



## Sample Activity Calendar

# Sample Activity Calendar

LUXURY APARTMENTS & INDEPENDENT LIVING

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sample Week 1	9:30 Coffee and Snacks in the Bistro are Available (PB)	9:30 Coffee and Snacks in the Bistro are Available (PB)	9:30 Coffee and Snacks in the Bistro are Available (PB)	9:30 Coffee and Snacks in the Bistro are Available (PB)	9:30 Coffee and Snacks in the Bistro are Available (PB)	9:30 Yoga (FC)	9:30 Coffee and Snacks in the Bistro are Available (PB)
	10:00 Non-Denominational Church Service (T)	10:30 <b>Strength &amp; Endurance Exercise Class (FC)</b>	9:30 <b>Outing: Shopping (RSVP)</b>	9:30 Tai Chi Exercise (FC)	10:30 <b>Strength &amp; Endurance Exercise Class (FC)</b>	9:30 Coffee and Snacks in the Bistro are Available (PB)	10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)
	10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)	11:15 Lawn Bowling! (G3F)	10:30 <b>Strength &amp; Stretch (FC)</b>	10:00 Go 4 Life Walking Club (LO)	11:00 <b>Lunch Outing (RSVP)</b>	10:30 <b>Scenic Drive (RSVP)</b>	10:00 Morning Smoothies in the Pub! (PB)
	11:15 Guided Meditation (FC)	11:45 Gardening Club Lunch and Learn (PB)	11:15 <b>Strength and Endurance Exercise Class (FC)</b>	10:30 Wordle and Coffee Social (LL)	11:15 Zumba Class (FC)	1:30 Liturgy of the Word (LL)	10:00 Go 4 Life Walking Club (LO)
	1:30 Woman's Discussion Group (B)	2:00 BINGO (CK)	2:00 <b>Resident Run Euchre (PB)</b>	11:00 Knitting Club (LL)	2:00 <b>Fit Minds Stay Sharp (FC)</b>	2:00 <b>History Presentation (T)</b>	10:30 <b>Outing: Trip to the Local Market (RSVP)</b>
	2:00 Afternoon Movie Matinee (T)	2:30 Coffee and Snacks in the Bistro are Available (PB)	2:00 Crafters Corners: String Pull Art (FC)	2:00 <b>Drumfit Exercise Class! (CK)</b>	2:30 Coffee and Snacks in the Bistro are Available (PB)	2:30 Coffee and Snacks in the Bistro are Available (PB)	2:00 <b>Resident Run Bridge (PB)</b>
	2:30 Coffee and Snacks in the Bistro are Available (PB)	3:30 Happy Hour Social in the Pub (PB)	2:30 Coffee and Snacks in the Bistro are Available (PB)	2:30 Coffee and Snacks in the Bistro are Available (PB)	3:00 Scrabble Games! (CK)	3:00 <b>Living, Loving, Local Social (PB)</b>	2:30 Coffee and Snacks in the Bistro are Available (PB)
	3:00 Mini Curling Game! (PB)	4:15 Tech Help (STS)	3:00 <b>Java Music Club (LL)</b>	3:00 Live Entertainment (CK)	3:30 <b>Meet me at the MoMA: Art History (T)</b>	3:30 Latin Chair Dancing Exercise (FC)	3:30 Interactive Word Games! (T)
7:00 Old Classics Movie Night (T)	7:00 Learning Series in the Movie Theatre (T)	4:00 Ted Talks and Discussion Group (T)	4:00 Happy Hour Social in the Pub (PB)	4:00 Tech Help (STS)	4:15 <b>Go 4 Life Walking Club (LO)</b>	7:00 Award Winning Films (T)	
		7:00 Games Night in the Pub! (PB)	7:00 Movie Night! Residents Choice (T)	7:00 Karaoke Night in the Pub! (PB)	7:00 Friday Night Musicals (T)		
