabble [Fireplace Lounge]</p> | <p style="color: green; font-weight: bold;">CHRISTMAS GALA DINNER 4pm-6pm NO GUESTS</p> <p style="font-size: 2em; float: right; color: green;">18</p> <p>9:00 🌿 Daily Fit [Wellness Centre]</p> <p>10:30 🧠 Colouring & Company [Activity Room]</p> <p>1:30 ☀️ Anglican Communion [Chapel]</p> <p>1:30 🧶 Knitters for Needy [Activity Room]</p> <p>1:30 🧠 Quiddler [Fireplace Lounge]</p> <p>2:00 🎵 Choir & Ukulele Dress Rehearsal [Dining Room]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>7:15 😊 Entertainment Night - Silence n' Between [Dining Room]</p> | <p>9:00 🌿 Daily Fit [Wellness Centre] 19</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 😊 Entertainment - Canyon Meadows School Choir (Children) [Dining Room]</p> <p>10:00 🏓 Ping Pong [Wellness Centre]</p> <p>12:00 🎂 Resident Birthday Lunch by Invite Only [Bistro]</p> <p>1:00 🌿 Go 4 Life Walking Club [Wellness Centre]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room]</p> <p>2:00 🧠 Laughter Yoga [Wellness Centre]</p> <p>2:00 🎨 Painting w/Alex - The Museum of Modern Art [Activity Room]</p> <p>2:30 🍵 Tasty Tea [Bistro]</p> <p>3:30 🎹 Piano Prelude [Dining Room]</p> <p>6:30 🎴 Cribbage [Games Room]</p> <p>7:00 🕯️ Candlelight Service with Handbell Choir [Dining Room]</p> | <p>9:00 🌿 Daily Fit [Wellness Centre] 20</p> <p>9:30 🚶 Shopping/Banking: Promenade</p> <p>10:00 🧠 Health Education [Wild Rose Room]</p> <p>10:00 Outing: Cash Casino</p> <p>10:00 🧵 Personal Touch Fashions [Main Street]</p> <p>1:00 🎴 Canasta & Choice Games [Fireplace Lounge]</p> <p>1:00 🧵 Seamstress [Garden Lounge]</p> <p>1:00 🚶 Shopping/Banking: Deer Run, Shopper's Drug Mart, Wal-mart, Co-op, RBC, CIBC etc.....</p> <p>2:00 😊 Entertainment - Robert Mulchrone, 14 year old Soprano Soloist Vienna Boys Choir [Dining Room]</p> <p>2:00 🎴 Shuffleboard [Games Room]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>6:30 🧠 Whist [Games Room]</p> <p>7:00 🧠 Bingo-Resident Run [Activity Room]</p> | <p>9:00 🌿 Daily Fit [Wellness Centre] 21</p> <p>9:30 🚶 Shopping/Banking: South Centre</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:15 😊 Choir & Ukulele's: Meet in Wellness Centre for warm-up [Chapel]</p> <p>2:00 😊 Entertainment: LBV Presents: "Christmas In The Village", Starring our Resident Choir & Ukulele Ensemble [Dining Room]</p> <p>3:00 🍷 A Toast To Christmas Cheer Happy Hour [Bistro]</p> <p>6:30 🎴 Cribbage [Games Room]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p> | <p>9:00 🌿 Weekend Exercises [Wellness Centre] 22</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>10:15 🧠 Lighthearted Trivia [Library]</p> <p>1:00 🌿 Go 4 Life Walking Club [Wellness Centre]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:30 🌿 Sit & Be Fit [Wellness Centre]</p> <p>2:15 🌿 Water Walking & Aqua Fit [Swimming Pool]</p> <p>6:00 Outing - Christmas Lights Tour #3</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p> |
