


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please Note: Changes to programs may occur due to unforeseen circumstances. It is important that you check the daily notice board in elevators and near front desk for up-to-date changes or call 6556 to hear the daily activities.</p>	<p>If you have any questions about recreation programs, please contact Amanda Brown at 8640</p> 				<p>1</p> <ul style="list-style-type: none"> ■ 10:15 Chair Yoga (FC) ■ 10:45 Meditation (PAH) ■ 2:00 Coffee at the Vinyl Café (PAH) ■ 7:30 Pub Night with Alex Vaughan (C1) <p><i>Terry Fox Fundraiser 50/50 Starts Today- see notices</i></p>	<p>2</p> <ul style="list-style-type: none"> ■ 10:15 Fun & Fitness (B2) ■ 2:00 You Be the Judge- Real Court Case Discussion & Debate (B2)
3	4	5	6	7	8	9
<ul style="list-style-type: none"> ■ 10:00 Televised Mass (B2) ■ 10:30 Colouring for the Soul (PAH) ■ 2:00 Sing Along (B2) 	<p>Labour Day</p> <p>Resident Led Activities</p>	<ul style="list-style-type: none"> ■ 10:15 Strength & Balance Fitness (FC) ■ 10:30 Resident Led Craft Group (C4) ■ 2:00 Resident Led Cribbage (C3) ■ 2:00 Concert with Leander Mendoza (GP) ■ 6:30 Gentle Stretches (B2) 	<ul style="list-style-type: none"> ■ 10:30 Catholic Communion (GP) ■ 11:00 Drum-n-Fitness (FC) ■ 1:30 Fairview United Televised Service (PAH) ■ 2:00 Tech Talk (portable tech help, Café) ■ 6:30 Chicken Soup for the Soul (B2) 	<ul style="list-style-type: none"> ■ 11:00 Fun & Fitness (FC) ■ 2:00 Art on Your Own (PAH) ■ 2:00 Pondering Poetry (Café) 	<ul style="list-style-type: none"> ■ 10:15 Chair Yoga (FC) ■ 10:45 Meditation (PAH) ■ 2:00 Ice Cream Social (GP) ■ 7:30 Pub Night with John DeWolfe (C1) 	<ul style="list-style-type: none"> ■ 10:15 Fun & Fitness (B2) ■ 10:45 Trivia Train (B2) ■ 2:00 Bean Bag Toss (B2)
10	11	12	13	14	15 Terry Fox Events Day	16
<ul style="list-style-type: none"> ■ 10:00 Televised Mass (B2) ■ 10:30 Standercise (FC) ■ 10:30 Colouring for the Soul (PAH) ■ 2:00 Documentary & Discussion Our Planet: Fresh Water with David Attenborough (B2) 	<ul style="list-style-type: none"> ■ 10:00 Zumba Gold (GP) ■ 11:00 Brain Games (B2) ■ 2:00 Survey Social (GP) ■ 7:00 Meditation & Relaxation (A2) 	<ul style="list-style-type: none"> ■ 10:15 Resident Quality of Life Survey Social (C1) ■ 10:30 Resident Led Craft Group (C4) ■ 2:00 Resident Led Cribbage (C3) ■ 2:00 Teacher's Tea (Café) ■ 2:00 Parkland U- Meteorology: Clouds, Stability, and Buoyancy, Pt. 1 & 2) ■ 6:30 Gentle Stretches (B2) 	<ul style="list-style-type: none"> ■ 10:30 Catholic Communion (GP) ■ 11:00 Drum-n-Fitness (FC) ■ 1:30 Fairview United Televised Service (PAH) ■ 2:00 Sacred Songs with Irene & Friends (GP) ■ 6:30 Tai Chi (B2) 	<ul style="list-style-type: none"> ■ 11:00 Fun & Fitness (FC) ■ 2:00 Art on Your Own (PAH) ■ 2:00 Tech Talk (portable tech help, Café) ■ 6:30 Sing Along (B2) 	<ul style="list-style-type: none"> ■ 10:15 Terry Fox Silver Fox Walk & Wheel Fundraiser (Front Courtyard) ■ 11:00 Terry Fox 50/50 Draw (Front Courtyard) ■ 1:45 The Original 1983 Film- The Terry Fox Story (GP) ■ 7:30 Pub Night with John Drakes (C1) 	<ul style="list-style-type: none"> ■ 10:15 Fun & Fitness (B2) ■ 10:45 Laughter Morning (B2) ■ 2:00 BINGO (B2)

Six Dimensions of the Harmony Wellness Program (Colour Key)

