

Fisayo and Pam are your Recreation Coordinators, please reach out if you have any questions or program ideas. All programs are subject to change at anytime.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:15am Around The Harvest Table - SFDR 11:00am Seated Yoga - SFDR 1:45pm Balloon badminton - SFDR 3:00pm Movie and Munchies - SFDR	2 10:15am Crafters Corner - SFDR 11:00am Daily Chronicles - SFDR 1:45pm Montessori - SFDR 2:00pm Bean Bag Toss - SFDR 3:00pm Bowling - QLDR 6:30pm Sing Along - SFDR	3 1:45pm Friendly Visits - SFDR 2:30pm Bingo - GLDR 4:00pm Baking - SFDR 6:30pm Word Fun - SFDR
4 1:30pm Dance Club - SFDR 2:30pm Hymn Sing - Chap 3:45pm Hand Massages - SFDR 6:30pm Readers Corner - SFDR	5 10:15am Friendly Visits - SFDR 11:00am Dance Party - SFDR 1:45pm puzzles/games - SFDR 3:00pm Sing Along - SFDR	6 10:15am Seated Yoga - SFDR 11:00am Noodle Hockey - SFDR 1:15pm Healing Hands - SFDR 2:00pm Montessori - SFDR 2:30pm Bingo - QLDR 4:00pm Puzzles/Games - SFDR 6:30pm Hang Man - SFDR	7 9:15am Body Balance - SFDR 10:15am Balloon Badminton - SFDR 1:45pm Friendly Visits - SFDR 2:30pm Happy Hour with Archie Wright - Chap 3:45pm Manicures - V 4:00pm Word Fun - SFDR 6:30pm Zumba - SFDR	8 9:15am Get Energized - SFDR 2:00pm Bean Bag Toss - SFDR 3:15pm Hand Massages - SFDR 4:00pm Around The Harvest Table - SFDR 6:30pm Word Fun - SFDR	9 9:15am Stretching Class - SFDR 9:45am Catholic Communion - Chap 1:45pm Church Service with Pastor Babbey - Chap 3:00pm Bowling - QLDR 4:00pm Painting - SFDR 6:30pm Karaoke - Chap	10 10:15am Baking - SFDR 11:15am Friendly Visits - SFDR 2:30pm Bingo - GLDR 4:00pm Drumming Circle - SFDR
11 10:15am Seated Yoga - SFDR 11:00am EZ Does it- Random Trivia - SFDR 1:45pm Around the Harvest Table - SFDR 2:30pm Hymn Sing - Chap	12 10:15am Readers Corner - SFDR 11:00am Drumming Circle - SFDR 1:45pm Hand Massages - SFDR 2:00pm Around The Harvest Table - SFDR 3:00pm Name That Tune - SFDR	13 2:00pm Art & Crafts - SFDR 2:00pm Music With Krystina - SFDR 3:15pm 1.1 visit - RR 4:00pm Balloon Badminton - SFDR 6:30pm Community Bingo - QLDR	14 9:15am Body Balance - SFDR 10:00am Shopping & Lunch at Tillsonburg Mall - V 2:00pm Games Around The Harvest Table - SFDR 3:30pm EZ Does it- Random Trivia - SFDR 6:30pm Live Music with Terry Carter - Chap	15 10:15am Seated Yoga - SFDR 11:00am Around the Harvest Table - SFDR 1:30pm Residents Council - GLDR 2:30pm Entertainment with the Melody Makers - Chap	16 9:45am Catholic Communion - Chap 10:15am Around The Harvest Table - SFDR 11:00am Readers Corner - SFDR 1:45pm Word Fun - SFDR 3:00pm Bowling - QLDR 4:00pm Art & Crafts - SFDR 6:30pm Bean Bag Toss - SFDR	17 2:00pm Around The Harvest Table - SFDR 2:30pm Bingo - GLDR 4:00pm Who Am I? - SFDR 6:30pm Sing Along - SFDR
18 1:30pm Name That Tune - SFDR 2:30pm Hymn Sing - Chap 4:00pm Friendly Visits - SFDR 6:30pm Dance Club - SFDR	19 10:15am 1.1s - RR 11:00am Bean Bag Toss - SFDR 1:45pm Card Games - SFDR	20 10:00am Scenic Drive & Tim Horton's Coffee - V 1:15pm Healing Hands - SFDR 2:00pm Manicures - V 2:30pm Bingo - QLDR 4:00pm Montessori - SFDR 6:30pm Drumming Circle - SFDR	21 9:15am Body Balance - SFDR 10:15am Around The Harvest Table - SFDR 11:00am Hang Man - SFDR 2:30pm Birthday Party with Brent M - Chap 4:00pm Crafters Corner - SFDR 4:00pm Montessori - SFDR 6:30pm Movie and Munchies - SFDR	22 9:15am Get Energized - SFDR 2:00pm Around The Harvest Table - SFDR 3:15pm Hand Massages - SFDR 4:00pm Ladder Ball - SFDR 6:30pm Name That Tune - SFDR	23 9:15am Stretching Class - SFDR 9:45am Catholic Communion - Chap 2:00pm Dance Club - SFDR 3:00pm Bowling - QLDR 4:00pm Games - SFDR 6:30pm Karaoke - Chap	24 10:15am Friendly Visits - SFDR 11:00am Word Fun - SFDR 1:45pm Balloon Badminton - SFDR 2:30pm Bingo - GLDR 3:45pm Coffee Hour - SFDR
25 10:15am Hymn Sing - Chap 11:30am Around The Harvest Table - SFDR 1:30pm Trip to Hewitt's Dairy Bar - V	26 10:15am Hand Massages - SFDR 11:00am Seated Yoga - SFDR 1:45pm EZ Does it- Random Trivia - SFDR 3:00pm Art & Crafts - SFDR	27 10:15am God Cares with Wilma - Chap 11:30am December & January Birthday Lunch - Chap 2:00pm Music With Krystina - SFDR 2:00pm Who Am I? - SFDR 2:30pm Bingo - QLDR 4:00pm Card Games - SFDR 6:30pm Coffee Hour - SFDR	28 9:15am Body Balance - SFDR 10:00am Church Service with Pastor Kring - Chap 1:45pm Bistro Visits - RR 4:00pm Drumming Circle - SFDR 6:30pm Word Fun - SFDR	29 10:15am Friendly Visits - SFDR 11:00am Balloon badminton - SFDR 1:45pm Montessori - SFDR 3:00pm Around the Harvest Table - SFDR	30 9:45am Catholic Communion - Chap 10:15am Children's Choir Performance - Chap 1:45pm Around The Harvest Table - SFDR 3:00pm Bowling - QLDR 4:00pm Sing Along - SFDR 6:30pm Discussion Group - SFDR	31 1:45pm Around The Harvest Table - SFDR 2:30pm Bingo - GLDR 4:00pm EZ Does it- Random Trivia - SFDR 6:30pm Sing Along - SFDR