Sample 2012

Wellness & Vitality™ Calendar

Legend

WC - Wellness Centre
VWC - VITALIS™ Wellness Centre
VL - VITALIS™ Lounge
CK - Craft Kitchen
RLP - Red Lion Pub
FL - Fireside Lounge
IL - Internet Lounge
+ Chapel
RT- Roxy Theatre
TC - Tea & Cards Area
S - Shuffleboard Courts
P - Pool
L - Library
BR - Boardroom
SO - Solarium

Notes:

mPOWER™

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HAPPY NEW YEAR 8:30 Catholic Mass - RT 9:30 Fun & Fitness - WC 10:00 mPOWER™ - WC 10:30 RR Shuffleboard - S 11:00 Gentle Fitness - VWC 1:15 Catholic Communion + 1:30 Greenhouse Cleanup - SO 2:30 Grace Church Communion Service - + 3:30 New Year's Day Resolution Pub Social Featured Drink: Screwdriver - RLP 7:00 Drop in Bridge - TC 7:00 Movie Night - RT **1**	9:30 Fun & Fitness - WC 10:30 Aqua Basic - P 11:00 Gentle Fitness - VWC 1:30 You've Got Mail - IL 2:00 The Wii Bowling - RT 3:30 Pick Your New Release Movies for January - RT 7:00 Euchre - TC 7:00 Movie Night - RT **2**	9:30 Fun & Fitness - WC 10:00 mPOWER™ - WC **10:15 Metro Grocery** 10:00 mPOWER™ Open House - WC 11:00 Gentle Fitness - VWC **1:00 Bank Stops** 1:30 Paraffin Hand Wax - VL 2:00 Calendar Reading - FL 2:30 Trinity United Church Service - + 3:30 Word Power - L 7:00 Movie Night - RT **3**	10:00 Healthy Vegetable Smoothies - WC 10:00 Senior Fitness Testing - WC 11:00 Gentle Fitness - VWC **1:15 No Frills Grocery** 1:30 Yoga Information Session - WC 2:30 Resident Town Hall Meeting - RT 7:00 Toonie Bingo - TC **4**	9:30 Fun & Fitness - WC 10:00 mPOWER™ - WC 10:15 Zumba with Joie - WC 11:00 Gentle Fitness - VWC 1:30 Computers 101 - IL **2:00 Upper Canada Mall** 2:00 The Wii Bowling - RT 3:30 Dog Visits with Bala –FL 3:30 News & Views - VL 7:00 New Release Movie Night RT **5**	EPIPHANY 9:30 Fun & Fitness - WC 10:30 Aqua Cardio - P 11:00 Gentle Fitness - VWC 1:00 - 3:00 Dismantling of Christmas Decorations - ML 3:00 A Brief History of the World Program Launch - RT 3:30 2nd Floor Pub Social - RLP 7:00 Steel Pan Entertainment with Pan Man Pat - WC **6**	9:30 Energize & Stabilize - WC 10:00 Shi Ba Fa - WC 10:00 Morning Coffee with Manager on Duty - TC 10:00 mPOWER™ - WC 10:30 Paraffin Hand Wax - VL 11:00 Gentle Fitness - VWC **2:00 January Scenic Drive & Coffee Stop** 2:00 Documentary Film: Canada, A Magnificent Journey: Stories of our Past - RT 4:00 Activity Planning Meeting - RLP 7:00 Musical Night - RT **7**
8:30 Catholic Mass - RT 9:30 mPOWER™ - WC 10:30 RR Shuffleboard - S 11:00 Gentle Fitness - VWC 11:30 & 12:45 Sunday Brunch 1:15 Catholic Communion + 1:30 Skype Sessions - IL 2:30 St. Andrew's Presbyterian Church Service - + 3:30 Spelling Bee - RLP 7:00 Drop in Bridge - TC 7:00 Movie Night - RT **8**	9:30 Fun & Fitness - WC 10:30 Aqua Basic - P 11:00 Gentle Fitness - VWC 1:30 You've Got Mail - IL 2:30 Exotic Fruits & Vegetables Part 2 with Joie - RT 3:30 A Brief History of the World: What and Why is World History - RT 7:00 Euchre - TC 7:00 Movie Night - RT **9**	9:30 Fun & Fitness - WC 10:00 mPOWER™ - WC **10:15 Metro Grocery** 1:30 Paraffin Hand Wax -VL 2:00 One on One with Larry 2:00 The Wii Bowling - RT 3:30 Word