

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025

Apartments * Villas * Courts * PSA * SALC

No Programs – Holiday 1



9:30 Yarn & Thread Club (CCR1) 2

9:45 Keep Fit (CA)
11:00 Chair Yoga (CA)
1:00 Bus: Groceries & Dollarama
1:30 Courts Exercise (FC)
1:30 Crafts (CCR1)
2:00 Guided Craft (CCR1)
2:45 PSA Exercise (PSA)
7:00 Cribbage (CCR3)

10:15 Chapel (CA) 3

11:15 Fairview Fit (CA)
1:00 TRX (CA)
2:00 Yoga (CA)
2:00 Caregivers Corner
Conversation Group (3FL)
3:00 Bible Study (3FL)
7:00 Crokinole (CCR3)

LEGEND 4

B – Basement
BDR – Boardroom by Reception
CA – Centre Auditorium
CCR – Centre Craft Room 1,2,3
CK – Centre Kitchen
FIT – Fitness Room
LIB – Library
LTCA – LTC Activity Room
2FL B – 2nd Floor Balcony
3FL – 3rd Floor Lounge

10:30 Preston Mennonite Church Live Stream (BDR) 5
10:30 Salvation Army Church Service (CA)

9:00 Bowling (B) 6
10:00 Forever Young Strength (CA)
11:15 Fairview Fit (CA)
6:30 Golf Card Game (3FL)
7:00 Yahtzee (CCR3)

9:30 Kindred Credit Union (LIB) 7
9:45 Keep Fit (CA)
11:00 Chair Yoga (CA)
1:30 Courts Exercise (FC)
1:30 Crafts (CCR1)
2:00 Alzheimer's Presentation (CA)
2:30 Wellness Warriors (3FL)
2:45 PSA Exercise (PSA)
5:00 Seniors Social Supper
7:00 Rook (CCR3)

10:00 Bingo (CCR3) 8
11:15 Fairview Fit (CA)
1:00 TRX (CA)
2:00 Drum Jam (CA)
2:00 Guided Craft (CCR1)
3:15 Bean Bag Baseball (CA)
7:00 Cards (CCR3)

9:30 Yarn & Thread Club (CCR1) 9
9:45 Keep Fit (CCR3)
10:30 St. Michael's Kids: Cookie Decorating (CA)
11:00 Chair Yoga (CCR3)
1:30 Courts Exercise (FC)
1:30 Crafts (CCR1)
2:45 PSA Exercise (PSA)
7:00 Cribbage (CCR3)

9:00 Bowling (B) 10
10:15 Chapel (CA)
11:15 Fairview Fit (CA)
1:00 TRX (CA)
2:00 Yoga (CA)
3:00 Bible Study (3FL)
7:00 Crokinole (CCR3)



10:30 Preston Mennonite Church Live Stream (BDR) 12
10:30 Salvation Army Church Service (CA)

9:00 Bowling (B) 13
10:00 Forever Young Strength (CA)
11:15 Fairview Fit (CA)
1:45 QiGong & Chat (CA)
6:30 Golf Card Game (3FL)
7:00 Yahtzee (CCR3)

9:45 Keep Fit (CA) 14
11:00 Chair Yoga (CA)
1:30 Courts Exercise (FC)
1:30 Crafts (CCR1)
2:00 Virtual Museum Tour: Middle Ages (CA)
2:45 PSA Exercise (PSA)
7:00 Rook (CCR3)

10:00 Bingo (CCR3) 15
11:30 Catholic Communion (LTCA)
11:15 Fairview Fit (CA)
1:00 TRX (CA)
2:00 Drum Jam (CA)
2:00 Quilt Presentation (CCR3)
3:15 Bean Bag Baseball (CA)
7:00 Cards (CCR3)

9:30 Yarn & Thread Club (CCR1) 16
9:45 Keep Fit (CA)
10:00 Anglican Communion (3FL)
11:00 Chair Yoga (CA)
1:30 Courts Exercise (FC)
1:30 Crafts (CCR1)
2:00 Guided Craft (CCR1)
2:45 PSA Exercise (PSA)
7:00 Cribbage (CCR3)

