



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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Locations Legend
 2nd Floor Sitting Room (2nd)
 Activity Room (AR)
 3rd Floor Sitting Room (3rd)
 Room to Room (RR)
 Beauty Salon (BS)
 Gathering Room (GR)
 Main Dining Room (MDR)
 Room to Room (RR)
 2nd Floor nurses station sitting area (NS)
 Outside (Out)
 Cobourg Community Centre (CCC)
 2nd and 3rd Floor Sitting Room (2/3)
 3rd floor Nurse's station (3 NS)

9:30 Group Exercise (2nd) **1**
 10:00 Group Exercise (3rd)
 10:00 Friendly Visits (RR)
 2:00 Swing Bowl (2nd)

10:00 Short Stories (AR) **2**
 2:00 Bingo (AR)

Advent Begins **3**
 9:30 Church Radio/TV (2nd)
 9:30 Church Radio/TV (3rd)
 10:00 Bible Study (AR)
 2:00 Armchair Safari (AR)

9:30 Group Exercise (2nd) **4**
 10:00 Group Exercise (3rd)
 10:00 Crafts (2nd)
 2:00 Fancy Fingers (RR)
 2:00 Sensory Tea (2nd)
 6:30 Kings in the Corner (AR)

TCS Students **5**
 9:30 Plant Care (RR)
 10:00 Java Music (3rd)
 10:00 Tai-Chi (3rd)
 10:00 Christmas Reminiscing (RR)
 2:00 Bingo (2nd)
 2:00 Bingo (3rd)

TCS Students **6**
 Hairdresser (BS)
 9:30 Group Exercise (2nd)
 10:00 Group Exercise (3rd)
 10:00 Trivia (2nd)
 2:00 Alley Bowling (MDR)
 2:00 Baking (AR)
 4:00 Pet Therapy (RR)
 6:30 Family Christmas Party (MDR)

TCS Students **7**
 Music Therapy (RR)
 Hairdresser (BS)
 Hanukkah Begins
 8:00 Ladies Breakfast Club (AR)
 10:00 Fancy Fingers (NS)
 10:00 Hand Massages (3rd)
 10:00 Tai-Chi (2nd)
 2:00 Resident Christmas Concert with Ruth (2nd)
 2:00 Crafts (AR)

9:30 Group Exercise (2nd) **8**
 10:00 Group Exercise (3rd)
 10:30 Trivia (3rd)
 2:00 Crafts (AR)
 6:30 Ladies Choice (GR)

10:00 Saturday Morning Coffee Club (AR) **9**
 2:00 Bingo (2nd)

9:30 Church Radio/TV (2nd) **10**
 9:30 Church Radio/TV (3rd)
 10:00 Bible Study (GR)
 2:00 Cribbage (GR)

Holiday Spirit Week **11**
 9:30 Group Exercise (2nd)
 10:00 Group Exercise (3rd)
 10:00 Short Stories (AR)
 2:00 Crafts (2nd)
 2:00 Baking (3rd)
 6:30 Wii Games (AR)

Holiday Spirit Week **12**
 10:00 Chair Yoga (3rd)
 10:00 Bingo (AR)
 10:00 Chef's Table at Home (2nd)
 2:00 Entertainment- Resident Christmas Party With Corby Leigh Kemp (MDR)

Holiday Spirit Week **13**
 Hairdresser (BS)
 9:30 Group Exercise (2nd)
 10:00 Group Exercise (3rd)
 10:00 Christmas Reminiscing (2nd)
 10:30 Java Music (3rd)
 2:00 Friends of the Humane Society (AR)
 4:00 Pet Therapy (RR)
 6:30 Sing A Long (GR)

Holiday Spirit Week **14**
 Music Therapy (RR)
 Hairdresser (BS)
 8:00 Men's Breakfast Club (GR)
 10:00 Chair Yoga (2nd)
 10:00 Fancy Fingers (NS)
 1:30 Creative Art (2nd)
 2:00 Word Games (AR)
 6:30 Magic Show (CCC)

