



November 13 - 19

Birch & Oak

Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	Sunday 19
10:00 Tone Circuit (W) 2:00 Choir Practice (T) 7:00 Game Night: Rummy-O (G) 7:00 Movie Night: The Proposal (2009 Romantic Comedy) (T)	9:00 Artist Guided Personal Project Time (C) 10:00 Urban Pole Walking (W) 11:00 Philosophy Club (T) 1:00 Chair Yoga (W) 2:00 Live Music: Augustine Yates (piano) & Darcy Stamp (violin) (T) 3:00 Bocce Ball (T) 3:00 Grid Method-Beginner Painting Class (C) 7:00 Jeopardy Night (C) 7:00 Movie Night: My Fair Lady (1964 Musical Drama) (T)	10:00 Drumming / Pound (W) 11:00 Scrabble (G) 1:00 Balance & Stretch (W) 3:00 TLW Photoshoot Viewing (T) 4:00 Wine Wednesdays (B) 7:00 Watercolour Painting +Tea (C) 7:00 Virtual Concert: Perry Como (T)	9:00 Artist Guided Personal Project Time (C) 10:00 Tai Chi (W) 10:30 Town Hall Meeting (T) 1:00 Zumba Gold (W) 2:00 High Tea: Pumpkin Spice (D) 2:30 Bridge Club (C) 3:30 Pumpkin Smashing (C) 7:00 Pumpkin Spiced Tea Social (B) 7:00 Movie Night: Butch Cassidy and the Sundance Kid (1969 Western) (T)	10:00 Cardio Fit Ball (W) 11:00 Winter Jewellery Workshop (C) 1:00 Chair Yoga (W) 2:00 Christmas Decorating Party (T) 3:00 Bocce Ball (T) 7:00 Card Night (G) 7:00 Live Music: Heather Thirsk (piano and singing) (T)	10:00 Tone Circuit (W) 11:00 Music with Lori (T) 2:00 Music BINGO (C) 3:00 Giant Sequence Card Game (G) 7:00 Movie Night: The Maze Runner (2014 Sci-fi / Action) (T)	11:00 Virtual Spiritual Service & Hymn Sing (T) 1:00 Chair Yoga (W) 2:00 Drum Circle & Sing Along (C) 3:00 Custom Car Painting (C) 4:00 The Grey Cup (T) 7:00 Movie Night: Furious 7 (2015 Action) (T)
<u>Locations Legend</u> Theatre (T) Wellness Centre (W) Creative Studio (C) Games Lounge (G) Bistro (B) Dining Room (D)						
* Please Register At Reception						



November 20 - 26

Birch & Oak

Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 26
9:00 Artist Guided Personal Project Time (C) 10:00 Pilates (W) 11:00 Fitness Equipment Orientation (W) 1:00 Balance & Fall Prevention (W) 2:00 Choir Practice (T) 3:00 Felt Christmas Angels (C) 7:00 BINGO Night (C) 7:00 Movie Night: Practical Magic (1998 Fantasy /Comedy) (T)	10:00 Urban Pole Walking (W) 11:00 Philosophy Club (T) 1:00 Chair Yoga (W) 1:00 Christmas Card Workshop (C) 2:00 Live Music: Elisabeth Desruisseaux (piano) & Jiajia Li (flute) (T) 3:00 Bocce Ball (T) 7:00 Trivia Night (C) 7:00 Movie Night: An Affair to Remember (1957 Romance) (T)	10:00 Cardio Fit Ball (W) 11:00 Scrabble (G) 11:00 Current Events (T) 1:00 Barre & Strength (W) 3:00 Technology Support (T) 4:00 Wine Wednesdays (B) 7:00 Gift Making Workshop: Scented Candles (C) 7:00 Virtual Concert: Mozart & Mambo (T)	9:00 Artist Guided Personal Project Time (C) 10:00 Qi Gong (W) 11:00 Textile Club (First Meeting!) (C) 1:00 Zumba Gold (W) 2:30 Bridge Club (C) 3:00 Baking (8L) 7:00 Virtual Exhibit: Frida Kahlo (T) 7:00 Hot Chocolate Bar Social (B)	10:00 Pound / Drumming (W) 11:00 Paint your Favourite Song: Music/Art Fusion! (C) 1:00 Stretch & Massage (W) 3:00 Bocce Ball (T) 7:00 Card Night (G) 7:00 Movie Night: The Heat (2013 Comedy /Action) (T)	10:00 Cardio Fit Ball (W) 11:00 Virtual Documentary: The Best of the Andy Williams Show (T) 2:00 Rummy-O (G) 7:00 Virtual Concert: Andy Williams (T)	11:00 Virtual Spiritual Service & Hymn Sing (T) 1:00 Chair Yoga (W) 2:00 Puzzle Pick Up (G) 7:00 Movie Night: The Flash (2023 Adventure /Action) (T)
<u>Locations Legend</u> Theatre (T) Wellness Centre (W) Creative Studio (C) Games Lounge (G) Bistro (B) 8th Floor Living Room (8L)						
* Please Register At Reception						