

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 BC DAY HOLIDAY Limited activities today. See whiteboard in your neighborhood	2 Afternoon Social Tea (B) Table Games Relaxation Program	3 Afternoon Social Tea (C) Creative Workshops Cooking/Baking	4 Afternoon Social Tea (A) Mind Matters Helping Hands	5 Afternoon Social Tea (B) Musical Me Active Games	6 Afternoon Social Tea (C) News and Views Green Thumbs	 7 Afternoon Social Tea (A) Mind Matters Spiritual Connections
8 Afternoon Social Tea (A) Musical Me Active Games	9 Afternoon Social Tea (B) Table Games Relaxation Program	 10 Afternoon Social Tea (C) Creative Workshops Cooking/Baking	11 Afternoon Social Tea (A) Mind Matters Helping Hands	12 Afternoon Social Tea (B) Musical Me Active Games	13 Afternoon Social Tea (C) News and Views Green Thumbs	14 Afternoon Social Tea (A) Mind Matters Spiritual Connections
 15 Afternoon Social Tea (A) Musical Me Active Games	16 Afternoon Social Tea (B) Table Games Relaxation Program	17 Afternoon Social Tea (C) Creative Workshops Cooking/Baking	18 Afternoon Social Tea (A) Mind Matters Helping Hands	19 Afternoon Social Tea (B) Musical Me Active Games	20 Afternoon Social Tea (C) News and Views Green Thumbs	21 Afternoon Social Tea (A) Mind Matters Spiritual Connections
22 Afternoon Social Tea (A) Musical Me Active Games	23 Afternoon Social Tea (B) Table Games Relaxation Program	24 Afternoon Social Tea (C) Creative Workshops Cooking/Baking	25 Afternoon Social Tea (A) Mind Matters Helping Hands	26 Afternoon Social Tea (B) Musical Me Active Games	 27 Afternoon Social Tea (C) News and Views Green Thumbs	28 Afternoon Social Tea (A) Mind Matters Spiritual Connections
29 Afternoon Social Tea (A) Musical Me Active Games	 30 Afternoon Social Tea (B) Table Games Relaxation Program	31 Afternoon Social Tea (C) Creative Workshops Cooking/Baking	Evening Programs take place on 1st Floor each Sun/Mon/Thurs; 2nd Floor each Tue/Fri and; 3rd Floor each Wed/Sat.	 Leisure Connections are part of our everyday activities. We look forward to seeing you!		

Group Fitness takes place every morning. Check the white board in your neighborhood for the time