

# A Month Full of Fun at Amica!

## SAMPLE ACTIVITY & EVENTS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	9:00 am Stretch for Arthritis Relief Fitness mPOWER™ Crafts Bridge	9:00, 10:30, 11:30 am mPOWER™ 10:00 am At Home Banking – Scotia Bank 3:00 pm Afternoon Tea Open House 6:30 pm Pottery Class 7:30 pm Euchre Tournament	9:30 am Yoga 9:30 am Painting & Drawing 10:00 am Doctor's Clinic 11:00 am Computers	10:00 am Fitness 10:45 am mPOWER™ 1:30 pm Shopping Trip 2:30 pm Crafts 10:00 am – 6:30 pm Jubilee Coach Tour	9:30 am Yoga 9:30, 10:30 am mPOWER™ 3:00 pm Knitting Nook	11:00 am Tai Chi 2:30 pm Travelogue – Singapore 5:00 pm Happy Hour 7:30 pm Movie Night – "Casablanca"
7	8	9	10	11		
10:00 am mPOWER™ 2:30 pm Local Theatre Event 5:00 pm Texas Round Up & BBQ	9:00 am Stretch for Arthritis Relief 10:00 am Fitness 10:45 am mPOWER™ 11:45 am Dine-Out 2:30 pm Crafts 7:15 pm Bridge	9:30, 10:30, 11:30 am mPOWER™ 10:00 am TD Bank All Day – Coach Tour Pottery Class Evening Concert	9:30 am Yoga 9:30 am Painting & Drawing 10:00 am Doctor's Clinic 11:30 am Lunch & a Matinee 2:30 pm Massage Therapy 3:00 pm Seminar – Succession Planning	10:00 am Fitness 10:45 am mPOWER™ 1:30 pm Art Gallery 7:00 pm Evening Concert	9:30 am Yoga 9:30, 10:30 am mPOWER™ 2:00 pm Euchre 7:30 pm Ballroom Dance Lessons	2:30 pm Travelogue – Singapore 5:00 pm Happy Hour 7:30 pm Movie Night – "Gone With The Wind"
14	15	16	17	18	19	20
10:00 am mPOWER™ Family Brunch – invite your loved ones 3:00 pm Presbyterian Service 4:00 pm Hawaiian Luau	9:00 am Stretch for Arthritis Relief 10:00 am Fitness 10:45 am mPOWER™ 11:45 am Dine-Out 2:30 pm Crafts 7:15 pm Bridge	9:30, 10:30, 11:30 am mPOWER™ 10:00 am Scotia Bank 11:00 am Blood Pressure Clinic 4:00 pm Bridge Party 6:30 pm Pottery Class	9:30 am Yoga 10:00 am Doctor's Clinic 11:00 am Woodworking 3:00 pm Seminar – Investing 7:30 pm Evening Concert	10:00 am Fitness 10:45 am mPOWER™ 1:30 pm Shopping Trip 2:30 pm Crafts 7:30 pm Health Walk	9:30 am Yoga 9:30, 10:30 am mPOWER™ 3:00 pm Knitting Nook 7:30 pm Bridge Tournament	11:00 am Tai Chi 6:00 pm Pub Night
21	22	23	24	25	26	27
10:00 am Aquafit 3:00 pm United Church Service 4:00 pm Helping Hands Fundraiser 6:30 pm Coffee Club	9:00 am Stretch for Arthritis Relief 10:00 am Fitness 10:45 am mPOWER™ 2:30 pm Wheel of Fortune 7:15 pm Bridge	9:30, 10:30, 11:30 am mPOWER™ 10:00 am TD Bank 2:30 pm Monthly Birthday Party 7:30 pm Evening Concert	9:30 am Painting & Drawing 10:00 am Blood Pressure Clinic 11:00 am Computers 2:30 pm Book Signing 3:00 pm Seminar – C Line Banking	10:00 am Fitness 10:45 am mPOWER™ 1:30 pm Shopping Trip 2:30 pm Crafts 7:30 pm Ballroom Dance Lessons	9:30 am Yoga 9:30, 10:30 am mPOWER™ 3:00 pm Knitting Nook 6:00 pm Pub Night	8:00 am Manager's Breakfast 2:30 pm Travelogue -England 7:30 pm Movie Night – "An Affair to Remember"
28	29	30				
10:00 am mPOWER™ 3:00 pm Afternoon Tea 6:30 pm Coffee Club 7:30 pm Local Theatre Production	10:00 am Fitness 10:45 am mPOWER™ 2:30 pm Crafts 4:00pm Catholic Mass 7:15 pm Bridge	9:30, 10:30, 11:30 am mPOWER™ 2:30 pm Presentation Preventing Fraud 3:00 pm Open House – invite your friends 3:00 pm Carpentry 6:30 pm Newspaper Discussions				

Many communities with pools include Aquafit programs, relaxing swims or both... the choice is yours.

Experience the mPOWER™ advantage – this strength training and conditioning program makes Amica unique.

Get new ideas from those with shared interests.

Social events abound – meet with the group or that special someone.

Learn ways to improve your Health and Vitality.

Enjoy first class entertainment – right at home.

Take an excursion and enjoy new friends.

Invite your Family or Friends and share Fine Dining with those you love.

Discover new ways to relax and stay fit.

Stay busy – Enjoy a Hobby or Craft – Become the artist you've always dreamed you are.

Stay involved in your community while experiencing the finer things in life.

Learn something new and stay informed – broaden your experience or teach a class.

Enjoy that movie you wanted to see without leaving home.



Our trademarked principles of Wellness & Vitality™ are offered at each and every one of our Amica Mature Lifestyles™ residences across Canada. These Wellness & Vitality™ principles encourage friendships, new experiences, an improved healthy lifestyle and an inviting sense of community. The principles of Wellness & Vitality™ are based on a six-dimension wellness model: Physical, Emotional, Spiritual, Vocational, Intellectual and Social.

*Come Join the Fun... It's the lifestyle you've been waiting for!*