

LIVING WELL PERKS & PLUSES - December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vitalis Registration Forms available at Reception			1 9:30-5Mirrors Hair Salon	2
5 9:30-5Mirrors Hair Salon	6 9:30-5Mirrors Hair Salon	7 9:30-5Mirrors Hair Salon	8 9:30-5Mirrors Hair Salon	9
12 9:30-5Mirrors Hair Salon	13 9:30-5Mirrors Hair Salon	14 9:30-5Mirrors Hair Salon	15 9:30-5Mirrors Hair Salon	16
19 9:30-5Mirrors Hair Salon	20 9:30-5Mirrors Hair Salon	21 In Home Hearing (Book your appointment)	22 9:30-5Mirrors Hair Salon 1:30 Blood Pressure Clinic - Outside Wellness	23
26 9:30-5Mirrors Hair Salon	27 9:30-5Mirrors Hair Salon	28 9:30-5Mirrors Hair Salon	29 9:30-5Mirrors Hair Salon	30

HH: Healthy Habit Fitness Centre
HUB: The Hub Games Room

HS: Mirrors Hair Salon
TBA: To Be Announced

WC: Wellness Centre



HAPPY BIRTHDAY!

Paul McCullough - December 5th

David DeVries - December 5th

Yvette Cyr - December 6th

Emma Empey - December 6th

Calla Brown - December 7th

Willy Dykxhoorn - December 10th

Marie Claus - December 16th

Marguerite DeGaut - December 19th

Jerry Malott - December 19th

Nan McIntyre - December 22nd

John McIntyre - December 22nd

Frank Heuving - December 26th

Joyce Lamarche December 30th

Verne Harvey December 31st

- Christmas Bazaar**
Thursday December 1st from 3:00pm-7:00pm
- Shopping at Tillsonburg Town Centre**
Friday December 2nd at 1:00pm
- Shopping in Ingersoll**
Monday December 5th at 1:15pm
- Entertainment with Sheryl Walsh**
Tuesday December 6th at 2:00pm
- Country Drive**
Wednesday December 7th at 1:15pm
- Dorchester Library Storytime**
Thursday December 8th at 10:30am
- Resident Christmas Party with Martin Wall**
Thursday December 8th at 6:00pm
- Outing: Pickard Peanuts**
Friday December 9th at 1:00pm
- 12 Days of Christmas Starts**
Monday December 12th
- Shopping at HomeSense**
Monday December 12th at 1:00pm
- Birthday Party with John Moorhouse**
Tuesday December 13th at 2:00pm
- Dinner at Swiss Chalet and Gift of Lights Tour**
Wednesday December 14th at 4:30pm
- Shopping in Dorchester**
Monday December 19th at 1:00pm
- Entertainment with Jackie Grainge**
Tuesday December 20th at 2:00pm
- Christmas Light Tour**
Wednesday December 21st at 5:30pm
- Pizza Party**
Thursday December 23rd at 12:00pm
- Catholic Mass**
Thursday December 23rd at 3:00pm
- Merry Christmas!**
Saturday December 25th
- Boxing Day Entertainment with Mike Wittich**
Monday December 26th at 2:00pm
- Winter Drive**
Wednesday December 28th at 1:15pm
- New Year's Entertainment with The Goldies**
Saturday December 31st at 2:00pm