9:00 Bowling (B) 17
10:15 Chapel (CA)
11:15 Fairview Fit (CA)
1:00 TRX (CA)
2:00 Yoga (CA)
3:00 Bible Study (3FL)
7:00 Crokinole (CCR3)

If you have any questions please contact:
Lena, Programs & Volunteers: Ext. 4601
Niamh, Spiritual Care: Ext. 4250
Jenn, Pool: Ext. 4604
Linda & Matt, Fitness: Ext. 4605

10:30 Preston Mennonite Church Live Stream (BDR) 19
10:30 Salvation Army Church Service (CA)
7:00 Hymn Sing with Eagle Street Fellowship (CA)

9:00 Bowling (B) 20
10:00 Forever Young Strength (CA)
11:15 Fairview Fit (CA)
6:30 Golf Card Game (3FL)
7:00 Yahtzee (CCR3)

9:45 Keep Fit (CA) 21
11:00 Chair Yoga (CA)
1:30 Courts Exercise (FC)
1:30 Crafts (CCR1)
2:00 Hearing Loss Presentation (CCR3)
2:30 Wellness Warriors (3FL)
2:45 PSA Exercise (PSA)
7:00 Rook (CCR3)

9:30 QiGong & Chat (CA) 22
10:00 Bingo (CCR3)
11:15 Fairview Fit (CA)
1:00 TRX (CA)
2:00 Drum Jam (CA)
3:15 Bean Bag Baseball (CA)
7:00 Cards (CCR3)

9:30 Yarn & Thread Club (CCR1) 23
9:45 Keep Fit (CA)
11:00 Chair Yoga (CA)
11:30 Bus: OTLB
1:30 Courts Exercise (FC)
1:30 Crafts (CCR1)
2:00 Guided Craft (CCR1)
2:45 PSA Exercise (PSA)
7:00 Cribbage (CCR3)

9:00 Bowling (B) 24
10:15 Chapel (CA)
11:15 Fairview Fit (CA)
1:00 TRX (CA)
2:00 Yoga (CA)
3:00 Bible Study (3FL)
7:00 Crokinole (CCR3)



Activity Professionals Week

Martin Luther King Jr. Day

10:30 Preston Mennonite Church Live Stream (BDR) 26
10:30 Salvation Army Church Service (CA)

9:00 Bowling (B) 27
10:00 Forever Young Strength (CA)
11:15 Fairview Fit (CA)
1:45 QiGong & Chat (CA)
6:30 Golf Card Game (3FL)
7:00 Yahtzee (CCR3)

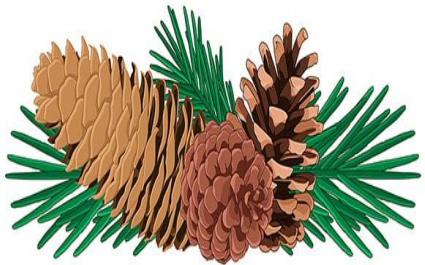
9:45 Keep Fit (CA) 28
11:00 Chair Yoga (CA)
1:30 Courts Exercise (FC)
1:30 Crafts (CCR1)
2:00 Workshop: Hearing Health & Communication (3FL)
2:45 PSA Exercise (PSA)
7:00 Rook (CCR3)

10:00 Bingo (CCR3) 29
11:15 Fairview Fit (CA)
1:00 TRX (CA)
2:00 Drum Jam (CA)
2:00 Guided Craft (CCR1)
3:15 Bean Bag Baseball (CA)
7:00 Cards (CCR3)



9:30 Yarn & Thread Club (CCR1) 30
9:45 Keep Fit (CA)
11:00 Chair Yoga (CA)
11:30 Bus: OTLB
1:30 Courts Exercise (FC)
1:30 Crafts (CCR1)
2:45 PSA Exercise (PSA)
7:00 Cribbage (CCR3)

9:00 Bowling (B) 31
10:15 Chapel (CA)
11:15 Fairview Fit (CA)
1:00 TRX (CA)
2:00 Yoga (CA)
3:00 Bible Study (3FL)
7:00 Crokinole (CCR3)



Australia Day (Observed)