Sample Week 2	9:30 Coffee and Snacks in the Bistro are Available (PB)	9:30 Coffee and Snacks in the Bistro are Available (PB)	9:30 Coffee and Snacks in the Bistro are Available (PB)	9:30 Coffee and Snacks in the Bistro are Available (PB)	9:30 Coffee and Snacks in the Bistro are Available (PB)	9:30 Yoga (FC)	9:30 Coffee and Snacks in the Bistro are Available (PB)
	10:00 Non-Denominational Church Service (T)	10:30 <b>Strength &amp; Endurance Exercise Class (FC)</b>	9:30 <b>Outing: Shopping (RSVP)</b>	9:30 Tai Chi Exercise (FC)	10:00 <b>Outing Day Trip (RSVP)</b>	9:30 Coffee and Snacks in the Bistro are Available (PB)	10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)
	10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)	11:15 <b>Strength and Endurance Exercise Class (FC)</b>	10:30 <b>Strength &amp; Stretch (FC)</b>	10:00 Go 4 Life Walking Club (LO)	10:30 <b>Strength &amp; Endurance Exercise Class (FC)</b>	10:30 <b>Scenic Drive (RSVP)</b>	10:00 Morning Smoothies in the Pub! (PB)
	11:15 Guided Meditation (FC)	11:45 Gardening Club Lunch and Learn (PB)	11:15 <b>Strength and Endurance Exercise Class (FC)</b>	10:30 Wordle and Coffee Social (LL)	11:15 Zumba Class (FC)	1:30 Liturgy of the Word (LL)	10:00 Men's Breakfast Club (B)
	1:30 Woman's Discussion Group (B)	2:00 BINGO (CK)	2:00 <b>Resident Run Euchre (PB)</b>	11:00 Knitting Club (LL)	2:00 <b>Fit Minds Stay Sharp (FC)</b>	2:00 <b>History Presentation (T)</b>	10:30 <b>Go 4 Life Walking Club (LO)</b>
	2:00 Afternoon Movie Matinee (T)	2:30 Coffee and Snacks in the Bistro are Available (PB)	2:00 Grafters Corners: Window Pane Art with Dried Florals (FC)	2:00 <b>Drumfit Exercise Class! (CK)</b>	2:30 Coffee and Snacks in the Bistro are Available (PB)	2:30 Coffee and Snacks in the Bistro are Available (PB)	2:00 <b>Resident Run Bridge (PB)</b>
	2:30 Coffee and Snacks in the Bistro are Available (PB)	3:30 Happy Hour Social in the Pub (PB)	2:30 Coffee and Snacks in the Bistro are Available (PB)	2:30 Coffee and Snacks in the Bistro are Available (PB)	3:00 Scrabble Games! (CK)	3:00 Wine and Cheese Social in the Pub! (PB)	2:30 Coffee and Snacks in the Bistro are Available (PB)
	3:00 Pictionary! (T)	4:15 Tech Help (STS)	3:00 <b>Java Music Club (LL)</b>	3:00 <b>Artful Enrichment Painting Class (CK)</b>	3:30 <b>Meet me at the MoMA: Painting Session (T)</b>	3:30 Latin Chair Dancing Exercise (FC)	3:30 Interactive Word Games! (T)
7:00 Old Classics Movie Night (T)	7:00 Learning Series in the Movie Theatre (T)	3:30 Chef Demo (CK)	4:00 Happy Hour Social in the Pub (PB)	4:00 Tech Help (STS)	4:15 <b>Go 4 Life Walking Club (LO)</b>	7:00 Award Winning Films (T)	
		4:00 Ted Talks and Discussion Group (T)	4:00 Movie Night! Residents Choice (T)	7:00 Karaoke Night in the Pub! (PB)	7:00 Friday Night Musicals (T)		
		7:00 Games Night in the Pub! (PB)					

