

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		3:30 Fun and Fitness 6:00 Karaoke1	2:00 Happy Hour Social 3:30 Tuck Shop 6:00 Restorative Group Exercise2	3:30 Manicures and Hand Massages3 6:00 Colour Relaxation 6:00 Garden Visits	2:00 Beauty Club4 3:30 Tea and Talks 4:00 Islamic Service - Harvest Room	2:00 Aromatherapy with Calming Scents5 3:30 Music Appreciation 6:00 Movies & Popcorn
2:00 Physical Games 3:30 Coffee Chats 4:00 Dice Games 6:00 Enjoying Outdoors6	2:00 Crafty Creation (Arts&Crafts) 3:30 Montessori Fluff and Fold 6:00 Movie Night7	3:30 Fun and Fitness 6:00 Karaoke8	2:00 Happy Hour Social 3:30 Tuck Shop 6:00 Restorative Group Exercise9	9:30 Throwback Thursday10 3:30 Manicures and Hand Massages 6:00 Garden Visits 6:15 Seated Latin Dance with Amir	2:00 Beauty Club11 3:30 Tea and Talks	2:00 Aromatherapy with Calming Scents12 3:30 Music Appreciation 6:00 Movies & Popcorn
2:00 Physical Games 2:00 Guided Meditation 3:30 Coffee Chats 6:00 Enjoying Outdoors13	2:00 Chair Yoga 3:30 Montessori Fluff and Fold14	3:30 Fun and Fitness 6:00 Karaoke15	2:00 Happy Hour Social 3:30 Tuck Shop 6:00 Restorative Group Exercise16	3:30 Manicures and Hand Massages17 6:00 Colour Relaxation 6:00 Garden Visits	3:30 Tea and Talks18 4:00 Islamic Service - Harvest Room	2:00 Aromatherapy with Calming Scents19 3:30 Music Appreciation 6:00 Movies & Popcorn
2:00 Physical Games 3:30 Coffee Chats 6:00 Enjoying Outdoors20	2:00 Crafty Creation (Arts&Crafts) 3:30 Montessori Fluff and Fold 6:00 Movie Night21	3:30 Fun and Fitness 6:00 Karaoke22	2:00 Happy Hour Social 3:30 Tuck Shop 6:00 Restorative Group Exercise23	9:30 Throwback Thursday24 3:30 Manicures and Hand Massages 6:00 Garden Visits 6:15 Seated Latin Dance with Amir	3:30 Tea and Talks25	2:00 Aromatherapy with Calming Scents26 3:30 Music Appreciation 6:00 Movies & Popcorn
2:00 Physical Games 3:30 Coffee Chats 6:00 Enjoying Outdoors27	2:00 Chair Yoga 3:30 Montessori Fluff and Fold28	3:30 Fun and Fitness 6:00 Karaoke29	2:00 Happy Hour Social 3:30 Tuck Shop 6:00 Restorative Group Exercise30			