

September 2020

City View Retirement Community



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Location Legend</p> <p>2L 2L AR Activity Room CH Chapel ER Exercise Room LOBB Lobby P Pub T Theatre</p>		<p>10:00 Lillian's Knitting Group (P) 1 10:15 Latin Chair Dancing (AR) 1:30 Fun and Fit Exercise- Group 1 (ER) 2:00 Bingo (AR) 2:00 Fun and Fit Exercise- Group 2 (ER) 3:00 Happy Hour (AR) 7:00 TV Show Night (T)</p>	<p>10:30 Fit Minds (AR) 2 2:00 Technology Lessons (AR) 2:00 Fun and Fit Exercise- Group 1 (ER) 2:30 Fun and Fit Exercise- Group 2 (ER) 3:00 Happy Hour (AR) 3:30 Open Bible Faith with Rickey (T)</p>	<p>10:45 Jazzercise with Rachelle (AR) 3 2:00 Horseraces (AR) 2:00 Bridge (LOBB) 2:30 Darts (P) 3:00 Happy Hour (AR)</p>	<p>9:30 Quick Morning Meditation (AR) 4 10:30 Trivia (AR) 2:00 Bingo (AR) 2:30 Fun and Fit Exercise (ER) 3:00 Happy Hour (AR) 7:00 Movie Night (T)</p>	<p>9:30 Inspirational Colouring (LOBB) 5 10:00 Spiritual Time with Fidele (P) 2:00 Basketball (AR) 3:00 Happy Hour (AR) 4:00 Bowling (AR) 7:00 Saturday Evening Puzzle (LOBB)</p>
<p>10:00 Spiritual Service CALL 613-800-8019 (CH) 6 2:00 Afternoon Music with Greg Elliott (AR) 3:00 Happy Hour (AR) 4:00 Air Hockey (P) 7:00 Sunday Night Movie (T)</p>	<p>10:00 Choir-New Members Welcome (CH) 7 10:30 Morning Manicures (2L) 2:00 Audiobook Club (AR) 3:00 Happy Hour (AR)</p>	<p>10:00 Lillian's Knitting Group (P) 8 10:15 Latin Chair Dancing (AR) 1:30 Fun and Fit Exercise- Group 1 (ER) 2:00 Bingo (AR) 2:00 Fun and Fit Exercise- Group 2 (ER) 3:00 Happy Hour (AR) 7:00 TV Show Night (T)</p>	<p>10:30 Fit Minds (AR) 9 2:00 Fun and Fit Exercise- Group 1 (ER) 2:00 Vinyl Cafe (AR) 2:30 Fun and Fit Exercise- Group 2 (ER) 3:00 Happy Hour (AR) 3:30 Open Bible Faith with Rickey (T)</p>	<p>9:30 Dr.Teehan's History (P) 10 10:45 Jazzercise with Rachelle (AR) 2:00 Making DIY Mulled Wine/Cider Kits (AR) 2:00 Bridge (LOBB) 2:30 Darts (P) 3:00 Happy Hour (AR)</p>	<p>9:30 Quick Morning Meditation (AR) 11 10:30 Jigsaw Puzzle (LOBB) 2:00 Bingo (AR) 3:00 Happy Hour (AR) 7:00 Movie Night (T)</p>	<p>9:30 Inspirational Colouring (LOBB) 12 10:00 Spiritual Time with Fidele (P) 2:00 Sandbags (AR) 3:00 Happy Hour (AR) 4:00 Bowling (AR) 7:00 Saturday Evening Puzzle (LOBB)</p>
<p>All Day <i>Grandparents Day</i> 13 10:00 Spiritual Service CALL 613-800-8019 (CH) 2:00 Movie Matinee (T) 3:00 Happy Hour (AR) 4:00 Air Hockey (P) 7:00 Sunday Night Movie (T)</p>	<p>10:00 Choir-New Members Welcome (CH) 14 2:00 Oktoberfest Party with The International Set (AR) 3:00 Happy Hour (AR) 7:00 Monday Night Movie (T)</p>	<p>10:00 Lillian's Knitting Group (P) 15 10:15 Latin Chair Dancing (AR) 1:30 Fun and Fit Exercise- Group 1 (ER) 2:00 Bingo (AR) 2:00 Fun and Fit Exercise- Group 2 (ER) 3:00 Happy Hour (AR) 7:00 