Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2 pm Resident Bingo (ML) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML)	**2** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:30 am Knitting Club (ML) 11 am Church Service W/ Rev. David (CH) 1:45 pm Bus Trip Cedarbrae Centre 7pm Euchre Club (CS)	**3** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:45 am Tai-chi / Qi Gong (ML) 2 pm Sing Along w/ Patrick (ML) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML) 7 pm Movie Night with Snacks (Secret Obsession)	**4** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:45 am Tai-chi / Qi Gong (ML) 2 pm Bingo (ML) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML)	**5** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:45 am Sing Along w/ Bry & Ries (ML) 2 pm Drum Fit (ML) 3 pm Relaxing Acrylic Painting (AR) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML) Celebrating International Stress Awareness Week	**6** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:30 am Fit Minds (AR) 11 am Therapy Dog (CA) 2 pm Diwali Celebration – Henna & Indian Treats (ML) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML) Salhgren, Marnie's Birthday	**7** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 2 pm Resident Bingo (ML) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML)
8 2 pm Resident Bingo (ML) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML)	**9** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:30 am Knitting Club (ML) 11 am Church Service W/ Rev. David (CH) 1:45 pm Bus Trip Halibut House 7pm Euchre Club (CS)	**10** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:45 am Tai-chi / Qi Gong (ML) 11:00 am Anglican Church (CH) 2 pm Sing Along w/ Patrick (ML) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML) 7 pm Movie Night with Snacks (Letters to Juliet)	**11** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:30 am Remembrance Day Service with Legion President Sandra (ML) 2 pm Bingo (ML) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML)	**12** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:45 am Sing Along w/ Bry & Ries (ML) 11- 1pm Downsizing Lunch & Learn (ML) 2 pm Drum Fit (ML) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML)	**13** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:30 am Fit Minds (AR) 11 am Therapy Dog (CA) 2 pm Creative Art Workshop (ML) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML) 10-3 pm Christmas Shopping Sale (CA) Savage, Tommy's Birthday	**14** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 2 pm Resident Bingo (ML) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 2 pm Resident Bingo (ML) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML) Anderson, Aretus Cedric's Birthday	**16** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:30 am Knitting Club (ML) 11 am Church Service W/ Rev. David (CH) 1:45 pm Bus Trip Panda Mart 7pm Euchre Club (CS)	**17** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:45 am Tai-chi / Qi Gong (ML) 2 pm Sing Along w/ Patrick (ML) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML) 7 pm Movie Night with Snacks (I Am Mother) Cowan, Marion's Birthday	**18** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:45 am Tai-chi / Qi Gong (ML) 2 pm Bingo (ML) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML)	**19** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:45 am Sing Along w/ Bry & Ries (ML) 2 pm Drum Fit (ML) 3 pm Christmas Ornament Workshop (AR) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML) Robertson, Brian's Birthday	**20** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:30 am Fit Minds (AR) 11 am Therapy Dog (CA) 2 pm Fall Prevention & Balance Workshop (ML) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML)	**21** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 2 pm Resident Bingo (ML) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML)
22 2 pm Resident Bingo (ML) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML)	**23** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:30 am Knitting Club (ML) 11 am Church Service W/ Rev. David (CH) 1:45 pm Bus Trip Crock A Doodle 7pm Euchre Club (CS)	**24** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:45 am Tai-chi / Qi Gong (ML) 2 pm Sing Along w/ Patrick (ML) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML) 7 pm Movie Night with Snacks (Deep)	**25** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:45 am Tai-chi / Qi Gong (ML) 2 pm Bingo (ML) 3:30 pm Google Review Party 3 pm Tea Social (CA) 4 pm Resident Trivia (ML)	**26** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:45 am Sing Along w/ Bry & Ries (ML) 2 pm Drum Fit (ML) 2:30 pm The Holiday Feast: A History of Special Foods with Lianne (DN) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML) 11- 3 Christmas Bazaar (CA)	**27** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:30 am Fit Minds (AR) 11 am Therapy Dog (CA) 2:30 pm Birthday Harmony with Patricia (DN) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML)	**28** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 2 pm Resident Bingo (ML) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML)
29 2 pm Resident Bingo (ML) 3 pm Tea Social (CA) 4 pm Resident Trivia (ML)	**30** 9 am Balance Exercise (ML) 9:45 am Physio Fit (ML) 10:30 am Knitting Club (ML) 11 am Church Service W/ Rev. David (CH) 1:45 pm Bus Trip Giant Tiger 7pm Euchre Club (CS)	**Legends:** **ML**: Multiple Purpose Room **AR**: Activity Room **CA**: Common Area **CH**: Chapel Room **TH**: Theater **DN**: Dining Room **PT**: Patio **CS**: Coffee station				

Please note: Program dates, times, and locations are subject to change based on residents' needs and preferences.

Fall Prevention Month
