



Sample Activity Calendar

INDEPENDENT LIVING

INSPIRED SENIOR LIVING WITH



Sample Activity Calendar | Independent Living

WEEK 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Coffee and Snacks in the Bistro are Available (PB) 10:00 Non-Denominational Church Service (T) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 11:15 Guided Meditation (FC) 1:30 Woman's Discussion Group (B) 2:00 Afternoon Movie Matinee (T) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:00 Mini Curling Game! (PB) 7:00 Old Classics Movie Night (T)	9:30 Coffee and Snacks in the Bistro are Available (PB) 10:30 Strength & Endurance Exercise Class (FC) 11:15 Lawn Bowling! (G3F) 11:45 Gardening Club Lunch and Learn (PB) 2:00 BINGO (CK) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:30 Happy Hour Social in the Pub (PB) 4:15 Tech Help (STS) 7:00 Learning Series in the Movie Theatre (T)	9:30 Coffee and Snacks in the Bistro are Available (PB) 9:30 Outing: Shopping (RSVP) 10:30 Strength & Stretch (FC) 11:15 Strength and Endurance Exercise Class (FC) 2:00 Resident Run Euchre (PB) 2:00 Grafters Corners: String Pull Art (FC) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:00 Java Music Club (LL) 4:00 Ted Talks and Discussion Group (T) 7:00 Games Night in the Pub! (PB)	9:30 Coffee and Snacks in the Bistro are Available (PB) 9:30 Tai Chi Exercise (FC) 10:00 Go 4 Life Walking Club (LO) 10:30 Wordle and Coffee Social (LL) 11:00 Knitting Club (LL) 2:00 Drumfit Exercise Class! (CK) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:00 Live Entertainment (CK) 4:00 Happy Hour Social in the Pub (PB) 7:00 Movie Night! Residents Choice (T)	9:30 Coffee and Snacks in the Bistro are Available (PB) 10:30 Strength & Endurance Exercise Class (FC) 11:00 Lunch Outing (RSVP) 11:15 Zumba Class (FC) 2:00 Fit Minds Stay Sharp (FC) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:00 Scrabble Games! (CK) 3:30 Meet me at the MoMA: Art History (T) 4:00 Tech Help (STS) 7:00 Karaoke Night in the Pub! (PB)	9:30 Yoga (FC) 9:30 Coffee and Snacks in the Bistro are Available (PB) 10:30 Scenic Drive (RSVP) 1:30 Liturgy of the Word (LL) 2:00 History Presentation (T) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:00 Resident Run Rummy (PB) 3:00 Living, Loving, Local Social (PB) 3:30 Latin Chair Dancing Exercise (FC) 4:15 Go 4 Life Walking Club (LO) 7:00 Friday Night Musicals (T)	9:30 Coffee and Snacks in the Bistro are Available (PB) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:00 Morning Smoothies in the Pub! (PB) 10:30 Go 4 Life Walking Club (LO) 11:00 Outing: Trip to the Local Market (RSVP) 2:00 Resident Run Bridge (PB) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:30 Interactive Word Games! (T) 7:00 Award Winning Films (T)
9:30 Coffee and Snacks in the Bistro are Available (PB) 10:00 Non-Denominational Church Service (T) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 11:15 Guided Meditation (FC) 1:30 Woman's Discussion Group (B) 2:00 Afternoon Movie Matinee (T) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:00 Pictionary! (T) 7:00 Old Classics Movie Night (T)	9:30 Coffee and Snacks in the Bistro are Available (PB) 10:30 Strength & Endurance Exercise Class (FC) 11:15 Strength and Endurance Exercise Class (FC) 11:45 Gardening Club Lunch and Learn (PB) 2:00 BINGO (CK) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:30 Happy Hour Social in the Pub (PB) 4:15 Tech Help (STS) 7:00 Learning Series in the Movie Theatre (T)	9:30 Coffee and Snacks in the Bistro are Available (PB) 9:30 Outing: Shopping (RSVP) 10:30 Strength & Stretch (FC) 11:15 Strength and Endurance Exercise Class (FC) 2:00 Resident Run Euchre (PB) 2:00 Grafters Corners: Window Pane Art with Dried Florals (FC) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:00 Java Music Club (LL) 3:30 Chef Demo (CK) 4:00 Ted Talks and Discussion Group (T) 7:00 Games Night in the Pub! (PB)	9:30 Coffee and Snacks in the Bistro are Available (PB) 9:30 Tai Chi Exercise (FC) 10:00 Go 4 Life Walking Club (LO) 10:30 Wordle and Coffee Social (LL) 11:00 Knitting Club (LL) 2:00 Drumfit Exercise Class! (CK) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:00 Artful Enrichment Painting Class (CK) 4:00 Happy Hour Social in the Pub (PB) 7:00 Movie Night! Residents Choice (T)	9:30 Coffee and Snacks in the Bistro are Available (PB) 10:00 Outing Day Trip (RSVP) 10:30 Strength & Endurance Exercise Class (FC) 11:15 Zumba Class (FC) 2:00 Fit Minds Stay Sharp (FC) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:00 Scrabble Games! (CK) 3:30 Meet me at the MoMA: Painting Session (T) 4:00 Tech Help (STS) 7:00 Karaoke Night in the Pub! (PB)	9:30 Yoga (FC) 9:30 Coffee and Snacks in the Bistro are Available (PB) 10:30 Scenic Drive (RSVP) 1:30 Liturgy of the Word (LL) 2:00 History Presentation (T) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:00 Resident Run Rummy (PB) 3:00 Wine and Cheese Social in the Pub! (PB) 3:30 Latin Chair Dancing Exercise (FC) 4:15 Go 4 Life Walking Club (LO) 7:00 Friday Night Musicals (T)	9:30 Coffee and Snacks in the Bistro are Available (PB) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:00 Morning Smoothies in the Pub! (PB) 10:00 Men's Breakfast Club (B) 10:30 Go 4 Life Walking Club (LO) 2:00 Resident Run Bridge (PB) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:30 Interactive Word Games! (T) 7:00 Award Winning Films (T)

