


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Weekend Activities are on Monterey Place (5 <sup>th</sup> Fl)		10:00 Let's Talk About It <b>1</b> 10:30 Exercise w/ Yamece 11:00 Daily Chronicle Reading 11:30 Assorted Trivia 1:00 One-One IN2L <b>1:45 Entertainment on Cedar Place - Vintage Entertainment</b> 3:00 Wine & Cheese Social 4:00 Games/Music 6:00 Mexican Train w/ Zikia	10:00 Let's Talk About It <b>2</b> 10:30 Exercise - Yamece 11:00 Daily Chronicle Reading 11:30 Mind Aerobics' 1:00 Spa Day - Nails 2:00 Baking with Andrea 5 <sup>th</sup> FL 3:00 Social/Trivia with Friends 4:00 IN2L Music jute box	10:00 Let's Talk About It <b>3</b> 10:30 Exercise – Andrea 5 <sup>th</sup> Fl 11:00 Daily Chronicle Reading 11:30 Brain Aerobics' 1:00 Bocce Ball <b>1:45 Sing along w/ Bob Kibler</b> 3:00 Afternoon social / trivia 3:30 Brain Fitness 4:30 Ball Toss Game 6:00 Drink to That w/ Zikia	10:00 Let's Talk About It <b>4</b> 10:30 Exercise - Yamece 11:00 Daily Chronicle Reading 11:30 Assorted Trivia 1:00 National Geographic 2:00 Ball time fun 3:00 Afternoon Delight- Hot Tea 4:00 Sing Along DVD	10:00 What's Going On <b>5</b> 10:30 Exercise w/ Yamece 11:00 Daily Chronicle Reading 11:30 Mind Aerobics' 1:30 Ball Toss 2:00 Brain Fitness IN2L 3:00 Afternoon Social 3:30 Game Time IN2L 4:30 Sing Along Susie Q IN2L
10:00 Inspirational Message <b>6</b> 10:30 Stretch & Flex w/ Yamece 11:00 Daily Chronicle Reading 11:30 Song of Praise & Inspiration 1:00 Parachute 2:00 IN2L Travel Tour 3:00 Afternoon Social w/ Friends 3:30 IN2L Games 4:30 Ball Toss/ IN2L Jukebox <small>Daylight Saving Time Ends</small>	10:00 Let's talk About It <b>7</b> 10:30 Exercise – Yamece 11:00 Daily Chronicle Reading 11:30 Brain Aerobics' 1:00 Chat & Relax <b>2:00 Monday Matinee – 5<sup>th</sup> Fl Destination Room Monterey Place</b> 4:00 IN2L Sing-Along on 5 <sup>th</sup> Fl	10:00 Let's Talk About It <b>8</b> 10:30 Exercise w/ Andrea 5 <sup>th</sup> Fl 11:00 Daily Chronicle Reading 11:30 Assorted Trivia 1:00 One-One IN2L <b>1:45 Entertainment on Cedar Place – Charles Lee</b> 3:00 Wine & Cheese Social 4:00 Games/Music 6:00 Mexican Train w/ Zikia	10:00 Let's Talk About It <b>9</b> 10:30 Exercise - Yamece 11:00 Daily Chronicle Reading 11:30 Mind Aerobics' 1:00 Spa Day - Nails 2:00 Baking with Andrea 5 <sup>th</sup> FL 3:00 Social/Trivia with Friends 4:00 IN2L Music jute box 4:30 Catholic Service 2 <sup>nd</sup> Fl	10:00 Let's Talk About It <b>10</b> 10:30 Exercise - Yamece 11:00 Daily Chronicle Reading 11:30 Brain Aerobics' 1:00 Bocce Ball <b>2:00 Scenic Ride</b> 3:00 Afternoon social / trivia 3:30 Brain Fitness 4:30 Ball Toss Game 6:00 Drink to