## Locations Legend

Pub/Bistro (PB) Theatre (T) Library/Lounge (LL)  
 Fitness Centre (FC) Country Kitchen (CK) Outing (RSVP)

Meet in the Lobby (LO) Boardroom (B)  
 Suite-to-Suite (STS) Gazebo (G3F)

## Calendar Legend

**Outing** **Resident Run** **Signature Program**  
**Special Program** **Living, Loving, Local** **Entertainment**



# Sample Activity Calendar

ASSISTED LIVING

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sample Week 1	9:30 Coffee and Snacks in the Bistro are Available (PB)	9:30 Coffee and Snacks in the Bistro are Available (PB)	9:30 Coffee and Snacks in the Bistro are Available (PB)	9:30 Coffee and Snacks in the Bistro are Available (PB)	9:30 Coffee and Snacks in the Bistro are Available (PB)	9:30 Yoga (FC)	9:30 Coffee and Snacks in the Bistro are Available (PB)
	10:00 Non-Denominational Church Service (T)	10:30 <b>Strength &amp; Endurance Exercise Class (FC)</b>	9:30 <b>Outing: Shopping (RSVP)</b>	9:30 Tai Chi Exercise (FC)	10:30 <b>Strength &amp; Endurance Exercise Class (FC)</b>	9:30 Coffee and Snacks in the Bistro are Available (PB)	10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)
	10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)	11:15 Lawn Bowling! (G3F)	10:30 <b>Strength &amp; Stretch (FC)</b>	10:00 Go 4 Life Walking Club (LO)	11:00 <b>Lunch Outing (RSVP)</b>	10:30 <b>Scenic Drive (RSVP)</b>	10:00 Morning Smoothies in the Pub! (PB)
	11:15 Guided Meditation (FC)	11:45 Gardening Club Lunch and Learn (PB)	11:15 <b>Strength and Endurance Exercise Class (FC)</b>	10:30 Wordle and Coffee Social (LL)	11:15 Zumba Class (FC)	1:30 Liturgy of the Word (LL)	10:00 Go 4 Life Walking Club (LO)
	1:30 Woman's Discussion Group (B)	2:00 BINGO (CK)	2:00 <b>Resident Run Euchre (PB)</b>	11:00 Knitting Club (LL)	2:00 <b>Fit Minds Stay Sharp (FC)</b>	2:00 <b>History Presentation (T)</b>	10:30 <b>Outing: Trip to the Local Market (RSVP)</b>
	2:00 Afternoon Movie Matinee (T)	2:30 Coffee and Snacks in the Bistro are Available (PB)	2:00 Crafters Corners: String Pull Art (FC)	2:00 <b>Drumfit Exercise Class! (CK)</b>	2:30 Coffee and Snacks in the Bistro are Available (PB)	2:30 Coffee and Snacks in the Bistro are Available (PB)	2:00 <b>Resident Run Bridge (PB)</b>
	2:30 Coffee and Snacks in the Bistro are Available (PB)	3:30 Happy Hour Social in the Pub (PB)	2:30 Coffee and Snacks in the Bistro are Available (PB)	2:30 Coffee and Snacks in the Bistro are Available (PB)	3:00 Scrabble Games! (CK)	3:00 <b>Living, Loving, Local Social (PB)</b>	2:30 Coffee and Snacks in the Bistro are Available (PB)
	3:00 Mini Curling Game! (PB)	4:15 Tech Help (STS)	3:00 <b>Java Music Club (LL)</b>	3:00 Live Entertainment (CK)	3:30 <b>Meet me at the MoMA: Art History (T)</b>	3:30 Latin Chair Dancing Exercise (FC)	3:30 Interactive Word Games! (T)
7:00 Old Classics Movie Night (T)	7:00 Learning Series in the Movie Theatre (T)	4:00 Ted Talks and Discussion Group (T)	4:00 Happy Hour Social in the Pub (PB)	4:00 Tech Help (STS)	4:15 <b>Go 4 Life Walking Club (LO)</b>	7:00 Award Winning Films (T)	
