



INSPIRED SENIOR LIVING

Aug 26 – Sep 1, 2024 Lake Bonavista Village



| Monday 26 | Tuesday 27 | Wednesday 28 | Thursday 29 | Friday 30 | Saturday 31 | Sunday 1 |
|--|--|---|--|---|---|---|
| 9:00 Daily Fit (WEL) | 9:00 Daily Fit (WEL) | 9:00 Daily Fit (WEL) | 9:00 Daily Fit (WEL) | 9:00 Daily Fit (WEL) | 9:00 Daily Fit (WEL) | 10:15 Catholic Service (CHA) |
| 10:00 Aqua Fit (SWI) | 9:00 Outing: Ghost Lake Boat Tour & Shore BBQ Lunch (LOB) | 10:00 Aqua Fit (SWI) | 9:45 Sit and Be Fit (WEL) | 9:30 Shopping/Banking: Deerfoot Meadows - Dollarama, Costco, Walmart, Superstore, Michaels etc.... (LOB) | 9:45 Sit and Be Fit (WEL) | 1:00 Classic Movie Matinee - "Pretty Woman" (2h) (WIL) |
| 10:30 Brain Fitness (ACT) | 9:45 Sit and Be Fit (WEL) | 10:30 Go 4 Life Walk and Talk (LOB) | 10:00 Vendor: Personal Touch Fashions (MAI) | 10:00 Seated Yoga with Teacher Lorraine (WEL) | 10:45 Aqua Fit (SWI) | 1:30 Craft with Sierra & Presley: Pastel Tree (ACT) |
| 1:00 Bingo (ACT) | 10:30 Colouring & Company (ACT) | 11:30 Resident Birthday Lunch: By Invite Only (BIS) | 10:30 Fit Minds (ACT) | 10:00 Aqua Fit (SWI) | 1:15 Bridge Club (GAM) | 2:00 Documentary Series: - "Animal: Dogs" (43m) (FIR) |
| 1:00 MOMA Art Lecture: History of Tate Britain Art Gallery (LIB) | 1:00 Knitting Club (ACT) | 1:00 Bingo (ACT) | 1:00 Larissa the Seamstress (GAR) | 10:30 Go 4 Life Walk and Talk (LOB) | 1:15 Movie Matinee: Penguin Bloom (WIL) | 3:00 Chapel Service (CHA) |
| 1:15 Bridge Club (GAM) | 1:00 Education Session: Superfoods - Blueberry (LIB) | 1:15 Bridge Club (GAM) | 1:30 Casual Cribbage - No Sign Up Required (GAM) | 1:00 Shopping/Banking: Promenade or South Centre (LOB) | 3:00 Weekend Trivia (ACT) | 6:15 Choice Games with Sierra and Presley: Shuffleboard (GAM) |
| 1:30 Movie Matinee with Shelagh (WIL) | 2:00 Drum Fit - Music and Movement (WIL) | 1:15 Movie Matinee: Penguin Bloom (WIL) | 2:00 Seated Tai Chi (WEL) | 1:30 Garden Club (GB) | 6:00 Canasta (FIR) | |
| 3:00 Monday Meditation (ACT) | 3:00 Social Sipping - Root Beer Floats (BIS) | 2:00 Seated Gentle Movement (WEL) | 2:30 Outdoor Game w/Ice Cream (DIN) | 3:00 Happy Hour (BIS) | | |
| 6:00 Canasta & Choice Games (FIR) | 7:00 Entertainment: Paul Stoia: Frank Sinatra Inspired Music (DIN) | 3:15 Java Music Club (FIR) | 3:30 Travelogue: "Berlin" (WIL) | 6:00 Cribbage (GAM) | | |
| | | 6:00 Cribbage (GAM) | 6:00 Whist (GAM) | | | |



Locations Legend

- 1st Floor Wellness Centre (WEL)
- 2nd Floor Activity Room (ACT)
- 3rd Floor Games Room (GAM)
- 1st Floor Wild Rose Room (WIL)
- 1st Floor Lobby (LOB)
- 1st Floor Swimming Pool (SWI)
- 4th Floor Fireplace Lounge (FIR)
- 1st Floor Bistro (BIS)
- 2nd Floor Library (LIB)
- 1st Floor Chapel (CHA)
- 1st Floor Dining Room (DIN)
- 1st Floor Main Street (MAI)
- 1st Floor Garden Lounge (GAR)
- 1st Floor Dining Room Patio (DIN)
- Garden Beds (GB)