



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 - Balance Fitness (A&C) 11:00 – Word Games (B) 2:00 - Crossword Fun with Roger 3:00 – High Tea Social 3:30 – 1:1 Visit	10:15 – Chair Aerobic (A&C) 11:00 – News & View (B) 12:00 - Meal Assist 1:1 1:30 – Darts 2:30 – Tea Talk 3:30 - Spa-La-La	10:15– Strength Fitness 11:00 – Charades (B) 1:30 – Word Find (B) 12:00 - Meal Assist 1:1 2:30 – Tea Talk 3:30 - Heart for Music	10:15 – Gentle Stretches 11:00 - Gentle Stretches 12:00 - Meal Assist 1:1 2:00 – Christmas Café in the Lobby 3:30 – 1:1 visit	10:15 – Chair Yoga 11:00 – News & Views 2:00 - Crossword Fun with Roger 3:00 – Tea Talk 3:30 – Sensory Program	10:15 - Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – News & Views 3:30 – Manicure	10:15 - Morning Fitness (A&C) 11:00 - Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 - Happy Hour 3:00 – Bingo
10:15 - Balance Fitness (A&C) 11:00 – Word Games (B) 2:00 - Crossword Fun with Roger 3:00 – High Tea Social 3:30 – 1:1 Visit	10:15 – Chair Aerobic (A&C) 11:00 - Trivia (B) 12:00 - Meal Assist 1:1 1:30 – Beanbag Toss 2:30 – Tea Talk 3:30 - Spa-La-La	8:30 – Christmas 1st Floor Breakfast 11:00 – News & View (B) 2:00 – Men’s Group (2nd Floor) 2:30 – Tea Talk 3:30 - Heart for Music	10:15 – Gentle Stretches 11:00 - Gentle Stretches 12:00 - Meal Assist 1:1 2:00 – Christmas Party on 1st Floor 3:30 – 1:1 visit	10:15 – Chair Yoga 11:00 – News & Views 1:30 – Christmas Church Service 2:00 - Crossword Fun with Roger 3:00 – Tea Talk 3:30 – Sensory Program	10:15 - Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 1:30 – Intergenerational Christmas Concert 3:30 – Manicure	10:15 - Morning Fitness (A&C) 11:00 - Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 - Happy Hour 3:00 – Bingo
12 Days of Christmas 10:15 - Balance Fitness (A&C) 11:00 – Word Games (B) 2:00 - Crossword Fun with Roger 3:00 – High Tea Social 3:30 – 1:1 Visit Hanukkah Begins	10:15 – Chair Aerobic (A&C) 11:00 – News & View (B) 12:00 - Meal Assist 1:1 2:00 – Foyer Special Christmas Concert	10:15– Strength Fitness 11:00 – Charades (B) 1:30 – Word Find (B) 12:00 - Meal Assist 1:1 2:30 – Tea Talk 3:30 - Heart for Music	10:15 – Gentle Stretches 11:00 - Gentle Stretches 2:00 – Bingo 3:00 - Mingle Mugs Social 3:30 - Knot another Massage	10:00 – Rockin’ with Dr Wang on 2nd Floor 10:15 – Chair Yoga 11:00 – News & Views 2:00 - Crossword Fun with Roger 3:00 – Tea Talk 3:30 – Sensory Program	10:15 - Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – News & Views 3:30 – Manicure	10:15 - Morning Fitness (A&C) 11:00 - Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 - Christmas Carol on 2nd Floor 3:30 - 1:1 visit
10:15 - Balance Fitness (A&C) 11:00 – Word Games (B) 2:00 - Birthday Celebration with Entertainment 3:30 – 1:1 Visit Winter Begins	10:15 – Chair Aerobic (A&C) 11:00 - Trivia (B) 12:00 - Meal Assist 1:1 2:00 - A Visit from the North Pole	10:15– Strength Fitness 11:00 – News & View (B) 12:00 - Meal Assist 1:1 1:30 – Word Find (B) 2:30 – Tea Talk 3:30 - Heart for Music	10:15 – Gentle Stretches 11:00 - Gentle Stretches 2:00 – Bingo 3:00 - Mingle Mugs Social 3:30 - Knot another Massage	10:15 – Morning Fitness 2:00 – 1:1 visit Christmas	10:15 - Stretch & Bouncing Ball (A&C) 11:00 – Gentle Stretch (B) 2:00 – Social Tea 3:00 – News & Views 3:30 – Manicure Boxing Day (Canada) Kwanzaa Begins	10:15 - Morning Fitness (A&C) 11:00 - Gentle Stretch (B) 12:00 - Meal Assist 1:1 2:00 - Happy Hour 3:00 – Bingo