WEEK 2

Locations Legend

Pub/Bistro (PB)
Fitness Centre (FC)
Theatre (T)
Country Kitchen (CK)

Library/Lounge (LL)
Outing (RSVP)
Meet in the Lobby (LO)
Suite-to-Suite (STS)

Boardroom (B)
Gazebo (G3F)

Calendar Legend

Outing
Special Program
Resident Run

Living, Loving, Local
Signature Program
Entertainment



Sample Activity Calendar | Independent Living

WEEK 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Coffee and Snacks in the Bistro are Available (PB) 10:00 Non-Denominational Church Service (T) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 11:15 Guided Meditation (FC) 1:30 Woman's Discussion Group (B) 2:00 Afternoon Movie Matinee (T) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:00 Mini Curling Game! (PB) 7:00 Old Classics Movie Night (T)	9:30 Coffee and Snacks in the Bistro are Available (PB) 10:30 Strength & Endurance Exercise Class (FC) 11:15 Strength and Endurance Exercise Class (FC) 11:45 Gardening Club Lunch and Learn (PB) 2:00 BINGO (CK) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:30 Happy Hour Social in the Pub (PB) 4:15 Tech Help (STS) 7:00 Learning Series in the MovieTheatre (T)	9:30 Coffee and Snacks in the Bistro are Available (PB) 9:30 Outing: Shopping (RSVP) 10:30 Strength & Stretch (FC) 11:15 Strength and Endurance Exercise Class (FC) 2:00 Resident Run Euchre (PB) 2:00 Grafters Corners: Spring Tea Cup Floral Arrangements (FC) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:00 Java Music Club (LL) 4:00 Ted Talks and Discussion Group (T) 7:00 Games Night in the Pub! (PB)	9:30 Coffee and Snacks in the Bistro are Available (PB) 9:30 Tai Chi Exercise (FC) 10:00 Go 4 Life Walking Club (LO) 10:30 Word le and Coffee Social (LL) 11:00 Knitting Club (LL) 2:00 Drumfit Exercise Class! (CK) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:00 Live Entertainment (CK) 4:00 Happy Hour Social in the Pub (PB) 7:00 Movie Night! Residents Choice (T)	9:30 Coffee and Snacks in the Bistro are Available (PB) 10:30 Strength & Endurance Exercise Class (FC) 11:00 Lunch Outing (RSVP) 11:15 Zumba Class (FC) 2:00 Fit Minds Stay Sharp (FC) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:00 Scrabble Games! (CK) 3:30 Meet me at the MoMA: Art History (T) 4:00 Tech Help (STS) 7:00 Karaoke Night in the Pub! (PB)	9:30 Yoga (FC) 9:30 Coffee and Snacks in the Bistro are Available (PB) 10:30 Scenic Drive (RSVP) 1:30 Liturgy of the Word (LL) 2:00 Earth Day Presentation (T) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:00 Resident Run Rummy (PB) 3:00 Wine Tasting in the Pub! (PB) 3:30 Latin Chair Dancing Exercise (FC) 4:15 Go 4 Life Walking Club (LO) 7:00 Friday Night Musicals (T)	9:30 Coffee and Snacks in the Bistro are Available (PB) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:00 Morning Smoothies in the Pub! (PB) 10:30 Go 4 Life Walking Club (LO) 11:00 Outing: Trip to the Local Market (RSVP) 2:00 Resident Run Bridge (PB) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:30 Interactive Word Games! (T) 7:00 Award Winning Films (T)
