

# ACTIVE LIVING

stay active while having fun

Your journey is unique, and so are your interests and desires.

Our activity calendar is tailored to reflect each resident's interests and aspirations.

What inspires you—art, culture, dance, yoga, or all of the above? You are free to choose what you enjoy, every day.

The calendar is refreshed monthly, and most activities require no prior registration.

Our activity team is always available to help plan experiences that match your mood and interests.

Motivated to live fully — active, fit, and engaged.



## Festive Moments

Laughter and great conversations are always part of the fun, whether it's simply being together, enjoying life's special moments, or gathering for a good chat, a glass of wine, a snack, or a few dance steps.

- Themed evenings (happy hour, monthly birthdays, karaoke, etc.)
- Holiday celebrations
- Annual festive gatherings
- And much more!



## Physical & Dance Activities

Staying active promotes well-being, so why not take advantage? Our residences offer a wide variety of sports and dance activities to maintain physical fitness and energy.

- Gentle gymnastics
- Bowling
- Billiards
- Bocce / shuffleboard
- Yoga / Tai Chi
- Dance activities, line dancing, Zumba
- And much more!



## Workshops, Lectures, and Culture

In our common areas, people nurture their intellectual curiosity and continue to learn. It's inspiring! Wonderful encounters and discoveries await you in a dynamic and motivating atmosphere. Come expand your horizons and enrich your knowledge!

- Movies and Shows
- Group outings
- Workshops and lectures
- Classes based on your interests
- And much more!



## Creative and Craft Activities

It's the perfect time to let your talents and creativity shine! From art to crafts, there's something for everyone.

- Painting
- Sewing
- Writing
- Gardening
- Choir
- And much more!



## Community and Intergenerational Activities

The intergenerational activities offered help you connect and fully maintain relationships within the community. These various community initiatives promote sharing, interaction, and well-being.

- Young Entrepreneurs Day
- Christmas Market
- Volunteering
- Involvement with local organizations
- And much more!



## Games and Clubs

Activities that excite you, with people who share the same passions. If you want to get involved and start a new club, you're more than welcome!

- Board Games and Cards
- Interactive team games (quizzes, interactive board, etc.)
- Various clubs (walking, reading, cards, billiards, etc.)
- And much more!



Be sure to ask for the activity calendar during your next visit to the residence!

[cogirseniorliving.ca/activities](http://cogirseniorliving.ca/activities)