

ACTIVITIES SCHEDULE

MONDAY



GENTLE CHAIR EXERCISE

10:00 AM -10:45 AM

DICKENS LOUNGE



HAPPY HOUR

11:00 AM -12:00 NOON

THE GEORGE BAR AND BISTRO

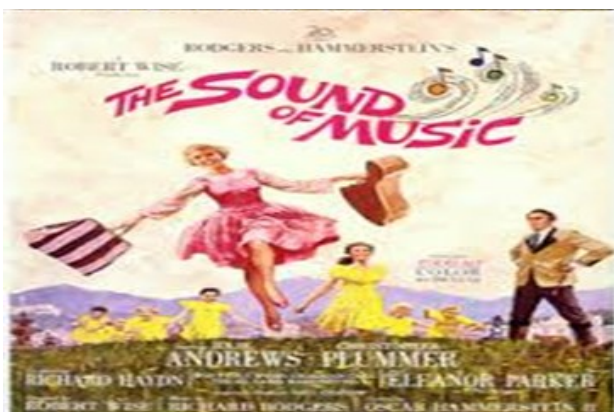


BRIDGE CLUB /

MUSIC APPRECIATION

2:00 PM-3:00 PM

THE VICTORIA



FILM NIGHT: THE SOUND OF MUSIC

6:30 PM to 8:30 PM

THE FILM HOUSE

ACTIVITIES SCHEDULE

TUESDAY



YOGA THERAPY

10:30 AM -11:30 AM

ZEN WELLNESS CENTRE



HAPPY HOUR

11:00 AM-12:00 PM

THE GEORGE BAR AND BISTRO



GARDENING CLUB

2:00 PM -3:00 PM

COURTYARD/ THE ORANGERY



FILM NIGHT:

THE GODFATHER

6:30 PM-8:30 PM

THE FILM HOUSE

ACTIVITIES SCHEDULE

WEDNESDAY



MUSIC & MOVEMENT

10:00AM - 11:00AM

AUSTEN LOUNGE



HAPPY HOUR

11:00AM - 12:00NOON

THE VICTORIA



ART CLUB /

SCRABBLE SOCIETY

2:00PM - 3:00PM

THE GEORGE BAR AND BISTRO



FILM NIGHT: THE BEST EXOTIC

MARIGOLD HOTEL

6:30 PM - 8:30 PM

THE FILM HOUSE

ACTIVITIES SCHEDULE

THURSDAY



REMINISCENCE

10:30 AM-11:00 AM

THE ORANGERY



HAPPY HOUR

11:00 AM-12:00 NOON

THE GEORGE BAR AND BISTRO



GARDNING CLUB/ CHESS SOCITY

2:00 PM-3:00 PM

THE ORANGERY/THE GEORGE BAR
AND BESTRO



FILM NIGHT:

SINGIN IN THE RAIN

6:30 PM -8:30 PM

THE FILM HOUSE

ACTIVITIES SCHEDULE

FRIDAY



BEAUTY TREATMENTS/
WINE SOCIETY

10:00AM -11:00AM

MAYFAIR SALON/CHELSEA
SALON



HAPPY HOUR

11:00 AM-12:00 NOON

THE VICTORIA



BINGO -BOOK CLUB

2:00PM-3:00PM

LIBRARY ROOM



FILM NIGHT:

Mary Queen of Scots

6:30PM-8:30PM

THE FILM HOUSE

ACTIVITIES SCHEDULE

SATURDAY



GENTLE EXERCISE

NEWSPAPERS

10:00 AM-11:00 AM

ZEN WELLNESS CENTRE



QUIZ TIME

11:00AM-12:00 NOON

THE GEORGE BAR AND BESTRO



NAMASTE THERAPY

2:00PM-3:00PM

THE ORANGERY



FILM NIGHT: IT'S A WONDERFUL
LIFE

6:30PM-8:30PM

THE FILM HOUSE

ACTIVITIES SCHEDULE

SUNDAY



CHURCH SERVICE AND NEWSPAPER

10:00AM-11:00AM

THE FILM HOUSE



PAMPERING AND HAND MASSAGE

10:00AM-11:30AM

CHELSEA SALON/MAYFAIR SALON



AFTERNOON TEA

2:00PM-3:00PM

THE VICTORIA



FILM NIGHT: GONE WITH THE WIND

6:30PM-8:30PM

THE FILM HOUSE