That w/ Zikia	10:00 Let's Talk About It <b>11</b> 10:30 Exercise - Yamece 11:00 Daily Chronicle Reading 11:30 Assorted Trivia 1:00 National Geographic 2:00 Ball time fun 3:30 Apple Cider Social 4:00 Sing Along DVD <small>Veterans Day Remembrance Day (Canada)</small>	10:00 What's Going On <b>12</b> 10:30 Exercise w/ Zikia 11:00 Daily Chronicle Reading 11:30 Mind Aerobics' 1:30 Ball Toss 2:00 Brain Fitness IN2L 3:00 Afternoon Social 3:30 Game Time IN2L 4:30 Sing Along Susie Q IN2L
10:00 Inspirational Message <b>13</b> 10:30 Stretch & Flex w/ Zikia 11:00 Daily Chronicle Reading 11:30 Song of Praise & Inspiration 1:00 Parachute 2:00 IN2L Travel Tour 3:00 Afternoon Social w/ Friends 3:30 IN2L Games 4:30 Ball Toss/ IN2L Jukebox	10:00 Let's talk About It <b>14</b> 10:30 Exercise – Yamece 11:00 Daily Chronicle Reading 11:30 Brain Aerobics' 1:00 Chat & Relax <b>2:00 Monday Matinee – 5<sup>th</sup> Fl Destination Room Monterey Place</b> 4:00 IN2L Sing-Along on 5 <sup>th</sup> Fl	10:00 Let's Talk About It <b>15</b> 10:30 Exercise w/ Yamece 11:00 Daily Chronicle Reading 11:30 Assorted Trivia 1:00 One-One IN2L <b>1:45 Entertainment on Cedar Place – Steve Flynn</b> 3:00 Wine & Cheese Social 4:00 Games/Music 6:00 Mexican Train w/ Zikia	10:00 Let's Talk About It <b>16</b> 10:30 Exercise - Yamece 11:00 Daily Chronicle Reading 11:30 Mind Aerobics' 1:00 Spa Day - Nails 2:00 Baking with Andrea 5 <sup>th</sup> FL 3:00 Social/Trivia with Friends 4:00 IN2L Music jute box 4:30 Catholic Service 2 <sup>nd</sup> Fl	10:00 Let's Talk About It <b>17</b> 10:30 Exercise – Yamece 5 <sup>th</sup> Fl 11:00 Daily Chronicle Reading 11:30 Brain Aerobics' 1:00 Bocce Ball <b>1:45 Sing along w/ Bob Kibler</b> 3:00 Afternoon social / trivia 3:30 Brain Fitness 4:30 Ball Toss Game 6:00 Drink to That w/ Zikia	10:00 Let's Talk About It <b>18</b> 10:30 Exercise – Yamece 11:00 Daily Chronicle Reading 11:30 Assorted Trivia 1:00 National Geographic <b>2:00 Entertainment w/ Paul Jude - Cedar Place 3<sup>rd</sup> Fl</b> 3:30 Afternoon Delight- Hot Tea 4:00 Sing Along DVD	10:00 What's Going On <b>19</b> 10:30 Exercise w/ Andrea 11:00 Daily Chronicle Reading 11:30 Mind Aerobics' 1:30 Ball Toss 2:00 Brain Fitness IN2L 3:00 Afternoon Social 3:30 Game Time IN2L 4:30 Sing Along Susie Q IN2L