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SOCIAL & RECREATIONAL ACTIVITIES - DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:30 Exercise Video - HH 1 9:30 Catholic Communion - In Suite 10:15 Fitminds - CC 11:00 Wordus - MT 1:30 Where in the World - MT 3:00 Twisted Lemon Social- PUB 3:00 Rescheduled Christmas Bazaar - Lobby	9:45 Wii Sports - HH 2 10:30 VON Exercises - HH 11:00 Chapel Service - MT 1:00 Shopping at Tillsonburg Town Centre - Lobby 1:30 Scattergories - DD 2:30 Snowflake Social - PR 3:15 Snowflake Scavenger Hunt - Main Floor 7:00 Movie Night: Home Alone - MT	9:30 Guided Meditation - MT 3 10:30 Exercise Video - HH 1:00 Therapy Dog Visits - Lobby 1:30 Milk Bag Mat Making - CC 2:30 Board Games - DD 7:00 Movie Night: The Santa Clause - MT
10:00 Church Service - MT 4 10:30 Sunday Crosswords - Reception 2:15 Exercise Video - HH 3:30 Brain Games - Reception 7:00 Classic Movie Night: Frosty the Snowman - MT	9:30 Morning Stretch - HH 5 10:15 Coffee and Jokes - BB 10:45 Bingo - HUB (1 & 2) 11:15 Bingo - CC (3 & 4) 1:15 Shopping in Ingersoll- Lobby 1:30 Wii Sports - HH 3:00 Exercise Class - HH 7:00 Bid Euchre - DD St. Nicholas Day: Leave your shoes out tonight for a treat!	9:30 Exercise Class - HH 6 10:00 Knitting Group - PR 10:30 History of St. Nicholas Day - PR 2:00 Entertainment with Sheryl Walsh - Lobby 2:30 Card Games - DD 3:00 Presbyterian Communion - MT 3:30 Milk Bag Mat Making - CC 7:00 Euchre Bridge - DD	9:30 Self Led Meditation - MT 7 10:30 Cranium Crunches - Reception 1:15 Country Drive - Lobby 1:30 VON Exercise Class - HH 3:15 Bingo - CC 7:00 Crokinole - HUB	9:30 Exercise Video - HH 8 9:30 Catholic Communion - In Suite 10:30 Dorchester Library Storytime - Lobby 1:30 Fitminds - CC 2:30 Pinball - BB 3:15 Men's Chess & Checkers - HUB 6:00 Resident Christmas Party with Martin Wall - GT	9:45 Wii Sports - HH 9 10:30 VON Exercises - HH 1:00 Outing: Pickard Peanuts - Lobby 1:30 Scattergories - Reception 2:30 Men's Social - HUB 3:15 Christmas Movie Scavenger Hunt—Main Floor 7:00 Movie Night: White Christmas-MT	9:30 Guided Meditation - MT 10 10:30 Exercise Video - HH 1:00 Therapy Dog Visits - Lobby 1:30 Milk Bag Mat Making - CC 2:30 Billiards - HUB 7:00 Movie Night: A Christmas Story - MT
10:00 Church Service - MT 11 10:30 Sunday Crosswords - Reception 2:15 Exercise Video - HH . 3:30 Brain Games - Reception 7:00 Classic Movie Night: Rudolph the Red-Nosed Reindeer - MT	12 Days of Christmas - Door Decorated Judging Day 12 9:30 Morning Stretch - HH 10:15 Coffee and Jokes - BB 10:45 Bingo - HUB (1 & 2) 11:15 Bingo - CC (3 & 4) 1:00 Shopping at HomeSense - Lobby 1:30 I Love Lucy - MT 3:00 Wii Sports - HH 6:00 Billiards and Darts - HUB	12 Days of Christmas - Christmas Craft 13 9:30 Exercise Video - HH 10:00 Knitting Group - PR 10:00 Stories, Tea and Jokes - PR 2:00 Birthday Party with John Moorhouse - Lobby 3:30 Milk Bag Mat Making - CC 7:00 Euchre Bridge - DD	12 Days of Christmas - Reindeer Games 14 9:30 Self Led Meditation - MT 10:30 Christmas Baking - PR 1:30 Saran Wrap Game - PR 