

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			New Year's Day 1 11:00 🌿 Morning Stretches [MP] 2:00 🎮 Calling All Rummikub Players! [CK] 2:00 ☀️ Chat with the Chaplain - Food for the Brain [2FL] 2:00 🌿 Seated Fitness [2FA] 4:00 🧠 Word Scramble [CK] 6:30 🧠 Price is Right [T]	10:00 🧠 Catchphrase [CK] 2 11:00 🧶 Knitting Group [LB] 11:00 🌿 Morning Stretches [MP] 2:00 😊 Lets get Crafty: Paper Snowmen! [MP] 2:00 🌿 Seated Dance with Annie [2FA] 4:00 🧠 Word Scramble [CK] 6:30 😊 Netflix Series: Grace and Frankie [T]	10:00 🧠 Current Events [CK] 3 11:00 🌿 Morning Stretches [MP] 1:00 🎮 Game Hour [MP] 1:30 🎮 Mah Jong Game [FR] 2:00 🌿 Seated Fitness [2FA] 3:00 🧠 TED Talks Lecture & Debate: The Balance Between Courage and Fear [T] 4:00 🌿 Go 4 Life Walking Group [ML]	10:00 ☀️ Church Service [T] 4 11:00 🧠 Chess & Puzzles [LB] 2:00 🎮 Bridge Club [FR] 3:00 🎮 Neighbours & Board Games [CK] 3:00 🎮 Saturday Afternoon Showing of: Judy [T] 5:30 😊 Willowdale Male Choir [MP] 7:00 🎮 Saturday Evening Showing of: Judy [T]
10:30 ☀️ Sunday Church Live Stream [MP] 5 11:00 🌿 Sunday Morning Fitness [MP] 2:00 🌿 Seated Fitness [2FA] 3:00 😊 Lets get Crafty: Egg Carton Penguins! [MP] 4:00 🧠 Word Scramble [CK] 7:00 😊 Netflix Series: The Crown [T]	10:00 🧠 Fit Minds [CK] 6 11:00 🌿 Morning Stretches [MP] 1:00 🧠 Computer Training Class [LB] 2:00 🌿 Seated Fitness [2FA] 2:30 🎮 Book Club Meeting [LB] 3:00 😊 Concert Series: Luther Vandross [T] 3:00 🧠 Meditation Mondays [MP] 4:00 🧠 Scattegories [CK] 7:00 🎮 BINGO [MP]	10:00 🧠 GIANT Crossword [CK] 7 11:00 🌿 Morning Stretches [MP] 2:00 🧠 Brain Gym [CK] 2:00 🎮 Bridge Club [FR] 2:00 🌿 Seated Yoga with Deborah [2FA] 3:00 🧠 Meet Me at the MoMA [MP] 4:00 🧠 Wellness Gathering [MP] 7:00 🧠 Movie: Silver Linings Playbook [T]	9:30 🚌 OUTING: Gardiner Museum [ML] 8 10:00 🎮 Puzzle Group [CK] 11:00 🌿 Morning Stretches [MP] 1:00 🧠 Pictionary [MP] 1:30 🎮 Canasta Lessons [FR] 2:00 🎮 Calling All Rummikub Players! [CK] 2:00 ☀️ Chat with the Chaplain - Food for the Brain [2FL] 2:00 🌿 Seated Fitness [2FA] 3:00 🧠 Mad Libs [CK]	10:00 🧠 Catchphrase [CK] 9 11:00 🧶 Knitting Group [LB] 11:00 🌿 Morning Stretches [MP] 1:00 😊 Lets get Crafty: Snowman Mason Jar [MP] 2:00 🌿 Seated Dance with Annie [2FA] 3:00 🧠 Word Scramble [CK] 6:30 😊 Netflix Series: Grace and Frankie [T]	10:00 🧠 Current Events [CK] 10 11:00 🌿 Zumba Gold [MP] 1:00 🎮 Game Hour [MP] 1:30 🎮 Mah Jong Game [FR] 2:00 🌿 Seated Fitness [2FA] 3:00 🧠 TED Talks Lecture & Debate: How your Emotions Change the Shape of your Heart [T] 4:00 🌿 Go 4 Life Walking Group [ML] 4:00 🧠 Word Scramble [CK]	10:00 ☀️ Church Service [T] 11 11:00 🧠 Chess & Puzzles [LB] 2:00 🎮 Bridge Club [FR] 3:00 🎮 Neighbours & Board Games [CK] 3:00 🎮 Saturday Afternoon Showing of: Now You See Me 2 [T] 5:30 😊 Willowdale Male Choir [MP] 7:00 🎮 Saturday Evening Showing of: Now You See Me 2 [T]
