

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Lucy Kelly Recreation Manager 236-426-1488 (ex. 22230) Lucy.Kelly@optimaliving.ca						10:30 Church Service - KNOX (2nd) 1 1:00 Shopping Trip *	10:30 Knitting Club (6th) 2 2:00 Afternoon Coffee
2:00 Afternoon Coffee 3	2:00 Mindful Monday 4	10:00 All Fun and Games (Main) 5 1:30 Bingo	10:15 AM Activity with Andy 6	1:30 Happy Birthday Social (Main) 7	10:30 Church Service with Deacon Paul (2nd) 8 2:00 Tastes and Trivia Challenge	2:00 Afternoon Coffee 9	
2:00 Afternoon Coffee 10	9:45 Move & Groove 11 11:00 Bible Study	10:00 Zumba with April (4th) 12 1:00 Resident Council 1:30 Bingo	10:15 AM Activity with Andy 13	10:45 Farmers Market* 14 2:00 In Honour of Glen Campbell	10:30 Church Service - Trinity United with Robin (2nd) 15 11:30 Boat Trip	10:30 Knitting Club (6th) 16 2:00 Afternoon Coffee	
2:00 Afternoon Coffee 17	2:00 Arts & Crafts 18	10:00 All Fun and Games (Main) 19 1:30 Bingo	10:15 AM Activity with Andy 20	2:00 Armchair Travel to Kenya 21	10:30 Church Service (2nd) 22 1:00 Afternoon Adventure*	2:00 Afternoon Coffee 23	
2:00 Afternoon Coffee 24	9:45 Move & Groove 25 11:00 Bible Study	10:00 Tai Chi (4th) 26 1:30 Bingo on 6th floor 2:00 Library Info Session	10:15 AM Activity with Andy 27	1:00 Jeopardy 28 6:30 Pub Night with Bob King	10:30 Church Service (2nd) 29 11:30 Farmstrong Lunch Outing with Andy*	2:00 Afternoon Coffee 30	
2:00 Afternoon Coffee 31							