




# December 2025



	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
	9:30 Excercise Video: (AR) Full Body Stretch 10:00 Breakfast Social (L) 11:00 Dog Walking Group (FD)	9:30 Excercise Video: (AR) Stand and Fit 10:00 Breakfast Social (L) 10:30 Residents Council Meeting (AR) 2:30 Veteran's Gathering (L)	9:30 Excercise Video: (AR) Strength & Stretch 10:00 Cool-Down Stroll (L)	9:30 Excercise Video: (AR) Weighted Exercise 10:00 Breakfast Social (L) 6:30 Dessert & Documentary : (L) Kangaroo Valley 1:30 ShuffleBoard: (AR) Staff Vs Residents!! Door Decorating Competition Start Date	10:30 Chair Yoga with Nataliya (AR) 10:00 Breakfast Social (L) 1:30 Shuffleboard (AR) 3:30 Happy Hour (L) 7:00 Bingo (AR)	9:30 Excercise Video: (AR) Sit and Fit 10:00 Breakfast Social (L) 1:30 National Geographic: Home at the End of the Earth 1:30 Garden Chat & Tour! (L) 7:00 Popcorn & Movie: Grinch (Live action) (L)
9:30 Excercise Video: (AR) Chair Yoga 1:30 Afternoon Movie: A Christmas Prince (L)	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13
	9:30 Excercise Video: (AR) Full Body Stretch 10:00 Breakfast Social (L) 11:00 Dog Walking Group (FD) Come Make Ugly Christmas Sweaters At 1PM (AR)	9:30 Excercise Video: (AR) Stand and Fit 10:00 Breakfast Social (L) 1:00 Resident Christmas Tree Decorating 2:30 Veteran's Gathering (L)	9:30 Excercise Video: (AR) Weighted Exercise 10:00 Breakfast Social (L) 3:00 Residents General Meeting (AR) 6:00 Butchart Gardens Christmas Lights Trip! Sign up! ★	9:30 Excercise Video: (AR) Strength & Stretch 10:00 Breakfast Social (L) 1:00 Meet Santa & Stay For A Christmas Sing Along! 🎅 6:30 Dessert & Documentary : Everest and the Nepal Earthquake (L)	9:30 Excercise Video: (AR) Full Body Stretch 10:00 Breakfast Social (L) 1:30 Shuffleboard (AR) 3:30 Happy Hour (L) 7:00 Bingo (AR)	Christmas Craft Fair with Andrea 9:30am - 3pm In The Activity Room 1:30 National Geographic: Lost World of the Maya 7:00 Popcorn & Movie: You've Got Mail (L)
9:30 Excercise Video: (AR) Chair Yoga 2:00 Ablaze Choir Christmas performance (L)	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20
	9:30 Excercise Video: (AR) Full Body Stretch 10:00 Breakfast Social (L) 11:00 Dog Walking Group (FD)	9:30 Excercise Video: (AR) Stand and Fit 10:00 Breakfast Social (L) Charles Dickens Lunch Buffet with Music by Joyce and The Boy 12pm-2pm 2:30 Veteran's Gathering (L)	9:30 Excercise Video: (AR) Weighted Exercise 10:00 Breakfast Social (L) 1:30 Residents Culinary Meeting (AR) 2:00 Ugly Sweater Music Bingo (AR)	9:30 Excercise Video: (AR) Strength & Stretch 10:00 Breakfast Social (L) Door Decorating Competition Deadline Resident Birthday Tea with Tricky Magic! 3 - 4pm 🎂 6:30 Dessert & Documentary : My Heroes Were Cowboys (L)	9:30 Excercise Video: (AR) Full Body Stretch 10:00 Breakfast Social (L) 1:30 Shuffleboard (AR) 3:30 Happy Hour (L)	9:30 Excercise Video: (AR) Sit and Fit 10:00 Breakfast Social (L) 1:30 National Geographic: Wild Yosemite 7:00 Popcorn & Movie: David and the Elves (L)
9:30 Excercise Video: (AR) Full Body Stretch "Music with your neighbor" Featuring Dorm on Guitar 2:00 pm in the Dining Room 🎵	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Saturday 27
	10:00 Yoga Session With Janice Arnot (AR) 10:00 Breakfast Social (L) 11:00 Dog Walking Group (FD)	9:30 Excercise Video: (AR) Stand and Fit 10:00 Breakfast Social (L) 2:30 Veteran's Gathering (L) 7:00 X-Mas Movie Night with Hot Coco! 🍵	9:30 Excercise Video: (AR) Weighted Exercise 10:00 Breakfast Social (L) Christmas Eve Dinner 5PM Seating	9:30 Excercise Video: (AR) Strength & Stretch 10:00 Breakfast Social (L) 1:00 Pool Challenge (GR) 6:30 Dessert & Documentary : The Hidden Lives of Pets (L) Christmas Day Brunch 11:30AM	9:30 Excercise Video: (AR) Full Body Stretch 10:00 Breakfast Social (L) 1:30 Shuffleboard (AR) 3:30 Happy Hour (L) Boxing Day	9:30 Excercise Video: (AR) Sit and Fit 10:00 Breakfast Social (L) 1:30 National Geographic: Wildlife Warrior 7:00 Popcorn & Movie: A Boy Called Christmas (L)
9:30 Excercise Video: (AR) Chair Yoga 1:30 Afternoon Movie: Nothing Like The Holidays (L)	Monday 29	Tuesday 30	Wednesday 31	<div><b>Sign Up Sheets</b> You will see a star beside the activity or outing on this calendar if <u>sign-up is required</u>. The Activities binder is located opposite the Front Desk on the side table.</div> <div><b>Location key</b> GR- Games Room AR- Activity Room L- Lounge DR- Dining Room P- Patio FD- Front Desk</div> 		
	9:30 Excercise Video: (AR) Full Body Stretch 10:00 Breakfast Social (L) 11:00 Dog Walking Group (FD)	9:30 Excercise Video: (AR) Stand and Fit 10:00 Breakfast Social (L) 2:30 Veteran's Gathering (L)	9:30 Excercise Video: (AR) Weighted Exercise 10:00 Breakfast Social (L) After Dinner Countdown Party! At 6 PM New Years Eve Special Dinner			