10:15 - Balance Fitness (A&C) 11:00 – Word Games (B) 2:00 - Crossword Fun with Roger 3:00 – High Tea Social 3:30 – 1:1 Visit	10:15 – Chair Aerobic (A&C) 11:00 – News & View (B) 12:00 - Meal Assist 1:1 1:30 – Darts 2:30 – Tea Talk 3:30 - Spa-La-La	10:15– Strength Fitness 11:00 – Charades (B) 1:30 – Word Find (B) 12:00 - Meal Assist 1:1 2:30 – Tea Talk 3:30 - Heart for Music	10:15 – Gentle Stretches (A&C) 11:00 - Gentle Stretches 12:00 - Meal Assist 1:1 2:00 – New Year Eve Bash 3:30 - 1:1 visit New Year's Eve	December 2025 1st Floor Calendar		

Programs are subject to change. Please refer to the activity whiteboard.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Active Games	2 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Bingo (B&C) 3:00 – Manicure	3 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 2:00 – Christmas Café in the Lobby 3:30 – 1:1 visit	4 10:15 – Fun & Fitness 11:00 - Fun & Fitness (A&C) 12:00 – Meal Assist 11: 2:00 – Creative Workshop 3:00 – Drum Playing (A)	5 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Soccer 3:30 – Sensory Stimulation	6 10:15 - Pool Noodle Fun (B) 11:00 - Pool Noodle Fun (A&C) 2:00 - Bingo (B&C) 3:00 – Social Tea 3:30 – Sing Along
7 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Active Games 3:30 – Hymn Sing	8 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Active Games	9 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Men’s Group 3:30 – Sing Along	10 11:00 - Weighted Fitness 2:00 – Cooking with Roger 3:30 – 1:1 visit	11 10:15 – Fun & Fitness 11:00 - Fun & Fitness (A&C) 1:30 – Church Service (1A) 2:00 – Christmas Word Games 3:00 – Drum Playing (A)	12 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 1:30 – Intergenerational Christmas Concert 3:30 – Sensory Stimulation	13 10:15 - Pool Noodle Fun (B) 11:00 - Pool Noodle Fun (A&C) 2:00 - Bingo (B&C) 3:00 – Social Tea 3:30 – Christmas Trivia
14 12 Days of Christmas begin 10:15 - Morning Fitness (B) 11:00 - Morning Fitness 2:00 – Birthday Celebration with Entertainment 3:30 – 1:1 visit Hanukkah Begins	15 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Foyer Special Christmas Concert	16 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Cooking with Roger 3:00 – Manicure	17 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Mind Matters 3:00 – 1:1 visit	18 8:30 – Christmas Brunch 10:00 – Rockin’ with Dr Wang on 2nd Floor 11:00 - Fun & Fitness 2:00 – Christmas Ornament making 3:00 – 1:1 visit	19 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Christmas Party on 2nd Floor 3:30 – Sensory Stimulation Boxing Day (Canada) Kwanzaa Begins	20 10:15 - Pool Noodle Fun (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Christmas Carol on 2nd Floor 3:30 – 1:1 Visit
21 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 2:00 – Active Games 3:00 – Social Tea 3:30 – Hymn Sing Winter Begins	22 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - A Visit from the North Pole	23 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Bingo (B&C) 3:00 – Sing Along	24 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Creative Corner 3:00 – 1:1 visit	25 10:15 – Morning Fitness 2:00 – 1:1 visit Christmas	26 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – High Tea Social 3:30 – Sensory Stimulation	27 10:15 - Pool Noodle Fun (B) 11:00 - Pool Noodle Fun (A&C) 2:00 - Bingo (B&C) 3:00 – Social Tea 3:30 – New Years Trivia
28 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 2:00 – Active Games 3:00 – Social Tea 3:30 – Hymn Sing	29 10:15 – Balloon Toss (B) 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Active Games	30 10:15 - Morning Fitness (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Bingo (B&C) 3:00 – Manicure	31 10:15 - Weighted Fitness (B) 11:00 - Weighted Fitness (A&C) 2:00 – New Year Eve Bash 3:30 – 1:1 visit New Year's Eve	December 2025 2nd Floor Calendar		

