

2018

JANUARY

2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 ROOM LEGEND (AR) Activity Room (PB) Pub (SR) Sadler Room (TR) Tea Room (TH) Theatre (CH) Chapel	01 NEW YEAR'S DAY MOVIE IN THE THEATRE AT 2 & 6 PM <i>HAPPY NEW YEAR!</i>	02 10:00 Exercises with Nellie (AR) 1:15 Manis/Pedis in Spa - please book apt at Reception 2:00 Art & Mystic Moments Class (TH) 2:00 Indoor Mini Putt (AR) 3:00 Refreshments (SR) 7:00 Euchre (PB)	03 10:00 Chair Yoga (CH) 10:00 Trip to "Cosies - British Tea Room" 3:00 Happy Hour with Tom Valiquette (PB)	04 10:00 Exercises with Nellie (AR) 2:00 Painting Lessons with Wendy James (AR) 2:00 Bingo (PB)	05 9:30 Tai Chi (AR) 11:00 Bingo (AR) 1:00 Euchre (AR) 3:00 Happy Hour (PB)	06 10:00 Morning Workout with Shelley (AR) 11:00 Euchre (AR)
07 2:00 & 6:00 Movie in the Theatre	08 10:00 Chair Yoga Class (CH) 11:00 Pickleball in the Gym 1:00 Scrapbooking (AR) 1:30 Bridge (SR)	09 10:00 Exercises with Nellie (AR) 1:15 Manis/Pedis in Spa - please book apt at Reception 2:00 Art & Mystic Moments Class (TH) 2:00 Indoor Mini Putt (AR) 3:00 Refreshments (SR) 7:00 Euchre (PB)	10 10:00 Chair Yoga Class (CH) 11:00 Senior Strength Training in the Gym 2:00 Tim Hortons & Trivia (SR) 3:00 Happy Hour (PB)	11 10:00 Exercises with Nellie (AR) 2:00 Painting Lessons with Wendy James (AR) 2:00 Bingo (PB)	12 9:30 Tai Chi (AR) 11:00 Bingo (AR) 1:00 Euchre (AR) 3:30 Happy Hour with Ice No Slice (PB)	13 10:00 Badminton in the Gym 11:00 Euchre (AR)
14 2:00 & 6:00 Movie in the Theatre	15 10:00 Chair Yoga Class (CH) 11:00 Badminton in the Gym 11:30 Museum Lecture in the Theatre 1:00 Scrapbooking (AR) 1:30 Bridge (SR)	16 10:00 Exercises with Nellie (AR) 1:15 Manis/Pedis in Spa - please book apt at Reception 2:00 Art & Mystic Moments Class (TH) 2:00 Indoor Mini Putt (AR) 3:00 Refreshments (SR) 7:00 Euchre (PB)	17 10:00 Chair Yoga (CH) 11:00 Senior Strength Training in the Gym 1:00 Trip to Walmart 3:00 Happy Hour (PB) 5:00 Fine Dining with Shelley Wing	18 10:00 Exercises with Nellie (AR) 1:00 Free Hearing Aid Clinic 2:00 Painting Lessons with Wendy James (AR) 2:00 Bingo (PB)	19 9:30 Tai Chi (AR) 11:00 Bingo (AR) 1:00 Euchre (AR) 3:30 Happy Hour with Philip Gagnon (PB)	20 10:00 Morning Workout with Shelley (AR) 11:00 Euchre (AR)
21 2:00 & 6:00 Movie in the Theatre	22 10:00 Chair Yoga Class (CH) 11:00 Town Hall Meeting (AR) 1:00 Intergenerational Visit with Westminister Public School (TR) 1:30 Bridge (SR) 2:00 Pickleball in the Gym	23 10:00 Exercises with Nellie (AR) 1:15 Manis/Pedis in Spa - please book apt at Reception 2:00 Art & Mystic Moments Class (TH) 2:00 Indoor Mini Putt (AR) 3:00 Refreshments (AR) 7:00 Euchre (PB)	24 10:00 Chair Yoga Class (CH) 11:00 Senior Strength Training the Gym 1:00 Trip to the Mall 3:30 Scrapbooking (AR)	25 10:00 Exercises with Nellie (AR) 2:00 Painting Lessons with Wendy James (AR) 2:00 Bingo (PB) 3:30 Happy Hour with Daniel Longchamps (PB)	26 9:30 Tai Chi (AR) 11:00 Bingo (AR) 1:00 Euchre (AR) 3:00 Happy Hour (PB)	27 10 - 2 Senior's Health and Wellness Expo
28 2:00 & 6:00 Movie in the Theatre	29 10:00 Chair Yoga Class (CH) 11:00 Scrapbooking (AR) 1:30 Bridge (SR) 2:00 Volleyball in the Gym	30 10:00 Exercises with Nellie 1:15 Manis/Pedis in Spa - please book apt at Reception 2:00 Art & Mystic Moments in the Theatre 2:00 Indoor Mini Putt (AR) 3:00 Refreshments (SR) 5:00 Dinner & A Movie 7:00 Euchre (PB)	31 10:00 Chair Yoga (CH) 11:00 Senior Strength Training in the Gym 1:00 Tim Hortons & Trivia (SR) 3:00 Happy Hour with Vicki Spurrell (PB)	01	02 HAPPY BIRTHDAY TO... Florence Hayden January 14th	03

Wednesdays to Mondays there is a movie playing at 2 & 6 pm in the theatre.

On Tuesdays there is ONLY a movie at 6 pm!