TV Show Night (T)</p>	<p>10:30 Fit Minds (AR) 16 2:00 Food For Thought Meeting (AR) 2:00 Fun and Fit Exercise- Group 1 (ER) 2:30 Fun and Fit Exercise- Group 2 (ER) 3:00 Happy Hour (AR) 3:30 Open Bible Faith with Rickey (T)</p>	<p>10:30 Anglican Service (CH) 17 10:45 Jazzercise with Pono (ER) 2:00 Afternoon Music with Noel Dimaranan (AR) 2:00 Bridge (LOBB) 2:30 Darts (P) 3:00 Happy Hour (AR)</p>	<p>9:30 Quick Morning Meditation (AR) 18 10:30 Trivia (AR) 2:00 Bingo (AR) 3:00 Happy Hour (AR) 7:00 Movie Night (T)</p>	<p>9:30 Inspirational Colouring (LOBB) 19 10:00 Spiritual Time with Fidele (P) 2:00 Afternoon Music with Greg Elliott (AR) 3:00 Happy Hour (AR) 4:00 Bowling (AR) 7:00 Saturday Evening Puzzle (LOBB)</p>
<p>10:00 Spiritual Service CALL 613-800-8019 (CH) 20 2:00 Movie Matinee (2L) 3:00 Happy Hour (AR) 4:00 Air Hockey (P) 7:00 Sunday Night Movie (T)</p>	<p>10:00 Choir-New Members Welcome (CH) 21 10:30 Morning Manicures (2L) 1:15 Bingo (2L) 2:00 Audiobook Club (AR) 3:00 Happy Hour (AR)</p>	<p>10:00 Lillian's Knitting Group (T) 22 10:15 Latin Chair Dancing (AR) 1:30 Fun and Fit Exercise- Group 1 (ER) 2:00 Bingo (AR) 2:00 Fun and Fit Exercise- Group 2 (ER) 3:00 Happy Hour (AR) 7:00 TV Show Night (T)</p>	<p>10:30 Fit Minds (AR) 23 2:00 Resident Information Meeting (AR) 2:00 Fun and Fit Exercise- Group 1 (ER) 2:30 Fun and Fit Exercise- Group 2 (ER) 3:00 Happy Hour (AR) 3:30 Open Bible Faith with Rickey (T)</p>	<p>9:30 Dr.Teehan's History (P) 24 10:45 Jazzercise with Rachelle (ER) 2:00 Birthday Party and Happy Hour with Guy Lalonde (AR) 3:00 Bridge (LOBB) 3:00 Darts (P)</p>	<p>9:30 Quick Morning Meditation (AR) 25 10:30 Word Games (AR) 2:00 Bingo (AR) 3:00 Happy Hour (AR) 7:00 Movie Night (T)</p>	<p>9:30 Inspirational Colouring (LOBB) 26 10:00 Spiritual Time with Fidele (P) 2:00 Sandbags (AR) 3:00 Happy Hour (AR) 4:00 Bowling (AR) 7:00 Saturday Evening Puzzle (LOBB)</p>
<p>10:00 Spiritual Service CALL 613-800-8019 (CH) 27 2:00 Afternoon Music with Greg Elliott (AR) 3:00 Happy Hour (AR) 4:00 Air Hockey (P) 7:00 Sunday Night Movie (T)</p>	<p>10:00 Choir-New Members Welcome (CH) 28 10:30 Morning Manicures (2L) 1:15 Bingo (2L) 2:00 Audiobook Club (AR) 3:00 Happy Hour (AR)</p>	<p>10:00 Lillian's Knitting Group (T) 29 10:15 Latin Chair Dancing (AR) 1:30 Fun and Fit Exercise- Group 1 (ER) 2:00 Bingo (AR) 2:00 Fun and Fit Exercise- Group 2 (ER) 3:00 Happy Hour (AR) 7:00 TV Show Night (T)</p>	<p>10:30 Fit Minds (AR) 30 2:00 Technology Lessons (AR) 2:00 Fun and Fit Exercise- Group 1 (ER) 2:30 Fun and Fit Exercise- Group 2 (ER) 3:00 Happy Hour (AR) 3:30 Open Bible Faith with Rickey (T)</p>	<p>Please ensure you are social distancing at all times</p>	<p><i>Activities are subject to change in accordance with any new regulations.</i></p>	