		7:00 Games Night in the Pub! (PB)	7:00 Movie Night! Residents Choice (T)	7:00 Karaoke Night in the Pub! (PB)	7:00 Friday Night Musicals (T)		
Sample Week 2	9:30 Coffee and Snacks in the Bistro are Available (PB)	9:30 Coffee and Snacks in the Bistro are Available (PB)	9:30 Coffee and Snacks in the Bistro are Available (PB)	9:30 Coffee and Snacks in the Bistro are Available (PB)	9:30 Coffee and Snacks in the Bistro are Available (PB)	9:30 Yoga (FC)	9:30 Coffee and Snacks in the Bistro are Available (PB)
	10:00 Non-Denominational Church Service (T)	10:30 <b>Strength &amp; Endurance Exercise Class (FC)</b>	9:30 <b>Outing: Shopping (RSVP)</b>	9:30 Tai Chi Exercise (FC)	10:00 <b>Outing Day Trip (RSVP)</b>	9:30 Coffee and Snacks in the Bistro are Available (PB)	10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)
	10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)	11:15 <b>Strength and Endurance Exercise Class (FC)</b>	10:30 <b>Strength &amp; Stretch (FC)</b>	10:00 Go 4 Life Walking Club (LO)	10:30 <b>Strength &amp; Endurance Exercise Class (FC)</b>	10:30 <b>Scenic Drive (RSVP)</b>	10:00 Morning Smoothies in the Pub! (PB)
	11:15 Guided Meditation (FC)	11:45 Gardening Club Lunch and Learn (PB)	11:15 <b>Strength and Endurance Exercise Class (FC)</b>	10:30 Wordle and Coffee Social (LL)	11:15 Zumba Class (FC)	1:30 Liturgy of the Word (LL)	10:00 Men's Breakfast Club (B)
	1:30 Woman's Discussion Group (B)	2:00 BINGO (CK)	2:00 <b>Resident Run Euchre (PB)</b>	11:00 Knitting Club (LL)	2:00 <b>Fit Minds Stay Sharp (FC)</b>	2:00 <b>History Presentation (T)</b>	10:30 <b>Go 4 Life Walking Club (LO)</b>
	2:00 Afternoon Movie Matinee (T)	2:30 Coffee and Snacks in the Bistro are Available (PB)	2:00 Grafters Corners: Window Pane Art with Dried Florals (FC)	2:00 <b>Drumfit Exercise Class! (CK)</b>	2:30 Coffee and Snacks in the Bistro are Available (PB)	2:30 Coffee and Snacks in the Bistro are Available (PB)	2:00 <b>Resident Run Bridge (PB)</b>
	2:30 Coffee and Snacks in the Bistro are Available (PB)	3:30 Happy Hour Social in the Pub (PB)	2:30 Coffee and Snacks in the Bistro are Available (PB)	2:30 Coffee and Snacks in the Bistro are Available (PB)	3:00 Scrabble Games! (CK)	3:00 Wine and Cheese Social in the Pub! (PB)	2:30 Coffee and Snacks in the Bistro are Available (PB)
	3:00 Pictionary! (T)	4:15 Tech Help (STS)	3:00 <b>Java Music Club (LL)</b>	3:00 <b>Artful Enrichment Painting Class (CK)</b>	3:30 <b>Meet me at the MoMA: Painting Session (T)</b>	3:30 Latin Chair Dancing Exercise (FC)	3:30 Interactive Word Games! (T)
7:00 Old Classics Movie Night (T)	7:00 Learning Series in the Movie Theatre (T)	3:30 Chef Demo (CK)	4:00 Happy Hour Social in the Pub (PB)	4:00 Tech Help (STS)	4:15 <b>Go 4 Life Walking Club (LO)</b>	7:00 Award Winning Films (T)	
		4:00 Ted Talks and Discussion Group (T)	4:00 Movie Night! Residents Choice (T)	7:00 Karaoke Night in the Pub! (PB)	7:00 Friday Night Musicals (T)		
		7:00 Games Night in the Pub! (PB)					