Holiday Spirit Week **15**
 9:30 Group Exercise (2nd)
 10:00 Group Exercise (3rd)
 10:00 Holiday Mind Joggers (2nd)
 2:00 Crafts (2nd)
 2:00 Christmas Cookie Social (AR)
 6:30 Kings in the Corner (AR)

10:00 Yahtzee (AR) **16**
 2:00 Bingo (AR)

9:30 Church Radio/TV (2nd) **17**
 9:30 Church Radio/TV (3rd)
 10:00 Bible Study (AR)
 11:00 Catholic Church (AR)
 2:00 Movie Magic Cinema Club (GR)

9:30 Group Exercise (2nd) **18**
 9:30 Mobile Book Cart (RR)
 10:00 Group Exercise (3rd)
 10:00 Short Stories (RR)
 2:00 Fancy Fingers (RR)
 2:00 Christmas Gathering (2nd)
 6:00 Christmas Lights Tour (Out)

10:00 Resident Council (AR) **19**
 10:00 National Geographic (RR)
 10:00 Tai-Chi (3rd)
 2:00 Entertainment- Marty Hepburn (MDR)

Hairdresser (BS) **20**
 9:30 Group Exercise (2nd)
 9:30 Giving Tree Mittens Project (AR)
 10:00 Group Exercise (3rd)
 10:00 Baking (AR)
 2:00 Swing Bowl (2nd)
 3:00 Grinch Social (AR)
 4:00 Pet Therapy (RR)
 6:00 Christmas Lights Tour (Out)

Music Therapy (RR) **21**
 Hairdresser (BS)
 10:00 Tai-Chi (2nd)
 10:00 Fancy Fingers (RR)
 2:00 Resident Christmas Concert with Ruth (3rd)

9:30 Group Exercise (2nd) **22**
 10:00 Group Exercise (3rd)
 10:30 Java Music (3rd)
 2:00 Reading Group (AR)

10:00 Skip Bo (AR) **23**
 2:00 Bingo (AR)

Christmas Eve **24**
 9:30 Church Radio/TV (2nd)
 9:30 Church Radio/TV (3rd)
 10:00 Fancy Fingers (3rd)
 10:00 Bible Study (AR)
 2:00 Movie Magic Cinema Club (GR)

Christmas Day **25**
 9:30 Group Exercise (2nd)
 10:00 Group Exercise (3rd)
 10:00 Giving Tree (2/3)
 2:00 Music Hour with Google (3 NS)

Boxing Day **26**
 10:00 Chair Yoga (3rd)
 10:00 Hand Massages (RR)
 10:00 Bingo (AR)
 2:00 Entertainment- Darlene and The Shamrock (MDR)

Hairdresser (BS) **27**
 9:30 Group Exercise (2nd)
 10:00 Group Exercise (3rd)
 10:30 Conversation Circle (3rd)
 2:00 Cards (AR)
 4:00 Pet Therapy (RR)
 6:30 Sing A Long (GR)

Music Therapy (RR) **28**
 Hairdresser (BS)
 10:00 Chair Yoga (2nd)
 10:00 Fancy Fingers (2nd)
 1:00 BINGO (2nd)
 2:00 Sequence (AR)
 10:30 Who am I? (2nd)

9:30 Group Exercise (2nd) **29**
 10:00 Group Exercise (3rd)
 2:00 Crafts (2nd)
 2:00 Men's Club (AR)
 10:00 Trivia (2nd)

10:00 Saturday Morning Coffee Club (AR) **30**
 2:00 Bingo (2nd)

New Years Eve **31**
 9:30 Church Radio/TV (2nd)
 9:30 Church Radio/TV (3rd)
 10:00 Bible Study (RR)
 2:00 New Years Eve Social (AR)

Alternatively, self directed activities are available on the 2nd and 3rd floor. These activities are located at the Nursing Station. Please ask a staff member for assistance in obtaining these items, if required.

Family is the ultimate Christmas gift.
 Filled with love, laughter and endless support.
 You're a priceless present year round.
 Happy Holidays