Power - L 7:00 Doug Abbott Entertains: Hot Jazz & Cool Blues in January- WC **10**	9:30 Fun & Fitness - WC 10:30 Aqua Balance - P 11:00 Gentle Fitness - VWC **1:15 No Frills Grocery** 2:30 Yoga with Zelia - WC 3:00 Resident Appreciation Pub Social - RLP 7:00 Toonie Bingo - TC **11**	9:30 Fun & Fitness - WC 10:00 mPOWER™ - WC 10:15 Zumba with Joie - WC 11:00 Gentle Fitness - VWC 1:00 - 4:00 VITALIS™ Open House - VF 1:30 Computers 101 - IL **1:30 Wal-Mart Superstore** 2:30 Presentation by Lisaan: A Look at North Korea - RT 3:30 Dog Visits with Bala - FL 7:00 New Release Movie Night **12**	9:30 Fun & Fitness - WC 10:30 Aqua Cardio - P 11:00 Gentle Fitness - VWC **11:45 Ladies Lunch at Kelsey's** 2:30 A Brief History of the World: The Neolithic Revolution - RT 3:30 3rd Floor Pub Social RLP 7:00 Entertainment with Steve Vaughan - WC **13**	10:00 mPOWER™ - WC 10:00 Morning Coffee with Manager on Duty - TC 10:30 RR Hole in One Contest 2:00 Andre Rieu and his Johann Strauss Orchestra: And the Waltz Goes On - RT 2:30 VITALIS™ Bridge - VL 3:30 RR Poetry Reading - L 7:00 Musical Night - RT **14**
8:30 Catholic Mass - RT 9:30 mPOWER™ - WC 10:30 RR Shuffleboard - S 1:15 Catholic Communion + 11:00 Gentle Fitness - VWC 1:30 Skype Sessions - IL 2:00 Strawberry Jam Making CK 2:30 Grace Church & Communion - + 7:00 Drop in Bridge - TC 7:00 Movie Night - RT **15**	9:30 Fun & Fitness - WC 10:30 Aqua Basic - P 11:00 Gentle Fitness - VWC 1:30 You've Got Mail - IL 2:00 Ann Balaban Lecture Series: Steve Jobs of Apple: A Biography Book Review - RT 3:30 A Brief History of the World: What is a Civilization - RT 7:00 Euchre - TC 7:00 Movie Night - RT **16**	9:30 Fun & Fitness - WC 10:00 Chats Walker Clinic **10:15 Metro Grocery** 11:00 Gentle Fitness - VWC **11:45 Men's Lunch at The Mandarin** 1:30 Paraffin Hand Wax - VL 2:30 St. Paul's Anglican Church Service & Communion - + 3:30 Word Power - L 7:00 John Odom Entertains - WC **17**	9:30 - 11:30 Blood Pressure Clinic (VITALIS™ Lounge) 9:30 Fun & Fitness - WC 10:00 mPOWER™ - WC 10:30 Aqua Balance - P 11:00 Gentle Fitness - VWC **1:15 No Frills Grocery** 2:00 Dining Services Mtg - PDR **2:30 Trip to the Newmarket Library** 2:30 Yoga with Zelia - WC 3:30 7 Billion Actions Program Launch - RT 7:00 Toonie Bingo - TC **18**	9:30 Fun & Fitness - WC 10:00 mPOWER™ - WC 10:15 Zumba with Joie - WC 11:00 Gentle Fitness - VWC 1:30 Computers 101 - IL 1:30 Chef Demonstration: Chinese New Year Treats - CK 2:30 The Wii Bowling - RT 3:30 Dog Visits with Bala - FL 7:00 Book Club Meeting - L 7:00 New Release Movie Night - RT **19**	9:30 Fun & Fitness - WC 10:30 Aqua Cardio - P 11:00 Gentle Fitness - VWC **11:45 Lunch at Cynthia's** 2:30 A Brief History of the World: The Classical Period in World History - RT 3:30 4th Floor Pub Social - RLP 7:00 Movie Night - RT **20**	9:30 Energize & Stabilize - WC 10:00 mPOWER™ - WC 10:00 Morning Coffee with Manager on Duty - TC 10:30 Paraffin Hand Wax - VL 10:30 RR Hole in One Contest 11:00 Gentle Fitness - WC 2:30 Orient Dance Company Entertains - WC 3:30 Chinese New Year Pub Social - RLP 7:00 Musical Night - RT **21**
