



2nd Floor

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lucy Kelly Recreation Manager 236-426-1488 (ex. 22230) Lucy.Kelly@optimaliving.ca					10:30 Church Service -1 KNOX (2nd) 2:00 Coverall 5:30 After Dinner Trivia	1:00 Toss Games 2 2:00 Afternoon Movie
10:30 - Board Games3	9:00 Outdoor Adventures 4	10:00 All Fun and Games (Main) 5 11:00 Library Cart 1:00 Outdoor Adventures	10:00 - 30 Minute Movement 6 1:00 Boat Trip	11:00 Active Games 7 1:30 Happy Birthday Social (4th)	10:30 Church Service 8 with Deacon Paul (2nd) 2:00 Bingo 5:30 After Dinner Trivia	1:00 Toss Games 9 2:00 Afternoon Movie
10:30 - Board Games 10	11:00 Bible Study 11 1:00 Outdoor Adventures	10:00 Zumba with April (4th) 12 1:00 Outdoor Adventures 1:30 Musical Moments with Lyn (4th)	10:00 Stretch and Meditation 13	9:30 Cycle Without Age * 14 11:00 Active Games 2:00 In Honour of Glen Campbell	10:30 Church Service - 15 Trinity United with Robin (2nd) 2:00 Coverall 5:30 After Dinner Trivia	1:00 Toss Games 16 2:00 Afternoon Movie
10:30 - Board Games 17	2:00 Arts & Crafts 18	10:00 All Fun and Games (Main) 19 11:00 Library Cart 1:00 Outdoor Adventures	10:00 - 30 Minute Movement 20 1:30 Jeopardy 2:30 Boat Trip	9:30 Cycle Without Age * 21 11:00 Active Games 2:00 Armchair Travel to Kenya	10:30 Church Service (2nd) 22 2:00 Bingo 5:30 After Dinner Trivia	1:00 Toss Games 23 2:00 Afternoon Movie
10:30 - Board Games 24	11:00 Bible Study 25 1:30 Scenic Drive	10:00 Tai Chi (4th) 26 2:00 Library Info Session 3:30 Mindful Moments	10:00 Stretch and Meditation 27 1:30 Outdoor Adventures	1:00 Jeopardy 28 6:30 Pub Night with Bob King	10:30 Church Service (2nd) 29 2:00 Coverall 5:30 After Dinner Trivia	1:00 Toss Games 30 2:00 Afternoon Movie
10:30 - Board Games 31						