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:15 – Weighted Fitness (B) 11:00 – Word Game 11:30 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:30 – Sing a Long	2 10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Word Games	3 10:15 - Golden Years Yoga (B) 11:00 - Golden Years Yoga (A&C) 12:00 – Meal Assist 1:1 2:00 – Christmas Café in the Lobby 3:30 – 1:1 visit	4 10:15 – Gentle Stretches (B) 11:00 - Gentle Stretches (A&C) 2:00 – Social Tea 3:00 – Brain Games	5 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Table Games	6 10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 - Active Game
7 10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 2:00 - Birthday Celebration with Entertainment 3:30 - 1:1 visit	8 10:15 – Weighted Fitness (B) 11:00 – Word Game 11:30 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:30 – Sing a Long	9 10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Men’s Group (Held on 2nd Floor) 2:00 – Bingo 3:00 – Word Games	10 10:15 - Golden Years Yoga (B) 11:00 - Golden Years Yoga (A&C) 12:00 – Meal Assist 1:1 2:00 – Word Games 3:00 – Creative Corner	11 10:15 – Gentle Stretches (B) 11:00 - Gentle Stretches 1:30 – Christmas Church Service held on 1st floor 2:00 – Social Tea 3:00 – Brain Games	12 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 1:30 – Intergenerational Christmas Concert 3:00 – 1:1 visit	13 10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 - Active Game
14 12 Days of Christmas Begin 10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 2:00 – Social Tea 3:00 – Table Games Hanukkah Begins	15 10:15 – Weighted Fitness (B) 11:00 – Word Game 11:30 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Foyer Special Christmas Concert	16 8:30 – Christmas 3rd Floor Breakfast 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – 1:1 visit	17 10:15 - Golden Years Yoga (B) 11:00 - Golden Years Yoga (A&C) 12:00 – Meal Assist 1:1 2:00 – Christmas Party on 3rd Floor 3:30 – 1:1 visit	18 10:00 – Rockin’ with Dr Wang on 2nd Floor 10:15 – Gentle Stretches (A&C) 11:00 - Gentle Stretches (A&C) 2:00 – Social Tea 3:00 – Brain Games	19 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Table Games	20 10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Christmas Carol held on 2nd Floor 3:00 – 1:1 visit
21 10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 2:00 – Social Tea 3:00 – Table Games Winter Begins	22 10:15 – Weighted Fitness (B) 11:00 – Word Game 11:30 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 - A Visit from the North Pole	23 10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Word Games	24 10:15 - Golden Years Yoga (B) 11:00 - Golden Years Yoga (A&C) 12:00 – Meal Assist 1:1 2:00 – Word Games 3:00 – Creative Corner	25 10:15 – Morning Fitness 2:00 – 1:1 visit Christmas	26 10:15 - Morning Fitness (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Table Games Boxing Day (Canada) Kwanzaa Begins	27 10:15 – Balloon Toss (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 - Active Game
28 10:15 – Stretch and Bouncy Ball (B) 11:00 – Stretch and Bouncy Ball (A&C) 2:00 – Social Tea 3:00 – Table Games	29 10:15 – Weighted Fitness (B) 11:00 – Word Game 11:30 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:30 – Sing a Long	30 10:15 - Zumba (B) 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Word Games	31 10:15 - Golden Years Yoga (B) 11:00 - Golden Years Yoga (A&C) 12:00 – Meal Assist 1:1 2:00 – New Year Eve Bash 3:30 - 1:1 visit New Year's Eve	December 2025 3rd Floor Calendar		

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