9:30 Coffee and Snacks in the Bistro are Available (PB) 10:00 Non-Denominational Church Service (T) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 11:15 Guided Meditation (FC) 1:30 Woman's Discussion Group (B) 2:00 Afternoon Movie Matinee (T) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:00 Pictionary! (T) 7:00 Old Classics Movie Night (T)	9:30 Coffee and Snacks in the Bistro are Available (PB) 10:30 Strength & Endurance Exercise Class (FC) 11:15 Strength and Endurance Exercise Class (FC) 11:45 Gardening Club Lunch and Learn (PB) 2:00 BINGO (CK) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:30 Happy Hour Social in the Pub (PB) 4:15 Tech Help (STS) 7:00 Learning Series in the Movie Theatre (D)	9:30 Coffee and Snacks in the Bistro are Available (PB) 9:30 Outing: Shopping (RSVP) 10:30 Strength & Stretch (FC) 11:15 Strength and Endurance Exercise Class (FC) 2:00 Resident Run Euchre (PB) 2:00 Grafters Corners: Wooden Rock Art (FC) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:00 Java Music Club (LL) 3:30 Chef Demo (CK) 4:00 Ted Talks and Discussion Group (T) 7:00 Games Night in the Pub! (PB)	9:30 Coffee and Snacks in the Bistro are Available (PB) 9:30 Tai Chi Exercise (FC) 10:00 Go 4 Life Walking Club (LO) 10:30 Wordle and Coffee Social (LL) 11:00 Knitting Club (LL) 2:00 Drumfit Exercise Class! (CK) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:00 Artful Enrichment Painting Class (CK) 4:00 Happy Hour Social in the Pub (PB) 7:00 Movie Night! Residents Choice (T)	9:30 Coffee and Snacks in the Bistro are Available (PB) 10:30 Strength & Endurance Exercise Class (FC) 11:00 Outing: Art Show (RSVP) 11:15 Zumba Class (FC) 2:00 Fit Minds Stay Sharp (FC) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:00 Scrabble Games! (CK) 3:30 Meet me at the MoMA: Painting Session (T) 4:00 Tech Help (STS) 7:00 Karaoke Night in the Pub! (PB)	9:30 Yoga (FC) 9:30 Coffee and Snacks in the Bistro are Available (PB) 10:30 Scenic Drive (RSVP) 1:30 Liturgy of the Word (LL) 2:00 Cultural of the Arts Peformance (T) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:00 Resident Run Rummy (PB) 3:30 Latin Chair Dancing Exercise (FC) 3:30 Wine and Cheese Social in the Pub! (PB) 4:15 Go 4 Life Walking Club (LO) 7:00 Friday Night Musicals (T)	9:30 Coffee and Snacks in the Bistro are Available (PB) 10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK) 10:00 Morning Smoothies in the Pub! (PB) 10:00 Men's Breakfast Club (B) 10:30 Go 4 Life Walking Club (LO) 2:00 Resident Run Bridge (PB) 2:30 Coffee and Snacks in the Bistro are Available (PB) 3:30 Interactive Word Games! (T) 7:00 Award Winning Films (T)

WEEK 4

Locations Legend

Pub/Bistro (PB)
Fitness Centre (FC)
Theatre (T)
Country Kitchen (CK)

Library/Lounge (LL)
Outing (RSVP)
Meet in the Lobby (LO)
Suite-to-Suite (STS)

Boardroom (B)
Gazebo (G3F)

Calendar Legend

Outing
Special Program
Resident Run

Living, Loving, Local
Signature Program
Entertainment