10:00 Inspirational Message <b>20</b> 10:30 Stretch & Flex w/ Andrea 11:00 Daily Chronicle Reading 11:30 Song of Praise & Inspiration 1:00 Parachute 2:00 IN2L Travel Tour 3:00 Afternoon Social w/ Friends 3:30 IN2L Games 4:30 Ball Toss/ IN2L Jukebox	10:00 Let's talk About It <b>21</b> 10:30 Exercise – Andrea 5 <sup>th</sup> Fl 11:00 Daily Chronicle Reading 11:30 Brain Aerobics' 1:00 Chat & Relax <b>2:00 Monday Matinee – 5<sup>th</sup> Fl Destination Room Monterey Place</b> 4:00 IN2L Sing-Along on 5 <sup>th</sup> Fl	10:00 Let's Talk About It <b>22</b> 10:30 Exercise Andrea 5 <sup>th</sup> FL 11:00 Daily Chronicle Reading 11:30 Assorted Trivia 1:00 One-One IN2L <b>1:45 Entertainment on Cedar Place – Bruce Thomas</b> 3:00 Wine & Cheese Social 4:00 Games/Music 6:00 Mexican Train w/ Zikia	10:00 Let's Talk About It <b>23</b> 10:30 Exercise – Yamece 5 <sup>th</sup> FL 11:00 Daily Chronicle Reading 11:30 Mind Aerobics' 1:00 Spa Day - Nails 2:00 Baking with Andrea 5 <sup>th</sup> FL 3:00 Social/Trivia with Friends 4:00 IN2L Music jute box 4:30 Catholic Service 2 <sup>nd</sup> Fl	10:00 All about Thanksgiving <b>24</b> 10:30 Exercise – Amani 5 <sup>th</sup> FL 11:00 Daily Chronicle Reading 11:30 Thanksgiving Trivia 1:00 Pin the tail on the turkey <b>2:00 Show your Creative Side</b> 3:00 Turkey Trot social / trivia <small>Thanksgiving Day (US)</small>	10:00 Let's Talk About It <b>25</b> 10:30 Exercise – Yamece 5 <sup>th</sup> FL 11:00 Daily Chronicle Reading 11:30 Assorted Trivia 1:00 National Geographic <b>2:00 Sing Along w/ Peter Francis</b> 3:30 Apple Cider Social 4:00 Sing Along DVD	10:00 What's Going On <b>26</b> 10:30 Exercise w/ Amani 11:00 Daily Chronicle Reading 11:30 Mind Aerobics' 1:30 Ball Toss 2:00 Brain Fitness IN2L 3:00 Afternoon Social 3:30 Game Time IN2L 4:30 Sing Along Susie Q IN2L
10:00 Inspirational Message <b>27</b> 10:30 Stretch & Flex w/ Amani 11:00 Daily Chronicle Reading 11:30 Song of Praise & Inspiration 1:00 Parachute 2:00 IN2L Travel Tour 3:00 Afternoon Social w/ Friends 3:30 IN2L Games 4:30 Ball Toss/ IN2L Jukebox	10:00 Let's talk About It <b>28</b> 10:30 Exercise – Yamece 5 <sup>th</sup> FL 11:00 Daily Chronicle Reading 11:30 Brain Aerobics' 1:00 Chat & Relax <b>2:00 Monday Matinee – 5<sup>th</sup> Fl Destination Room Monterey Place</b> 4:00 IN2L Sing-Along on 5 <sup>th</sup> Fl	10:00 Let's Talk About It <b>29</b> 10:30 Exercise w/ Yamece 11:00 Daily Chronicle Reading 11:30 Assorted Trivia 1:00 One-One IN2L <b>1:45 Entertainment on Cedar Place – Bonnie Jazz</b> 3:30 Wine & Cheese Social 4:00 IN2L Games/Music 6:00 Mexican Train w/ Zikia	10:00 Let's Talk About It <b>30</b> 10:30 Exercise – Yamece 5 <sup>th</sup> Fl 11:00 Daily Chronicle Reading 11:30 Mind Aerobics' 1:00 Spay Day - Nails 2:00 Baking with Andrea 3:00 Social/Trivia with Friends 4:00 IN2L Music jute box 4:30 Catholic Service 2 <sup>nd</sup> Fl	<h1>November 2022</h1> <h2>CEDAR PLACE</h2>		

RESIDENCES AT VANTAGE POINT ACTIVITIES CAN BE CHANGED AT ANYTIME DUE TO RESIDENTS PREFERENCES