

# Monthly Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:30 am - Nature Walk 10:00 am - Pool outing at Guildford Rec Centre 11:00 am - Monthly Birthday Party 2:00 am - Pet Therapy 6:30 pm - Mah Jong Night	<b>2</b> 9:30 am - Tai Chi 10:00 am - Zumba 1:00 pm - Intergenerational Reading Buddies 2:00 pm - Outdoor Bocce Ball outdoors 7:00 pm - Movie Night	<b>3</b> 9:30 am - Stretching Activity & Weight Training 10:30 am - Music Therapy 2:00 pm - Bowling 5:00 pm - Card Games 7:30 pm - Wine and Bingo Night	<b>4</b> 9:30 am - Group Fitness 10:00 am - Gardening Activity 1:00 pm - Intergenerational Painting 3:00 pm - Folk dance class 7:00 pm - Jeopardy	<b>5</b> 9:30 am - Yoga 10:00 am - Wii Sports 11:00 am - Ethnic Cooking Class 2:00 pm - Brain Games 3:00 pm - Happy Hour 6:30 pm - Arts & Crafts	<b>6</b> 9:30 am - Morning Walk 10:00 am - Group Activity/Games 11:00 am - Calligraphy 2:30 pm - Wii Bowling Social 7:00 pm - Movie Night
<b>7</b> 9:30 am - Church Shuttle Bus Service 10:45 am - Card Games 2:00 pm - Massage Therapy 3:00 pm - High Tea/Piano Music 7:00 pm - Book Club Meeting	<b>8</b> 9:30 am - Stretching Activity 10:00 am - Morning Bike Ride 2:00 pm - Special Monthly Activity 4:00 pm - Brain Games 6:30 pm - Chinese Opera Night	<b>9</b> 8:45 am to 11:45 am - Badminton at Guildford Rec 9:00 am to 3:00 pm - Sky Walkers 1:30 pm - White Rock Outing 3:00 pm - Arts & Crafts 6:30 pm - TED Talks	<b>10</b> 9:30 am - Qi Gong 10:00 am - Morning walk 12:00 to 2:30 pm - Carpet Bowling at Guildford Rec 2:00 pm - Manicures 7:00 pm - Wii Game Night	<b>11</b> 9:15 am - Yoga 10:00 am - Intergenerational Card Games 2:00 pm - Outing 4:00 pm - Meditation Class 6:30 pm - Poker Night	<b>12</b> 9:15 am - Ball games 10:00 am - Wii Brain Activity 1:00 to 3:00 pm - Ballroom Dancing at Guildford Rec 3:00 pm - Happy Hour 7:00 pm - Movie Night	<b>13</b> 9:30 am - Tai Chi 10:30 am - Zumba 1:00 pm - Ping Pong 3:00 pm - Virtual Reality Games 7:00 pm - Karaoke Night
<b>14</b> 9:30 am - Church Shuttle Bus Service 10:45 am - Board Games 2:00 pm - Afternoon walk 3:00 pm - Gardening 6:45 pm - Movie Night	<b>15</b> 9:15 am - Weight Training 10:00 am - Aromatherapy with Reflexology 1:00 pm - Info Session 2:00 pm - Mini Golf Outing 6:30 pm - Drawing Class	<b>16</b> 9:30 am - Martial Arts Class 10:30 am - Ice Cream Making Activity 2:00 pm - Music Class 4:00 pm - Pottery Painting 7:00 pm - Movie Night	<b>17</b> 9:30 am - Qi Gong 11:00 am - iPad/Computer Course 2:00 pm - Ball Games 4:00 pm - Pet Therapy 6:30 pm - Happy Hour Bingo	<b>18</b> 9:30 am - Group Aerobics class 10:30 am - Wii Bowling 1:30 pm - Scenic Drive 3:00 pm - Tai Chi 7:00 pm - Sing Along	<b>19</b> 9:30 am - Morning Walk 10:30 am to 12:30 pm - Jammers at Guildford Rec 2:00 pm - Intergenerational Music Class 3:00 pm - Happy Hour 6:30 pm - Hand Painting	<b>20</b> 9:30 am - Morning Bike Ride 10:30 am - Ping Pong 1:00 pm - Swimming Pool Outing 3:00 pm - Folk dance class 7:00 pm - Karaoke Night
<b>21</b> 9:30 am - Church Shuttle Bus Service 10:45 am - Card Games 2:00 pm - High tea with Piano Music 4:00 pm - Salsa Dancing 6:30 pm - Book Club Meeting	<b>22</b> 9:30 am - Bunny Yoga 10:30 am - Zumba 1:00 pm - Nature Walk 2:00 pm - Group Knitting Class 6:30 pm - Wine Tasting Night	<b>23</b> 9:30 am - Morning walk 10:30 am - Table Tennis 1:00 pm to 4:00 pm - Bridge at Guilford Rec 2:00 pm - Ceramics Class 6:30 pm - TED Talks	<b>24</b> 9:30 am - Pilates 11:00 am - Massage with Aroma Therapy 1:00 pm - Art Gallery Field Trip 3:30 pm - Mental Health Info Session 6:30 pm - Friends & Family Night	<b>25</b> 9:30 am - Weight Training 11:00 am to 2:00 pm - Afternoon Picnic Outing to Lighthouse Park 2:30 pm - Intergenerational Baking Activity 4:00 pm - Wii Tennis Match 7:00 pm - Mah Jong Night	<b>26</b> 9:30 am - Stretching Activity 10:00 am - Wii Sports 11:00 am - Info Session 2:00 pm - Brain Games 3:00 pm - Happy Hour 6:30 pm - Scrapbook Making	<b>27</b> 9:30 am - Qi Gong 10:00 am - Birding Walk 2:00 pm - Art Gallery Outing 4:00 pm - Balloon Games 7:00 pm - Chinese Opera
<b>28</b> 9:30 am - Church Shuttle Bus Service 10:45 am - Yoga 1:00 pm - Puzzles 2:00 pm - Afternoon bike ride 6:45 pm - Movie Night	<b>29</b> 9:30 am - Stretching Activity 10:00 am - Wii Sports 11:00 am - Ethnic Cooking Class 2:00 pm - Arts & Crafts 6:30 pm - Trivia Night	<b>30</b> 9:30 am - Tai Chi 10:00 am - Zumba 1:00 pm - Intergenerational Reading Buddies 2:00 pm - Outdoor Bocce Ball 7:00 pm - Movie Night	<b>31</b> 9:30 am - Stretching Activity then Weight Training 10:30 am - Music Therapy 2:00 pm - Outing to Crescent Beach 4:00 pm - Virtual Reality Golfing 6:30 pm - Wine and Bingo Night			