

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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Locations Legend

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| Activity Room (AR) 2nd Floor Sitting Room (2nd) Room to Room (RR) 3rd Floor Sitting Room (3rd) Gathering Room (GR) Beauty Salon (BS) 2nd Floor nurses station sitting area (NS) | Room to Room (RR) Main Dining Room (MDR) 2nd and 3rd Floor Sitting Room (2/3) Main Floor (MF) 3rd floor Nurse's station (3 NS) North Sitting Area 2nd Floor (NSA2) |
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| Music Therapy (RR) 1 |
| Hairdresser (BS) |
| 8:00 Ladies Breakfast Club (GR) |
| 10:00 Chair Yoga (2nd) |
| 10:00 Fancy Fingers (NS) |
| 10:00 Pictures in Motion (AR) |
| 1:30 Creative Art (RR) |
| 2:00 Bingo (AR) |
| 6:30 Embers intergenerational program (MF) |

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| 9:30 Group Exercise (2nd) 2 |
| 10:00 Group Exercise (3rd) |
| 10:00 One to One (RR) |
| 2:00 Baking (AR) |
| 6:30 Dice Poker (AR) |

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| 10:00 Saturday Morning Coffee Club (AR) 3 |
| 2:00 Hockey Social (GR) |
| 2:00 Bingo (AR) |
| 6:30 Ladies Choice (GR) |

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| 9:30 Church Radio/TV (2nd) 4 |
| 10:00 Bible Stories (RR) |
| 2:00 Entertainment- Marg Connor (MDR) |
| 6:30 Armchair Safari (AR) |

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| 9:30 Group Exercise (2nd) 5 |
| 10:00 Group Exercise (3rd) |
| 10:30 Who am I? (3rd) |
| 2:00 Flower Arranging (AR) |
| 6:30 Sequence (GR) |

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| 10:00 Plant Care (RR) 6 |
| 10:00 Hand Massages (3 NS) |
| 10:00 Tai-Chi (3rd) |
| 2:00 Entertainment- Art Lajambe (MDR)  |

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| Hairdresser (BS) 7 |
| 9:30 Group Exercise (2nd) |
| 10:00 Group Exercise (3rd) |
| 10:00 Friends of the Humane Society (RR) |
| 10:00 Short Stories (AR) |
| 2:00 Nail Spa (RR) |
| 2:00 Friends of the Humane Society - Cookies (AR) |
| 4:00 Pet Therapy (RR) |
| 6:30 Wii Games (AR) |


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| Music Therapy (RR) 8 |
| Hairdresser (BS) |
| 8:00 Ladies Breakfast Club (GR) |
| 10:00 Fancy Fingers (NS) |
| 10:00 Mobile Book Cart (RR) |
| 10:00 Tai-Chi (2nd) |
| 1:30 Creative Art (RR) |
| 2:00 Yahtzee (AR) |

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| 9:30 Group Exercise (2nd) 9 |
| 10:00 Group Exercise (3rd) |
| 10:00 Hand Massages (RR) |
| 10:00 Magazine Hunt (2nd) |
| 2:00 Kings in the Corner (AR) |
| 2:00 Swing Bowl (2nd) |

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| 10:00 Comedy Hour (AR) 10 |
| 2:00 Bingo (AR) |

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| 9:30 Church Radio/TV (2nd) 11 |
| 9:30 Church Radio/TV (2/3) |
| 10:00 Bible Study (AR) |
| 2:00 Movie Magic Cinema Club (AR) |


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| 9:30 Group Exercise (2nd) 12 |
| 10:00 Group Exercise (3rd) |
| 10:00 Trivia-Valentines (RR) |
| 2:00 Fancy Fingers (RR) |
| 2:00 Social-Secret Admirers (2nd) |
| 6:30 Sequence (AR) |

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| 10:00 Chair Yoga (3rd) 13 |
| 10:00 Plant Care (RR) |
| 10:00 Short Story (AR) |
| 2:00 Bingo (3rd) |
| 2:00 Bingo (2nd)  |

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| Hairdresser (BS) 14 |
| 9:30 Group Exercise (2nd) |
| 10:00 Group Exercise (3rd) |
| 10:00 Short Stories- Valentines (RR) |
| 12:00 Diners Club (AR) |
| 2:00 Valentines Social (AR) |
| 2:00 Valentine's Cart- Sweet Heart Shakes (RR) |
| 4:00 Pet Therapy (RR) |
| 6:00 Movie Magic Cinema Club (GR) |