| <p style="color: red; font-weight: bold;">Christmas Brunch - 11am - 1:30pm</p> <p style="font-size: 2em; float: right; color: red;">23</p> <p>9:30 ☀️ Catholic Service [Chapel]</p> <p>1:30 😊 Classic Movie Matinee [Wild Rose Room]</p> <p>3:00 ☀️ Chapel Service [Chapel]</p> <p>6:30 😊 Sing-a-long w/ Linda [Activity Room]</p> | <p>9:00 🌿 Daily Fit [Wellness Centre] 24</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:30 🧠 Brain Fitness [Activity Room]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>3:00 😊 Java Music Club [Fireplace Lounge]</p> <p>7:00 🎬 Christmas Eve Movie - The Christmas Star [Wild Rose Room]</p> <p>7:00 🧠 Scrabble [Fireplace Lounge]</p> | <p style="color: red; font-weight: bold;">Christmas Day</p> <p style="font-size: 2em; float: right; color: red;">25</p> <p>2:00 🎬 Christmas Movie Matinee - It's A Wonderful Life [Wild Rose Room]</p> | <p style="color: red; font-weight: bold;">Boxing Day</p> <p style="font-size: 2em; float: right; color: red;">26</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>2:00 😊 Movie Matinee - [Wild Rose Room]</p> <p>6:30 🎴 Cribbage [Games Room]</p> | <p>9:00 🌿 Daily Fit [Wellness Centre] 27</p> <p>10:00 🧠 Health Education [Wild Rose Room]</p> <p>11:15 🚶 Outing: Red Lobster</p> <p>1:00 🎴 Canasta & Choice Games [Fireplace Lounge]</p> <p>2:00 🚶 Shopping/Banking: Promenade</p> <p>2:00 🌿 Shuffleboard [Games Room]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>6:30 🧠 Whist [Games Room]</p> <p>7:00 🧠 Bingo-Resident Run [Activity Room]</p> | <p>9:00 🌿 Daily Fit [Wellness Centre] 28</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>3:00 🍷 Happy Hour [Bistro]</p> <p>6:30 🎴 Cribbage [Games Room]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p> | <p>9:00 🌿 Weekend Exercises [Wellness Centre] 29</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>10:15 🧠 Lighthearted Trivia [Library]</p> <p>1:00 🌿 Go 4 Life Walking Club [Wellness Centre]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:30 🌿 Sit & Be Fit [Wellness Centre]</p> <p>2:15 🌿 Water Walking & Aqua Fit [Swimming Pool]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p> |
| <p>9:30 ☀️ Catholic Service [Chapel] 30</p> <p>1:30 😊 Classic Movie Matinee [Wild Rose Room]</p> <p>3:00 ☀️ Chapel Service [Chapel]</p> <p>6:30 😊 Sing-a-long w/ Linda [Activity Room]</p> | <p>9:00 🌿 Daily Fit [Wellness Centre] 31</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:30 🧠 Brain Fitness [Activity Room]</p> <p>11:00 🎭 The Nutman [Lobby]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:30 😊 Movie Matinee with Shelagh [Wild Rose Room]</p> <p>3:00 😊 Java Music Club [Fireplace Lounge]</p> <p>7:00 😊 NEW YEARS EVE with Edna & The Boys Dance Band [Dining Room]</p> | <p style="font-size: 1.5em; font-weight: bold; margin: 0;">LIVING LOVING LOCAL</p> <p style="font-size: 1.5em; font-weight: bold; margin: 0;">DECEMBER</p> <p style="font-size: 1.5em; font-weight: bold; margin: 0;">CRANBERRY</p> | | <p style="font-size: 1.5em; font-weight: bold; margin: 0;">OUTINGS</p> <p style="font-size: 1.2em; margin: 0;">6th - Canmore, Lunch at Chez Francois</p> <p style="font-size: 1.2em; margin: 0;">7th - Granary Road</p> <p style="font-size: 1.2em; margin: 0;">9th - Christmas Lights Tour # 1</p> <p style="font-size: 1.2em; margin: 0;">13th - Edelweiss Village</p> <p style="font-size: 1.2em; margin: 0;">16th - Christmas Lights Tour #2</p> <p style="font-size: 1.2em; margin: 0;">20th - Cash Casino</p> <p style="font-size: 1.2em; margin: 0;">22nd - Christmas Lights Tour # 3</p> <p style="font-size: 1.2em; margin: 0;">27th - Red Lobster</p> | | <p style="font-size: 1.5em; font-weight: bold; color: green;">Go4Life.</p> <p style="font-size: 1.2em; margin: 0;">Be active 4 ways everyday!</p>  <p style="font-size: 1.1em; margin: 0;">from the National Institute on Aging at NIH</p> |