



Activities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8:00 Walking Club 9:00 Sacred Text Study 10:00 Performing Arts Recital 1:00 Photography Club 3:00 Sports Lounge Billiards Tournament	2 8:00 Cardio 9:00 Gentle Yoga 10:00 Open Art Studio 11:00 Worship Service 2:00 Sit & Be Fit 3:00 Intro to Mindfulness 7:00 National Geographic Live	3 8:00 Strength Training 9:00 Tai Chi 10:00 Intro to Journaling Workshop 2:00 Choir Practice 3:00 Aquasize 7:00 Crib/Bridge Club	4 8:00 Track Walk 9:00 Golf Practice 10:00 Stained Glass Workshop 2:00 Lane Swim 3:00 Village Centre Speaker Series 7:00 Travel Log Antarctica	5 8:00 Cardio 9:00 Tai Chi 10:00 Gardening Club 1:00 Knitting/Fibre Arts Meet Up 3:00 Political Discussions 7:00 Wine Tasting in the Cellar	6 8:00 Strength Training 9:00 Gentle Yoga 10:00 Village Centre Cooking Class 1:00 iPad/ Laptop Lessons 3:00 Happy Hour 7:00 Evening of Jazz	7 10:00 Spin Class 11:00 Seated Zumba 2:00 Ledge Gallery 4:00 Nordic Walking 7:00 Pub Night
8 8:00 Walking Club 9:00 Sacred Text Study 10:00 Sunday Brunch 1:00 Photography Club 3:00 Sports Lounge	9 8:00 Cardio 9:00 Gentle Yoga 10:00 Open Art Studio 11:00 Worship Service 2:00 Sit & Be Fit 3:00 Intro to Mindfulness 7:00 Waltz Dance Lessons	10 8:00 Strength Training 9:00 Tai Chi 10:00 Plein Air Art Class at Mahogany Lake 2:00 Choir Practice 3:00 Aquasize 7:00 Crib/Bridge Club	11 8:00 Track Walk 9:00 Golf Practice 10:00 Watercolour Workshop 2:00 Lane Swim 3:00 TED Talks 7:00 Swing Dance Lessons 7:00 Movie Night	12 8:00 Cardio 9:00 Tai Chi 10:00 Gardening Club 1:00 Knitting/Fibre Arts Meet Up 3:00 Genealogy Workshop 7:00 Dinner & Dance	13 8:00 Strength Training 9:00 Gentle Yoga 10:00 Drum Circle 1:00 iPad/ Laptop Lessons 3:00 Happy Hour 7:00 Night at the CPO	14 10:00 Spin Class 11:00 Seated Zumba 2:00 Ledge Gallery 4:00 Nordic Walking 7:00 Pub Night
15 8:00 Walking Club 9:00 Sacred Text Study 10:00 High Tea 1:00 Photography Club 3:00 Sports Lounge Cribbage Tournament	16 8:00 Cardio 9:00 Gentle Yoga 10:00 Open Art Studio 11:00 Worship Service 2:00 Sit & Be Fit 3:00 Mindfulness Class 7:00 Trivia Games Night	17 8:00 Strength Training 9:00 Tai Chi 10:00 Classical Music Appreciation 2:00 Choir Practice 3:00 Aquasize 7:00 Crib/Bridge Club	18 8:00 Track Walk 9:00 Golf Practice 10:00 Acrylic Painting Workshop 2:00 Lane Swim 3:00 Philosopher's Café 7:00 Movie Night	19 8:00 Cardio 9:00 Tai Chi 10:00 Gardening Club 1:00 Knitting/Fibre Arts 3:00 Current Events Group 7:00 Dinner Club "Italian" Bonterra Trattori	20 8:00 Strength Training 9:00 Gentle Yoga 10:00 "Readers Theatre" Drama Club 1:00 iPad/ Laptop Lessons 3:00 Happy Hour 7:00 Calgary Opera	21 10:00 Spin Class 11:00 Seated Zumba 2:00 Glenbow Museum 4:00 Nordic Walking 7:00 Pub Night
22 8:00 Walking Club 9:00 Sacred Text Study 10:00 Performing Arts Recital 1:00 Photography Club 3:00 Sports Lounge	23 8:00 Cardio 9:00 Gentle Yoga 10:00 Open Art Studio 11:00 Worship Service 2:00 Sit & Be Fit 3:00 Mindfulness Class 7:00 World Music Evening	24 8:00 Strength Training 9:00 Tai Chi 10:00 Resident Art Show 2:00 Choir Practice 3:00 Aquasize 7:00 Crib/Bridge Club	25 8:00 Track Walk 9:00 Golf Practice 10:00 Ceramics Workshop 2:00 Lane Swim 3:00 Book Club 7:00 Movie Night	26 8:00 Cardio 9:00 Tai Chi 10:00 Gardening Club 1:00 Knitting/Fibre Arts 3:00 History Discussions 7:00 Wine Tasting in the Cellar	27 8:00 Strength Training 9:00 Gentle Yoga 10:00 Nature Club Bird Watching Tour 1:00 iPad/ Laptop Lessons 3:00 Happy Hour 7:00 Dinner Theatre	28 10:00 Spin Class 11:00 Seated Zumba 2:00 Paul Kuhn Gallery 4:00 Nordic Walking 7:00 Pub Night
29 8:00 Walking Club 9:00 Sacred Text Study 10:00 Picnic in the Park 1:00 Photography Club 3:00 Sports Lounge	30 8:00 Cardio 9:00 Gentle Yoga 10:00 Open Art Studio 11:00 Worship Service 2:00 Sit & Be Fit 3:00 Mindfulness Class 7:00 Trivia Games Night	31 8:00 Strength Training 9:00 Tai Chi 10:00 Classical Music Appreciation 2:00 Choir Practice 3:00 Aquasize 7:00 Crib/Bridge Club				

Calendar is example only. Actual activities will be designed around residents. E. & O. E.