## Locations Legend

Pub/Bistro (PB) Theatre (T) Library/Lounge (LL)  
 Fitness Centre (FC) Country Kitchen (CK) Outing (RSVP)

Meet in the Lobby (LO) Boardroom (B)  
 Suite-to-Suite (STS) Gazebo (G3F)

## Calendar Legend

**Outing** **Resident Run** **Signature Program**  
**Special Program** **Living, Loving, Local** **Entertainment**



# Sample Activity Calendar

MEMORY CARE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sample Week 1	10:00 Spiritual Sunday Church Service	10:30 Fitness Fun Exercise Class	10:00 Sifting and Sorting	10:30 Fitness Fun Exercise	10:00 Sorting and Folding Life Skills	10:15 Stretch and Breath with Stephanie	10:30 Exercise Movement with Weights
	11:00 Life Skills: Helping in Households	11:00 May Trivia EZ Does It	10:30 Exercise Movement with Weights	11:00 Crafters Corners - Garden Watering Cans	10:30 Exercise Movement with Weights	11:00 Work It Series- Spelling Quest	11:00 Hand Massages, Nails and a Journey Around the World Singalong -Caribbean-
	11:00 Crosswords, Puzzles and Chit Chat	1:30 Lifeskill Stations	11:00 Brain Teasers: Rearrange Me (GC)	1:30 EZ Music: Reminiscing with Songs About Flowers	11:00 Morning Baking Club	1:30 Bible Study Spiritual Moment	2:00 Musical BINGO
	2:00 Table Top Activities - Say Anything Game	2:00 Fit Minds Interactive Cognitive Stimulation	1:30 Short Story: Jayden's Green Thumb	2:00 Artist Hour- Painting on Canvas - Dot Painting	1:30 Bean Bag Competition	2:00 PRIZE BINGO	3:00 Carp Creamery: Ice Cream Social!
	2:30 Colouring In and Spiritual Hymns	3:00 Coffee and Tea Biscuits Social	2:00 B-I-N-G-O	3:15 From Our Home to Yours: Festival Cinco Music and Chips and Salsa	2:00 Fit Minds Interactive Cognitive Stimulation Therapy	3:00 Munchie and Specialty Cocktail Social	4:00 Outdoor Walking Club
	3:00 Afternoon Social and Discussions	3:15 Java Music Club Singalong and Discussions	3:00 Spring Healthy Fruit Social	4:00 Ring Toss Competition	3:00 Freshly Baked Goods Social	3:15 Virtual Music Therapy with Alexis and Stephanie	4:00 Andre Rieu Concert Series
	4:00 Outdoor Nature Walks	4:00 Wii Bowling!	3:30 Let's Dance with a Zumba Class	7:00 Creative Coloring	3:15 Boots and Hearts Country Sing Along	4:00 Golf Target Swing Active Game (Outside)	6:15 Evening Discussions and Hydration with the Household Team
6:15 Old Classic Movies with the Household Team	7:00 Seated Soccer with the Household Team	4:15 Matching Activity: Landmarks and Vehicles		4:00 Outdoor Walking Club	6:15 Movie Night and Popcorn with the Household Team		
Sample Week 2	10:00 Spiritual Sunday Church Service	10:30 Fitness Fun Exercise Class	10:00 Sifting and Sorting	10:30 Fitness Fun Exercise	10:00 Sorting and Folding Life Skills	10:15 Chair Yoga Exercise	10:30 Exercise Movement 15 with Weights
	11:00 Mother's Day Reminiscing and Memories	11:00 Work-It Series Trivia	10:30 Exercise Movement with Weights	11:00 Crafters Corners - Photo Finish Daises	10:30 Exercise Movement with Weights	11:00 Compound Word Games	11:00 Hand Massages, Nails and Journeys around the World Singalong - United Kingdom
	1:30 International Migratory Bird Day: Birds of the Word Quiz (GC)	1:30 Lifeskill Stations	11:00 Charades: Guess My Occupation	1:30 What's in the Bag Gardening Addition	11:00 Morning Baking Club	1:30 Bible Study Spiritual Moment	2:00 Musical BINGO
	2:00 Table Top Activities - Flower Arranging	2:00 Fit Minds Interactive Cognitive Stimulation	1:30 You can Puzzle To (AC)	2:00 Artist Hour- Painting on Canvas - Acrylic Farmland	1:30 Bean Bag Competition	2:00 PRIZE BINGO	3:00 Carp Creamery: Ice Cream Social!
	2:30 Colouring In and Spiritual Hymns	3:00 Coffee and Tea Biscuits Social	2:00 B-I-N-G-O	3:00 Chefs Choice Social	2:00 Fit Minds Interactive Cognitive Stimulation Therapy	3:00 Munchie and Specialty Cocktail Social	4:00 Andre Rieu Concert Series
	3:00 Mothers Day Tea Social and Guitar with Patti	3:15 Java Music Club Singalong and Discussions	3:00 Spring Healthy Fruit Social	3:15 From Our Home to Yours: Classic Jazz Sing-along	3:00 Cookie Cutter Club Social	3:15 Virtual Music Therapy with Alexis and Patti	4:00 Outdoor Walking Club
	3:30 Mothers Day Trivia and Poems	4:00 Wii Bowling!	3:30 Let's Dance with a Zumba Class	7:00 Garden Scrapbooking for our Monthly Theme	3:15 Boots and Hearts Country Sing Along	4:00 Golfing in the Greens	6:15 Evening Discussions and Hydration with the
4:00 Outdoor Nature Walks	7:00 Seated Soccer with the Household Team	4:15 Remote Control Patio Races		4:00 Outdoor Walking Club	6:15 Movie Night and Popcorn		
6:15 Old Classic Movies with the Household Team		7:00 Hand Massages and Meditation Session		7:00 Invention or Imagination: Let's Guess!			

## Locations Legend

Pub/Bistro (PB) Theatre (T) Library/Lounge (LL)  
 Fitness Centre (FC) Country Kitchen (CK) Outing (RSVP)

Meet in the Lobby (LO) Boardroom (B)  
 Suite-to-Suite (STS) Gazebo (G3F)

## Calendar Legend

Outing Resident Run Signature Program  
 Special Program Living, Loving, Local Entertainment



# A higher standard of retirement living.

Only The Shores gives you so many options to live your life your way, with the exceptional facilities, exclusive amenities and signature services of a luxury hotel. Here, in our warm and sociable community, you'll discover senior living just the way you want it, but never thought you'd find it.

*Verve*

ELITE

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THE  
**SHORES**  
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