

Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 11:00 Pool competition 4:30 Club de cribbage 6:30 Music event
2 10:30 Sunday mass 12:30 Book Club	3 10:30 Chair aerobics with Anika 11:30 Choir practice 2:30 BINGO	4 10:30 Tai-chi 1:30 Painting 2:00 Scrabble 7:00 Happy hour	5 11:30 Chair Yoga 2:00 Bridge club 2:30 Afternoon Tea 5:00 Ipad /lphone instruction	6 10:30 Group Walk 3:30 Swimming at CEPS 7:00 Wine & cheese	7 10:30 Coffee & conversation 1:30 Exercises with Anika 2:00 Art show	8 11:00 Pool competition 4:30 Club de cribbage
9 10:30 Sunday mass 2:00 Afternoon Tea	10 10:30 Chair aerobics 2:30 Discussion of the news	11 9:00 Tai-chi 10:30 Putting competition 13:30 Painting 14:30 Sing-a-long	12 10:30 Guided meditation 2:30 Afternoon tea 7:00 Movie night	13 10:30 Group Walk 2:30 Chair yoga 3:30 Speaker on Nutrition	14 10:30 Chair Aerobics 2:30 Afternoon Tea 7:00 Kareoke	15 8:00 Coffee & Conversation 11:00 Pool competition 4:30 Cribbage & cards 7:30 Music event
16 10:30 Sunday mass 3:30 Book Club	17 10:30 Chair Aerobics 11:30 Guided Meditation 2:30 BINGO 4:30 Knitting & Crafts	18 10:30 Putting competition 1:30 Bridge 2:00 Scrabble 7:00 Happy Hour	19 11:30 Exercises with Anika 2:00 Swimming at CEPS 2:30 Visit UdeM art gallery 7:00 Wine & cheese	20 10:30 Walking club 1:30 Health check up kiosk 3:30 Speaker on Nutrition	21 10:30 Coffee & conversation 1:30 Knitting & Crafts 7:00 Kareoke	22 11:00 Pool competition 4:30 Cribbage & cards
23 10:30 Sunday mass 2:00 Afternoon Tea	24 10:30 Guided Meditation 2:30 Coffee & conversation 3:00 Knitting & crafts	25 9:00 Tai-chi 10:30 Putting competition 1:30 Painting 2:30 Ladies bowling	26 10:30 Chair Aerobics 2:30 Coffee & conversation 7:00 Movie night	27 10:30 Group walk 2:30 Chair Yoga 3:30 Afternoon Tea	28 10:30 Exercises with Anika 2:30 Coffee & conversation 7:00 Happy Hour	29 11:00 Pool competition 4:30 Cribbage & cards 6:30 Music event
30 10:30 Sunday mass 3:30 Book Club						