10:30 ☀️ Sunday Church Live Stream [MP] 12 11:00 🌿 Sunday Morning Fitness [MP] 2:00 🌿 Seated Fitness [2FA] 3:00 😊 Lets get Crafty: Winter Coasters! [MP] 4:00 🧠 Word Scramble [CK] 7:00 😊 Netflix Series: The Crown [T]	10:00 🧠 Fit Minds [CK] 13 11:00 🌿 Morning Stretches [MP] 1:00 🧠 Computer Training Class [LB] 2:00 🎮 Chinese Tea Ceremony and Tasting [MP] 2:00 🌿 Seated Fitness [2FA] 2:30 🎮 Book Club Meeting [LB] 3:00 😊 Concert Series: Paul Anka [T] 3:00 🧠 Meditation Mondays [MP] 4:00 🧠 Scattegories [CK] 7:00 🎮 BINGO [MP]	10:00 🧠 GIANT Crossword [CK] 14 11:00 🌿 Morning Stretches [MP] 2:00 🧠 Brain Gym [CK] 2:00 🎮 Bridge Club [FR] 2:00 🌿 Seated Yoga with Deborah [2FA] 3:00 🧠 Meet Me at the MoMA [MP] 4:00 🧠 Wellness Gathering [MP] 7:00 🧠 Movie: The Circle [T]	10:00 🎮 Puzzle Group [CK] 15 11:00 🌿 Morning Stretches [MP] 1:00 🧠 Pictionary [MP] 1:30 🎮 Canasta Lessons [FR] 2:00 🎮 Calling All Rummikub Players! [CK] 2:00 ☀️ Chat with the Chaplain - Food for the Brain [2FL] 2:00 😊 Opera Showing: The Merry Widow [T] 2:00 🌿 Seated Fitness [2FA] 4:00 🧠 Word Scramble [CK] 7:00 😊 Live Performance: Isaac Muzikansky [MP]	10:00 🧠 Catchphrase [CK] 16 11:00 🧶 Knitting Group [LB] 11:00 🌿 Morning Stretches [MP] 1:00 😊 Lets get Crafty: Holiday Paper Snow globes! [MP] 2:00 🌿 Seated Dance with Annie [2FA] 3:00 🎮 Baking with Phil [CK] 6:30 😊 Netflix Series: Grace and Frankie [T]	10:00 🧠 Current Events [CK] 17 11:00 🌿 Morning Stretches [MP] 1:00 🎮 Game Hour [MP] 1:30 🎮 Mah Jong Game [FR] 2:00 🌿 Seated Fitness [2FA] 3:00 🧠 TED Talks Lecture & Debate: The Journey Through Loss and Grief [T] 4:00 🌿 Go 4 Life Walking Group [ML]	10:00 ☀️ Church Service [T] 18 11:00 🧠 Chess & Puzzles [LB] 2:00 😊 Book Club Meeting [LB] 2:00 🎮 Bridge Club [FR] 3:00 🎮 Neighbours & Board Games [CK] 3:00 🎮 Saturday Afternoon Showing of: Salt [T] 5:30 😊 Willowdale Male Choir [MP] 7:00 🎮 Saturday Evening Showing of: Salt [T]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 10:00 ☺ Lets get Crafty: Frosty Pine cones [MP] 10:30 ☀ Sunday Church Live Stream [MP] 11:00 🌿 Sunday Morning Fitness [MP] 1:00 ☺ Puzzle Group [LB] 2:00 🌿 Seated Fitness [2FA] 7:00 ☺ Netflix Series: The Crown [T]	20 10:00 🧠 Fit Minds [CK] 11:00 🌿 Morning Stretches [MP] 1:00 🧠 Computer Training Class [LB] 2:00 🌿 Seated Fitness [2FA] 3:00 ☺ Concert Series: Elvis Presley [T] 3:00 🧠 Meditation Mondays [MP] 3:00 🗣 Program and Movie Committee Meeting [MP] 4:00 🧠 Scatagories [CK] 7:00 🌿 BINGO [MP]	21 10:00 🧠 GIANT Crossword [CK] 11:00 🌿 Morning Stretches [MP] 2:00 🧠 Brain Gym [CK] 2:00 🌿 Bridge Club [FR] 2:00 🌿 Seated Yoga with Deborah [2FA] 3:00 🧠 Meet Me at the MoMA [MP] 4:00 🧠 Wellness Gathering [MP] 7:00 🧠 Movie: The Commuter [T]	22 10:00 🌿 Puzzle Group [CK] 11:00 🌿 Morning Stretches [MP] 1:00 🧠 Pictionary [MP] 1:30 🌿 Canasta Lessons [FR] 2:00 🌿 Calling All Rummikub Players! [CK] 2:00 ☀ Chat with the Chaplain - Food for the Brain [2FL] 2:00 🌿 Seated Fitness [2FA] 3:00 🧠 Mad Libs [CK] 3:00 🧠 Robbie Burns Presentation [T]	23 10:00 🧠 Catchphrase [CK] 11:00 🌿 Knitting Group [LB] 11:00 🌿 Morning Stretches [MP] 1:00 ☺ Lets get Crafty: Paper Snowflakes [MP] 2:00 🌿 Seated Dance with Annie [2FA] 3:00 ☺ Birthday Party with Jukebox Jammers! [MP] 4:00 🧠 Word Scramble [CK] 6:30 ☺ Netflix Series: Grace and Frankie [T]	24 10:00 🧠 Current Events [CK] 11:00 🌿 Morning Stretches [MP] 1:00 🌿 Game Hour [MP] 1:30 🌿 Mah Jong Game [FR] 2:00 🌿 Seated Fitness [2FA] 3:00 🧠 TED Talks Lecture & Debate: The Future of Early Cancer Detection [T] 4:00 🌿 Go 4 Life Walking Group [ML]	25 10:00 ☀ Church Service [T] 11:00 🧠 Chess & Puzzles [LB] 2:00 🌿 Bridge Club [FR] 3:00 🗣 Food Committee Meeting [MP] 3:00 🌿 Neighbours & Board Games [CK] 3:00 🌿 Saturday Afternoon Showing of: The Tourist [T] 5:30 ☺ Willowdale Male Choir [MP] 7:00 🌿 Saturday Evening Showing of: The Tourist [T]
26 10:30 ☀ Sunday Church Live Stream [MP] 11:00 🌿 Sunday Morning Fitness [MP] 2:00 🌿 Seated Fitness [2FA] 3:00 ☺ Lets get Crafty: Winter Wreaths! [MP] 4:00 🧠 Word Scramble [CK] 7:00 ☺ Netflix Series: The Crown [T]	27 10:00 🧠 Fit Minds [CK] 10:30 🗣 Resident Council Meeting [MP] 11:00 🌿 Morning Stretches [MP] 1:00 🧠 Computer Training Class [LB] 2:00 🌿 Seated Fitness [2FA] 3:00 ☺ Concert Series: Tina Turner [T] 3:00 🧠 Meditation Mondays [MP] 4:00 🧠 Scatagories [CK] 7:00 🌿 BINGO [MP]	28 10:00 🧠 GIANT Crossword [CK] 11:00 🌿 Morning Stretches [MP] 2:00 🧠 Brain Gym [CK] 2:00 🌿 Bridge Club [FR] 2:00 🌿 Seated Yoga with Deborah [2FA] 3:00 🧠 Meet Me at the MoMA [MP] 4:00 🧠 Wellness Gathering [MP] 7:00 🧠 Movie: Hes Just Not That Into You [T]	29 10:00 🌿 Puzzle Group [CK] 11:00 🌿 Morning Stretches [MP] 1:00 🧠 Pictionary [MP] 1:30 🌿 Canasta Lessons [FR] 2:00 🌿 Calling All Rummikub Players! [CK] 2:00 ☀ Chat with the Chaplain - Food for the Brain [2FL] 2:00 🌿 Seated Fitness [2FA] 3:00 🧠 Mad Libs [CK] 6:30 🧠 Jeopardy [T]	30 10:00 🧠 Catchphrase [CK] 11:00 🌿 Knitting Group [LB] 11:00 🌿 Morning Stretches [MP] 1:00 ☺ Lets get Crafty: "Stained Glass" Winter Decorations! [MP] 1:30 OUTING: Centrepont Mall [ML] 2:00 🌿 Seated Dance with Annie [2FA] 3:00 🗣 Food Committee Meeting [MP] 3:00 🧠 Word Scramble [CK] 6:30 ☺ Netflix Series: Grace and Frankie [T]	31 10:00 🧠 Current Events [CK] 11:00 🌿 *NEW* Tai Chi [MP] 11:00 Vendor - SeaVital Skin Care [ML] 1:00 🌿 Game Hour [MP] 1:30 🌿 Mah Jong Game [FR] 2:00 🌿 Seated Fitness [2FA] 3:00 🧠 TED Talks Lecture & Debate: A Taboo Secret to Better Health [T] 4:00 🌿 Go 4 Life Walking Group [ML]	☺ Emotional 🧠 Intellectual 🚗 Outing 🌿 Physical 🗣 Purposeful 🌿 Social ☀ Spiritual

Location Keys
 2nd FLOOR ACTIVITY ROOM 2FA
 2nd FLOOR LOUNGE 2FL
 COUNTRY KITCHEN CK
 FITNESS ROOM FR
 LIBRARY LB
 MAIN LOBBY ML
 MULTIPURPOSE ROOM MP
 THEATER T