- Social
- Emotional
- Physical
- Intellectual
- Spiritual
- Vocational

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<p>17</p> <p>10:00 Televised Mass (B2)</p> <p>10:30 Zumba Gold (GP)</p> <p>10:30 Colouring for the Soul (PAH)</p> <p>2:00 Over & Under: Fun Facts Game (B2)</p>	<p>18</p> <p>10:00 Tai Chi (FC)</p> <p>2:00 Birthday Party with John DeWolfe (GP)</p> <p>7:00 Chicken soup for the soul (B2)</p>	<p>19</p> <p>10:00-12:00 Hearing Aid Cleaning (provided by Clayton Park Audiology, PAH)</p> <p>10:15 Strength & Balance Fitness (FC)</p> <p>10:30 Resident Led Craft Group (C4)</p> <p>2:00 Parkland U-Meteorology: Clouds, Stability, and Buoyancy, Pt. 1 & 2)</p> <p>2:00 Resident Led Cribbage (C3)</p> <p>6:30 Aroma Therapy (B2)</p>	<p>20</p> <p>10:30 Catholic Communion (GP)</p> <p>11:00 Drum-n-Fitness (FC)</p> <p>1:30 Fairview United Televised Service (PAH)</p> <p>2:00 Art Afternoon-Easy Abstract (GP)</p> <p>2:00 Tech Talk (portable tech help, Café)</p> <p>6:30 Gentle Stretches (B2)</p>	<p>21</p> <p>11:00 Fun & Fitness (FC)</p> <p>2:00 Art on Your Own (PAH)</p> <p>2:00 Short Story Group (Pick up your story: Golden Years by Kaliane Bradley (winner of Harper's Bazaar '22 short story contest); outside the Wellness Office; Café)</p> <p>6:30 Sing Along (B2)</p>	<p>22</p> <p>10:15 Chair Yoga (FC)</p> <p>10:45 Meditation (PAH)</p> <p>2:00 Quiz Master (Jeopardy style game played on teams, PAH)</p> <p>7:30 Pub Night with The Bellimen (C1)</p>	<p>23</p> <p>10:15 Fun & Fitness (B2)</p> <p>10:45 Trivia Train (B2)</p> <p>2:00 Memory Madness (B2)</p>
<p>24</p> <p>10:00 Televised Mass (B2)</p> <p>10:30 Standercise (A2)</p> <p>10:30 Coullouring for the Soul (PAH)</p> <p>2:00 Close Count (Fun Facts Game) (B2)</p>	<p>25</p> <p>10:00 Zumba Gold (GP)</p> <p>11:00 Brain Games (B2)</p> <p>1:45 Televised Concert: Tony Bennett-Legends in Concert- The Sound of Velvet (PAH)</p> <p>6:45 Dog Therapy (B1)</p> <p>7:00 Laughter Nights (B2)</p>	<p>26</p> <p>10:15 Strength & Balance Fitness (FC)</p> <p>10:30 Resident Led Craft Group (C4)</p> <p>10:30 Rockingham United Church (B2)</p> <p>2:00 Cameron Resident's Meeting with Managers (GP)</p> <p>2:00 Resident Led Cribbage (C3)</p> <p>6:30 30 Sec Mysteries: Fun Brain Game (B2)</p>	<p>27</p> <p>10:30 Catholic Communion (GP)</p> <p>11:00 Drum-n-Fitness (FC)</p> <p>1:30 Fairview United Televised Service (PAH)</p> <p>2:00 Documentary: Inendi: Story of a Residential School Survivor (GP)</p> <p>6:30 Tai Chi (B2)</p> <p>7:30 Movie</p>	<p>28</p> <p>10:30-11:30 Daycare Children's Visit (D2,3,4)</p> <p>11:00 Fun & Fitness (FC)</p> <p>2:00 Concert with Chalmers Doane (GP)</p> <p>2:00 Art on Your Own (PAH)</p> <p>2:00 Tech Talk (portable tech help, Café)</p> <p>6:30 Sing Along (B2)</p>	<p>29</p> <p>10:15 Chair Yoga (FC)</p> <p>10:45 Meditation (PAH)</p> <p>2:00 Retirement Party for Margo (GP)</p> <p>7:30 Pub Night with Derrick & Ruth LeLacheur (C1)</p>	<p>30</p> <p>National Day for Truth & Reconciliation</p> <p>Resident Led Activities</p>

What's Where: Letter represents Building: **A**-Aberdeen, **B**- Bradford, **C**- Cameron, **D**- Drummond; Number represents the floor (1- first floor, etc.); **GP**- Garden Pavilion (located between Bradford and Cameron off pedway); **FC**- Fitness Centre (located between Bradford and Cameron off pedway); **PAH**- Pavilion Art & Hobby Room (located next to the Fitness Centre); **Café**- Located between Bradford and Cameron; **CT**- Cameron Theatre (located on Cameron Basement level- use Cameron elevator nearer Cameron Dining Room or Drummond Hall; *Some amenity spaces are available for resident personal use when programs are not occurring- these spaces are represented below with icons.*



Libraries: Aberdeen, Bradford, and Cameron First Floor off the Lobby



Puzzle Tables: Aberdeen & Bradford Parlours and Cameron Third Floor



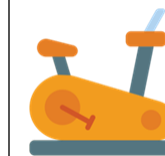
Serenity Room: Drummond Hall Second Floor



TV Rooms: Aberdeen & Bradford Parlours and Second Floor Rec. Rooms; Cameron Dundee Lounge (C1) and Third Floor; Drummond Living Rooms on each Floor; Art & Hobby Room



Game Areas: Pool Table-Cameron Lobby; Shuffleboard Dundee Lounge (C1), Card Supplies Cameron Third floor



Fitness Centre: Located in the Pavilion Treadmill, recumbent elliptical, recumbent stationary bike, water rower, dumbbells, and more



Art & Hobby Room: Located off The Fitness Centre; Art Supplies, TV, Tool Bench; Art Displays, Games & Puzzle Books



Theatre: Cameron Basement Level. *Advanced booking for this space is required*



Outdoor Seating & Walking: Directly outside each entrance, Front Courtyard, Drummond Balconies, Back Gazebo and Walking Path (Accessed via Aberdeen/Bradford Pedway)