






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:30</b> Preston Mennonite Church Live Stream (3FL) <b>1</b> 	Closed: Holiday <b>2</b> 	<b>9:45</b> Keep Fit (CA) <b>3</b> <b>10:30</b> Chapel (CCR3) <b>11:00</b> Chair Yoga (CA) <b>1:30</b> Crafts (CCR1) <b>7:00</b> Rook (CCR2)	<b>10:00</b> Bingo (CA) <b>4</b> <b>11:00</b> Fairview Fit (CA) <b>1:00</b> TRX (CA) <b>2:00</b> Drum Jam (CA) <b>3:15</b> Bean Bag Baseball (CA) <b>7:00</b> Cards (CCR2)	<b>9:30</b> Knitting & Quilting (CCR1) <b>5</b> <b>9:45</b> Keep Fit (CA) <b>11:00</b> Chair Yoga (CA) <b>1:00</b> Bus to Grocery Store <b>1:30</b> Crafts (CCR1) <b>7:00</b> Cribbage (CCR2)	Closed: Clean Up Day <b>6</b> 	<u><b>LIBRARY</b></u> Open Monday – Friday from 2pm – 4pm Except on Holidays
<b>10:30</b> Preston Mennonite Church Live Stream (3FL) <b>8</b> <b>*NEW TIME*</b>	<b>9:00</b> Bowling League (BRR) <b>9</b> <b>10:30</b> Fairview Fit (CCR3) <b>11:15</b> Forever Young Strength (CCR3) <b>2:00</b> Bonanza TV Show (CCR3) <b>7:00</b> Yahtzee (CCR2)	<b>9:45</b> Keep Fit (CCR3) <b>10</b> <b>11:00</b> Chapel (CCR3) <b>11:00</b> Chair Yoga (3FL) <b>1:30</b> Artfully Enrichment: Acrylic Painting: Birch Trees (CCR3) <b>7:00</b> Rook (CCR2)	<b>10:00</b> Bingo (CCR3) <b>11</b> <b>11:00</b> Fairview Fit (CCR3) <b>1:00</b> TRX (CCR3) <b>2:00</b> Drum Jam (CCR3) <b>3:15</b> Bean Bag Baseball (CCR3) <b>7:00</b> Cards (CCR2)	<b>9:30</b> Knitting & Quilting (CCR1) <b>12</b> <b>9:45</b> Keep Fit (CA) <b>11:00</b> Chair Yoga (CA) <b>1:30</b> Crafts (CCR1) <b>7:00</b> Cribbage (CCR2)	<b>9:00</b> Bowling League (BRR) <b>13</b> <b>11:00</b> Fairview Fit (CA) <b>1:00</b> TRX (CA) <b>2:00</b> Yoga (CA) <b>7:00</b> Crokinole (CCR2)	
<b>10:30</b> Preston Mennonite Church Live Stream (3FL) <b>15</b>	<b>9:00</b> Bowling League (BRR) <b>16</b> <b>10:30</b> Fairview Fit (CA) <b>11:15</b> Forever Young Strength (CA) <b>2:00</b> Bonanza TV Show (CCR3) <b>3:30</b> Hands on Exotic Pets (CA) <b>7:00</b> Yahtzee (CCR2) Tickets on sale for the Valentine's Day couple's dinner on Feb 14 <sup>th</sup> . See Lena for ticket. Martin Luther King Jr. Day	<b>9:45</b> Keep Fit (CA) <b>17</b> <b>10:30</b> Chapel (CCR3) <b>11:00</b> Chair Yoga (CA) <b>1:30</b> Crafts (CCR1) <b>7:00</b> Rook (CCR2)	<b>10:00</b> Bingo (CA) <b>18</b> <b>11:00</b> Fairview Fit (CA) <b>1:00</b> TRX (CA) <b>2:00</b> Drum Jam (CA) <b>3:15</b> Bean Bag Baseball (CA) <b>7:00</b> Cards (CCR2)	<b>9:30</b> Knitting & Quilting (CCR1) <b>19</b> <b>9:45</b> Keep Fit (CA) <b>11:00</b> Chair Yoga (CA) <b>1:00</b> Bus to Giant Tiger <b>1:30</b> Crafts (CCR1) <b>7:00</b> Cribbage (CCR2)	<b>9:00</b> Bowling League (BRR) <b>20</b> <b>11:00</b> Fairview Fit (CA) <b>1:00</b> TRX (CA) <b>2:00</b> Yoga (CA) <b>7:00</b> Crokinole (CCR2)	<u><b>LEGEND</b></u> AF – Apartment Foyer BRR – Basement CA – Centre Auditorium Café – Café 515 CCR – Centre Craft Room 1,2,3 LIB – Library 3FL – 3 <sup>rd</sup> Floor Lounge
<b>10:30</b> Preston Mennonite Church Live Stream (3FL) <b>22</b>  Chinese New Year (Year of the Rabbit)	<b>9:00</b> Bowling League (BRR) <b>23</b> <b>10:30</b> Fairview Fit (CA) <b>11:15</b> Forever Young Strength (CA) <b>2:00</b> Bonanza TV Show (CCR3) <b>7:00</b> Yahtzee (CCR2) Activity Professionals Week	<b>9:45</b> Keep Fit (CA) <b>24</b> <b>10:30</b> Chapel (CCR3) <b>11:00</b> Chair Yoga (CA) <b>1:30</b> Crafts (CCR1) <b>7:00</b> Rook (CCR2)	<b>10:00</b> Bingo (CA) <b>25</b> <b>11:00</b> Fairview Fit (CA) <b>1:00</b> TRX (CA) <b>1:00</b> Bus to Dollar Store <b>1:30</b> Webinar: Physical Health for Mental Health (CCR3) <b>2:00</b> Drum Jam (CA) <b>3:15</b> Bean Bag Baseball (CA) <b>7:00</b> Cards (CCR2)	<b>9:30</b> Knitting & Quilting (CCR1) <b>26</b> <b>9:45</b> Keep Fit (CA) <b>11:00</b> Chair Yoga (CA) <b>11:30</b> Out to Lunch Bunch <b>1:30</b> Crafts (CCR1) <b>7:00</b> Cribbage (CCR2) Australia Day (observed)	<b>9:00</b> Bowling League (BRR) <b>27</b> <b>11:00</b> Fairview Fit (CA) <b>1:00</b> TRX (CA) <b>2:00</b> Yoga (CA) <b>7:00</b> Crokinole (CCR2)	<b>28</b> If you have any questions please contact: <b>Lena, Programs: Ext 4601</b> <b>Niamh, Chaplain: Ext 4250</b> <b>Jenn, Pool: Ext 4604</b> <b>Suminder &amp; Linda, Fitness: Ext 4605</b> Movies will take place in the Auditorium on Saturdays when posted.
<b>10:30</b> Preston Mennonite Church Live Stream (3FL) <b>29</b>	<b>9:00</b> Bowling League (BRR) <b>30</b> <b>10:30</b> Fairview Fit (CA) <b>11:15</b> Forever Young Strength (CA) <b>2:00</b> Bonanza TV Show (CCR3) <b>7:00</b> Yahtzee (CCR2)	<b>9:45</b> Keep Fit (CA) <b>31</b> <b>10:30</b> Chapel (CCR3) <b>11:00</b> Chair Yoga (CA) <b>1:30</b> Crafts (CCR1) <b>7:00</b> Rook (CCR2)	<h1>January 2023</h1> <p>Apartments * Villas * Courts * PSA * SALC</p>			