

Programs and locations subject to change due to unforeseen circumstances.

Due to cohorting, programs are offered based on Public Health Guidelines.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00am Friendly Visits 2:00pm Music With Jim & Mary - RLAR 6:00pm Resolutions	2 10:00am Pet Visits With Sal 10:00am Funny Videos - HTL 10:30am Physio Fit - RLAR 2:00pm Bingo - HTAR 6:15pm Cinema & Snacks - LBY	3 10:00am Manicures - CHAP 11:30am Friendly Visits - HTL 2:00pm Manicures - CHAP 6:00pm Chair Yoga - HTAR
4 10:00am Chair Yoga - CHAP 10:30am Virtual Church Service 2:00pm Hot Chocolate Social - LBY 6:00pm Bird Trivia - HTAR	5 10:00am Retro Tv - RLL 11:00am Physio Fit - HTAR 2:00pm Music With Helen Stewart - RLAR 6:00pm Crafty Corner - HTAR	6 10:15am Spiritual Service - Pentecostal - CHAP 11:00am Physio Fit - RLAR 1:00pm Artistic Expressions - CHAP 2:00pm Bingo - RLAR 6:15pm Euchre - HTAR	7 10:00am Tim Hortons 11:00am Physio Fit - Floor 2 - OVAR 1:00pm Pet Visits with Dottie 2:00pm Crokinole - HTAR 2:00pm Euchre - RLAR 6:00pm Movement for Life with Louise - RLAR	8 8:00am Breakfast Club - RLAR 10:00am Look Back at Elvis - HTL 11:00am Physio Fit - HTAR 1:30pm Physio Fit - OVAR 2:00pm Karaoke With Elvis - HTAR 5:00pm Supper Club - OVAR 6:30pm Pet Visits With Milo	9 10:00am Virtual Games - RLAR 10:00am Pet Visits With Sal 10:30am Physio Fit - RLAR 2:00pm Mary's Tzatziki - OVAR 3:00pm Rosary Group - CHAP 6:15pm Cinema & Snacks - LBY	10 10:00am Manicures - CHAP 11:30am Friendly Visits - HTL 2:00pm Manicures - CHAP 6:00pm Bingo - HTAR
11 10:30am Virtual Church Service 1:30pm Bowling - RLAR 2:00pm Quilting With Wanda - OVAR 6:00pm Puzzles	12 10:00am Do You Wanna Build A Snowman - RLAR 11:00am Physio Fit - HTAR 2:00pm Music With Michelle - LBY 6:00pm Chair Yoga - HTAR	13 10:15am Spiritual Service - Anglican - CHAP 11:00am Physio Fit - RLAR 1:00pm Artistic Expressions - CHAP 2:00pm Horse Races - RLAR 2:00pm Movement for Life with Louise - OVAR 6:15pm Euchre - HTAR	14 10:00am Tim Hortons 11:00am Physio Fit - Floor 2 - HTAR 1:00pm Pet Visits with Dottie 2:00pm Bingo - RLAR 6:00pm Crafts With Cindy - HTAR	15 8:00am Breakfast Club - OVAR 10:00am Winter Trivia - RLAR 11:00am Physio Fit - OVAR 1:30pm Physio Fit - HTAR 2:00pm Karaoke - RLAR 5:00pm Supper Club - HTAR 6:30pm Pet Visits With Milo	16 10:00am Pet Visits With Sal 10:00am Armchair Travel To Switzerland - HTL 10:30am Physio Fit - RLAR 2:00pm Music with Kit - RLAR 6:15pm Cinema & Snacks - LBY	17 10:00am Manicures - CHAP 11:30am Friendly Visits - HTL 2:00pm Manicures - CHAP 6:00pm Heads Up - HTAR
18 10:00am Chair Yoga - CHAP 10:30am Virtual Church Service 2:00pm Tea Social - LBY 6:00pm Reminiscing - LBY	19 10:00am Muffin Talks - RLAR 11:00am Physio Fit - HTAR 2:00pm Bingo - RLAR 6:00pm Basketball On The Go	20 10:15am Spiritual Service - Baptist - CHAP 11:00am Physio Fit - RLAR 1:00pm Artistic Expressions - CHAP 2:00pm Karaoke - HTAR 6:15pm Euchre - HTAR	21 10:00am Tim Hortons 11:00am Physio Fit - Floor 2 - OVAR 1:00pm Pet Visits with Dottie 2:00pm The Harmonics - RLAR 6:00pm Movement for Life with Louise - HTAR	22 8:00am Breakfast Club - HTAR 10:00am Turntable Sunrise - RLAR 11:00am Physio Fit - HTAR 1:30pm Physio Fit - OVAR 2:00pm Floor Hockey - HTAR 5:10pm Supper Club - RLAR 6:30pm Pet Visits With Milo	23 10:00am Euchre -HTAR 10:00am Pet Visits With Sal 10:30am Physio Fit - RLAR 2:00pm Bingo - HTAR 6:15pm Cinema & Snacks - LBY	24 10:00am Manicures - CHAP 11:30am Friendly Visits - HTL 2:00pm Manicures - CHAP 6:00pm Bingo - HTAR
25 10:30am Virtual Church Service 1:30pm Quilting with Wanda - OVAR 3:00pm Youth Choir Hymn Sing - RLAR 6:00pm Crokinole - HTAR	26 10:00am Virtual Games - RLAR 11:00am Physio Fit - HTAR 2:00pm Music With Michelle - LBY 6:00pm Jeopardy - HTAR	27 10:15am Spiritual Service - Olivet Baptist - CHAP 11:00am Physio Fit - RLAR 1:00pm Artistic Expressions - CHAP 2:00pm Bingo - RLAR 6:15pm Euchre - HTAR	28 10:00am Tim Hortons 11:00am Physio Fit - Floor 2 - HTAR 1:00pm Pet Visits with Dottie 2:00pm Music With Jim & Mary - RLAR 6:00pm Crafts With Cindy - HTAR	29 10:00am Muffin Talks - RLAR 11:00am Physio Fit - OVAR 1:30pm Physio Fit - HTAR 2:00pm Karaoke - HTAR 2:00pm Town Hall - Chapel 6:30pm Pet Visits With Milo	30 10:00am Crafty Corner - HTAR 10:00am Pet Visits With Sal 10:30am Physio Fit - RLAR 10:30am Resident Coun - CHAP 2:00pm Music with Tony - RLAR 6:15pm Cinema & Snacks - LBY	31 National Hot Chocolate Day 10:00am Manicures - CHAP 11:30am Friendly Visits - HTL 2:00pm Hot Chocolate Social - LBY 6:00pm Reminiscing

CHAP - 2nd Floor Chapel

HTAR - Trout Hollow Trail Activity Room

HTL - Trout Hollow Trail Lounge

OVAR - Orchard View Activity Room

RLAR - Riverside Lane Activity Room

RLL - Riverside Lane Lounge