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| Music Therapy (RR) 15 |
| Hairdresser (BS) |
| 10:00 Chair Yoga (2nd) |
| 10:00 Fancy Fingers (NS) |
| 10:00 One to One Visits (RR) |
| 2:00 Word Games (AR) |
| 2:00 Salvation Army Church Service (2nd) |

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| 9:30 Group Exercise (2nd) 16 |
| 10:00 Group Exercise (3rd) |
| 10:00 Bird Talk (AR) |
| 2:00 Social of the Month (AR) |
| 6:30 Ladies Choice (GR) |

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| 10:00 Saturday Morning Coffee Club (2nd) 17 |
| 2:00 Bingo (AR) |
| 2:00 Armchair Safari (AR) |
| 6:30 Cribbage (AR)  |

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| 9:30 Church Radio/TV (2nd) 18 |
| 11:00 Catholic Church (AR) |
| 2:00 Wii Games (AR) |
| 2:00 Games (2nd) |
| 6:30 Sequence (AR) |


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| 9:30 Group Exercise (2nd) 19 |
| 10:00 Group Exercise (3rd) |
| 10:00 Conversation Circle (AR) |
| 2:00 Resident Food Council (AR) |
| 2:00 Magazine Hunt (AR) |
| 6:30 Cribbage (AR) |

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| 10:00 Chair Yoga (3rd) 20 |
| 10:00 Plant Care (RR) |
| 2:00 Bingo (3rd) |
| 2:00 Bingo (2nd)  |


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| Hairdresser (BS) 21 |
| 9:30 Group Exercise (2nd) |
| 10:00 Group Exercise (3rd) |
| 10:00 Golden Souls (NSA2) |
| 2:00 Aroma sensory (AR) |
| 2:00 Crafts-Shamrocks (2nd) |
| 4:00 Pet Therapy (RR) |
| 6:30 Sing A Long (GR) |


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| Music Therapy (RR) 22 |
| Hairdresser (BS) |
| 8:00 Mens Breakfast Club (GR) |
| 10:00 Chair Yoga (2nd) |
| 10:00 Fancy Fingers (NS) |
| 10:00 Who am I? (3rd) |
| 1:30 Creative Art (RR) |
| 1:45 Residents choice (AR) |

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| 9:30 Group Exercise (2nd) 23 |
| 10:00 Group Exercise (3rd) |
| 10:00 Friendly Visits (RR) |
| 2:00 Swing Bowl (2nd) |
| 2:30 Men's Club (AR) |
| 6:30 Dice Poker (AR) |

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| 10:00 Woman's World (AR) 24 |
| 2:00 Bingo (AR)  |

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| 9:30 Church Radio/TV (2nd) 25 |
| 9:30 Church Radio/TV (2/3) |
| 10:00 Bible Study (AR) |
| 2:00 Archeological Wonders (AR) |

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| 9:30 Group Exercise (2nd) 26 |
| 10:00 Group Exercise (3rd) |
| 10:00 Plant Care (RR) |
| 2:00 Fancy Fingers (RR) |
| 2:00 BINGO (2nd) |
| 6:30 Kings in the Corner (AR)  |

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| 10:00 Chair Yoga (3rd) 27 |
| 10:00 Resident Council (AR) |
| 2:00 Entertainment- Darlene and The Shamrock (MDR)  |

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| Hairdresser (BS) 28 |
| 9:30 Group Exercise (2nd) |
| 10:00 Group Exercise (3rd) |
| 10:00 Friends of the Humane Society (RR) |
| 2:00 photography club (AR) |
| 2:00 St. Johns Church Service (2nd) |
| 4:00 Pet Therapy (RR) |
| 6:30 Sequence (AR) |

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| Music Therapy (RR) 29 |
| Hairdresser (BS) |
| 8:00 Ladies Breakfast Club (GR) |
| 10:00 Chair Yoga (2nd) |
| 10:00 Fancy Fingers (NS) |
| 10:00 Pictures in Motion (3rd) |
| 1:30 Creative Art (RR) |
| 2:00 Armchair Safari (AR) |

Dimensions Of Wellness Legend

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| Social |
| Emotional |
| Intellectual |
| Physical |
| Spiritual |

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.

