



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00 Old Time Music (ML) 1 1:30 Quilting with Doreen (ML) 	10:30 Seated Exercise (GH) 2 1:00 Hearing Clinic (Sign Up at HC) (HC) 1:30 Euchre (MPR) 2:30 Discussion Group: New Year's Reflections (ML) 3:30 Snack Cart (ML) 7:00 Movie Night: Gordon Lightfoot Documentary (GH)	10:00 Indoor Walking Group (SC-1) 3 1:00 Hearing Clinic (sign up at HC) (HC) 2:30 Art Documentary by Rick Steves: Art of the Modern Age (GH) 3:30 Snack Cart (ML)	10:30 Seated Exercise (GH) 4 2:30 Reading Group (MPR) 3:30 Pub Social - with Jack Kalendarian on Keyboard (GH) 7:00 Movie Night: Midnight In Paris (GH)	10:30 One to One visits with Marg (RS) 5 10:30 SMART low intensity (GH) 10:30 Discussion Group: Travel Stories (LH) 10:45 Singing Group (GH) 2:30 Word Games (ML) 3:30 Snack Cart (ML)	Pick up Word Game Pack outside Activity Office 6 2:30 Bingo (GH)
2:30 Sunday Documentary: One Strange Rock Ep. 1 (GH) 7 3:30 Snack Cart (ML) 7:00 Worship Service (Ch)	10:00 Old Time Music (ML) 8 10:30 Legacy Making Group (sign up) 1:30 Quilting with Doreen (ML) 2:00 Art Group (MPR) 3:00 Social Hour and Sing-Along (GH)	10:30 Seated Exercise (GH) 9 1:30 Euchre (MPR) 1:30 One to One visits with Marg and Linda (RS) 2:30 Hymn Sing with Pianist Marilyn Reist (Ch) 3:30 Snack Cart (ML) 7:00 Movie Night: His Girl Friday (1940) (GH)	10:00 Catholic Mass (Ch) 10 10:00 Indoor Walking Group (SC-1) 10:30 Parkinson's Support Group (MPR) 10:30 Hand Waxing & Relaxation (ML) 2:00 Bingo (GH) 3:30 Snack Cart (ML)	Vendor: Nelly's Comfort Shoes 11am-4pm (G) 11 10:30 Seated Exercise (GH) 2:30 Reading Group (MPR) 2:30 Mental Wellness Art Workshop (ML) 7:00 Movie Night: Mr. Malcom's List (GH)	10:30 One to One visits with Marg (RS) 12 10:30 SMART low intensity (GH) 10:30 Discussion Group: Pets (LH) 10:45 Singing Group (GH) 2:30 Jazz Classics by Pianist Jontue Elan (Ch) 3:30 Snack Cart (ML)	Pick up Word Game Pack outside Activity Office 13 10:00 Open Rehearsal - New Horizon's Big Band (Ch) 2:30 Indoor Bocce Ball (GH)
2:30 Sunday Documentary: One Strange Rock Ep. 2 (GH) 14 3:30 Snack Cart (ML) 7:00 Worship Service (Ch)	Colourful Monday 15 10:00 Old Time Music (ML) 10:30 Legacy Making Group (sign up) 1:30 Quilting with Doreen (ML) 2:00 Art Group (MPR) 2:00 Colourful Ice Cream SUNDAES to brighten your day! (MR) 2:30 Falls Prevention Series: Home Safety (Ch)	10:30 Seated Exercise (GH) 16 1:30 Euchre (MPR) 1:30 One to One visits with Marg and Linda (RS) 2:30 Mental Health & Wellbeing Presentation (GH) 3:30 Snack Cart (ML) 7:00 Movie Night: Guys and Dolls (1955) (GH)	10:00 Indoor Walking Group (SC-1) 17 2:00 Nail Painting (ML) 3:30 Snack Cart (ML)	10:30 Seated Exercise (GH) 18 2:30 Reading Group (MPR) 3:30 Pub Social - Manvir on guitar (GH) 7:00 Movie Night: Much Ado About Nothing (GH)	10:30 One to One visits with Marg (RS) 19 10:30 SMART low intensity (GH) 10:30 Discussion Group: Building Community (LH) 10:45 Singing Group (GH) 11:00 ABC - Acquired Brain Changes Group (WEL) 2:30 Movie and Popcorn: The Sound of Music (GH) 3:30 Snack Cart (ML)	Pick up Word Game Pack outside Activity Office 20 10:00 Open Rehearsal - New Horizon's Big Band (Ch) 2:30 Bingo (GH)
2:30 Sunday Documentary: One Strange Rock Ep. 3 (GH) 21 3:30 Snack Cart (ML) 7:00 Worship Service (Ch)	10:00 Old Time Music (ML) 22 10:30 Legacy Making Group (sign up) 1:30 Quilting with Doreen (ML) 2:00 Art Group (MPR) 2:00 Musical Drop-in with Keenan on Piano (A)	10:30 Seated Exercise (GH) 23 1:30 Euchre (MPR) 1:30 One to One visits with Marg and Linda (RS) 2:00 Breathing, Meditation & Mindfulness with Andrea (GH) 3:30 Snack Cart (ML) 7:00 Movie Night: Loving Vincent (GH)	10:00 Indoor Walking Group (SC-1) 24 10:30 Parkinson's Support Group (MPR) 10:30 Hand Waxing & Relaxation (ML) 2:00 Bingo (GH) 3:30 Snack Cart (ML)	WPL Drop off/Pick up 25 10:30 Seated Exercise (GH) 2:30 Reading Group (MPR) 2:30 Group Crossword (ML) 7:00 Movie Night: Dream Horse (GH)	10:30 One to One visits with Marg (RS) 26 10:30 SMART low intensity (GH) 10:30 Discussion Group: Art and Music (LH) 10:45 Singing Group (GH) 2:30 Jeopardy Trivia (ML) 3:30 Snack Cart (ML)	Pick up Word Game Pack outside Activity Office 27 10:00 Open Rehearsal - New Horizon's Big Band (Ch) 2:30 Indoor Ladder Ball (GH)
2:30 Sunday Documentary: One Strange Rock Ep. 4 (GH) 28 3:30 Snack Cart (ML) 7:00 Worship Service (Ch)	10:00 Old Time Music (ML) 29 10:30 Legacy Making Group (sign up) 1:30 Quilting with Doreen (ML) 2:00 Art Group (MPR) 3:00 Social Hour and Sing- Along (GH)	10:30 Seated Exercise (GH) 30 1:30 Euchre (MPR) 1:30 One to One visits with Marg and Linda (RS) 2:30 Humorous Historical Reenactment with Bob Rennie (GH) 3:30 Snack Cart (ML) 7:00 Movie Night: Stone of Destiny (GH)	10:00 Indoor Walking Group (SC-1) 31 2:30 Documentary: The Music of Strangers: Yo-yo Ma and The Silk Road Ensemble (GH) 3:30 Snack Cart (ML)	<div>Locations Legend</div> <div><div>Great Hall (GH)</div><div>Muskoka Lounge (ML)</div><div>Multipurpose Room (MPR)</div><div>Chapel (Ch)</div><div>SC Little Hall (LH)</div><div>Resident Suite (RS)</div></div> <div><div>SC 1st Floor Hall (SC-1)</div><div>Sunshine Health Centre (HC)</div><div>Gallery (G)</div><div>Martin's Restaurant (MR)</div><div>Wellness Centre (WEL)</div><div>Atrium (A)</div></div> 