WINTERFEST 8:30 Catholic Mass - RT 9:30 mPOWER™ - WC 10:30 RR Shuffleboard - S 11:00 Gentle Fitness - VWC 1:15 Catholic Communion + 1:30 Skype Sessions - IL 2:30 VITALIS™ Winterfest Social - VWC 3:00 Salvation Army Church Service - + 4:30 & 5:45 Roast Beef Dinner 7:00 Drop in Bridge - TC 7:00 Movie Night - RT **22**	WINTERFEST CHINESE NEW YEAR 9:30 Fun & Fitness - WC 10:30 Aqua Basic - P 11:00 Gentle Fitness - VWC 1:30 You've Got Mail - IL 2:30 Chinese Tea Tasting - RLP 3:30 A Brief History of the World: Cultural Change in the Classical Period - RT 7:00 Euchre - TC 7:00 Movie Night - RT **23**	WINTERFEST 9:30 Fun & Fitness - WC 10:00 mPOWER™ - WC **10:15 Metro Grocery** 11:00 Gentle Fitness **11:45 Jack & Jill Luncheon at Swiss Chalet** 1:30 Paraffin Hand Wax - VL 2:00 One on One with Larry 2:30 Staff & Resident Winterfest Obstacle Course - WC 7:00 Bingo - TC **24**	WINTERFEST ROBBIE BURNS DAY 9:30 Fun & Fitness - WC 10:00 mPOWER™ - WC 10:00 Shi Ba Fa - WC 10:30 Aqua Balance - P 11:00 Gentle Fitness - VWC **11:45 Grace Church Luncheon** **1:15 No Frills Grocery** 2:30 Yoga with Zelia - WC 3:30 7 Billion Actions Session 1: Breaking the Cycle of Poverty & Inequality - RT 5:15 Robbie Burns Dinner: Addressing the Haggis - MDR 7:00 Robbie Burns Entertainment - WC **25**	WINTERFEST 9:30 Fun & Fitness - WC 10:00 mPOWER™ - WC 10:00 Resident Council Meeting - BR 10:15 Zumba with Joie - WC 11:00 Gentle Fitness - VWC **2:00 Upper Canada Mall** 2:00 - 4:00 HELPING HANDS Staff Chili Cook Off & Taste Testing - CK/ML 3:30 News & Views - VL 3:30 Dog Visits with Bala - FL 7:00 New Release Movie - RT **26**	WINTERFEST 9:30 Fun & Fitness - WC 10:30 Aqua Cardio - P 11:00 Gentle Fitness - VWC **1:00 Bank Stops** 2:30 Winterfest Fashion Show: Winter Fashions of the Decades - RT 3:30 Winterfest Ice Wine Social - RLP 7:00 Winterfest Entertainment with Marty Oakes - WC **27**	WINTERFEST 9:30 Energize & Stabilize –WC 10:00 mPOWER™ - WC 10:00 Morning Coffee with Manager on Duty - TC 10:30 Paraffin Hand Wax - VL 10:30 RR Hole in One Contest - 11:00 Gentle Fitness - VWC 2:00 Art Appreciation with Taylor Smart: Artist Marc Chagall - RT 3:00 Art Appreciation Practical - CK 6:30 Winterlicious Gourmet Dinner 7:00 Movie Night - RT **28**
8:30 Catholic Mass - RT 9:30 mPOWER™ - WC 10:30 RR Shuffleboard - S 11:00 Gentle Fitness - VWC 12:30 Lunch with Larry 1:30 Skype Sessions - IL 2:00 Roxy Missions Safari - RT 3:30 Wheel of Fortune - RLP 7:00 Drop in Bridge - TC 7:00 Movie Night - RT **29**	9:30 Fun & Fitness - WC 10:30 Aqua Basic - P 11:00 Gentle Fitness - VWC 1:30 You've Got Mail - IL 2:00 Music Appreciation with Joseph Sharon: The Performer's Nightmare - RT 3:30 A Brief History of the World: Social Inequalities in Classical Societies - RT 7:00 Euchre - TC 7:00 Movie Night - RT **30**	9:30 Fun & Fitness - WC 10:00 mPOWER™ - WC **10:15 Metro Grocery** 11:00 Gentle Fitness - VWC *11:00 - 3:00 Baubles & Gems* **11:45 Lunch at Boston Pizza** 1:30 Paraffin Hand Wax - V 2:30 Resident Biography Series: Joe Prophet - WC 3:30 Word Power - L 7:00 January Birthday Party with Joe Passion - WC **31**				

AMICA™ at Newmarket