1:30 VON Exercise Class - HH 3:15 Bingo - CC 4:30 Dinner at Swiss Chalet and Gift of Lights Tour - Lobby 7:00 Crokinole - HUB	12 Days of Christmas - Hot Cocoa Day 15 9:30 Exercise Video - HH 9:30 Catholic Communion - In Suite 10:15 Fitminds - CC 11:00 Wordus - MT 1:30 Gingerbread Houses- PR 3:15 Men's Chess & Checkers - HUB 6:45 Bowling - Lobby	12 Days of Christmas - Christmas Sweater Day 16 9:45 Wii Sports - HH 10:30 VON Exercises - HH 11:00 Chapel Service - MT 1:30 Scattergories - DD 2:30 Candy Cane Social - PR 3:15 Candy Cane Hunt - Main Floor 7:00 Movie Night: Christmas Vacation - MT	12 Days of Christmas - Christmas Accessory Day 17 9:30 Guided Meditation - MT 10:30 Exercise Video - HH 1:00 Therapy Dog Visits - Lobby 1:30 Milk Bag Mat Making - CC 2:30 Board Games - DD 7:00 Movie Night: It's a Wonderful Life - MT
12 Days of Christmas - Grinch Day 18 10:00 Church Service - MT 10:30 Sunday Crosswords—Reception 2:15 Exercise Video - HH 3:30 Brain Games - Reception 7:00 Christmas Movie Night: The Grinch - MT	12 Days of Christmas - Christmas Bingo 19 9:30 Morning Stretch - HH 10:15 Coffee and Jokes - BB 10:45 Christmas Bingo - HUB(1&2) 11:15 Christmas Bingo - CC (3 & 4) 1:00 Shopping in Dorchester - Lobby 1:30 Canvas Painting - CC 3:30 Wii Sports - HH 7:00 Bid Euchre - DD	12 Days of Christmas - Cookie Decorating 20 9:30 Exercise Class- HH 10:00 Knitting Group - PR 10:30 Christmas Cookie Social - PR 2:00 Entertainment with Jackie Grainge - Lobby 3:30 Milk Bag Mat Making - CC 7:00 Euchre Bridge - DD	12 Days of Christmas - Christmas Karaoke 21 9:30 Self Led Meditation - MT 10:30 Christmas Fun with Katie —PR 1:30 VON Exercise Class - HH 2:00 Staff and Resident Christmas Karaoke - PUB 3:15 Bingo - CC 5:30 Dorchester Christmas Light Tour - Lobby 7:00 Hymn Sing - CC	12 Days of Christmas - Red and Green Day 22 9:30 Exercise Video - HH 10:15 Fitminds - CC 11:00 Wordus - MT 12:00 Pizza Party - PR 2:30 Pass the Present Game - PR 3:00 Catholic Mass - GT 3:30 Men's Chess & Checkers - HUB 6:45 Bowling - Lobby	12 Days of Christmas - PJ Day! 23 9:45 Wii Sports - HH 10:30 VON Exercises - HH 1:30 Scattergories - DD 2:30 Christmas Social - PR 3:15 Christmas Scavenger Hunt - Main Floor 7:00 Movie Night: Miracle on 34th Street - MT	Christmas Eve 24 9:30 Guided Meditation - MT 10:30 Exercise Video - HH 1:00 Therapy Dog Visits - Lobby 1:30 Milk Bag Mat Making - CC 2:30 Billiards- HUB 7:00 Movie Night: Elf - MT
Merry Christmas 25 10:00 Church Service - MT 10:30 Christmas Puzzle Packs—Reception 7:00 Classic Movie Night: Santa Claus is Comin' to Town- MT	Boxing Day! 26 9:30 Morning Stretch - HH 10:30 Brain Games - Reception 2:00 Entertainment with Mike Wittich - Lobby 2:30 Wii Sports - HH 6:00 Billiards and Darts - HUB	9:30 Exercise Video - HH 27 10:00 Knitting Group - PR 10:30 Wacky Wordies - Reception 1:30 Playroom Experiment Games—HUB 2:00 Cards - DD 3:30 Milk Bag Mat Making - CC 7:00 Euchre Bridge - DD	9:30 Self Led Meditation - MT 28 10:30 Trivia Packages - Reception 1:15 Winter Drive - Lobby 3:15 Bingo - CC 7:00 Crokinole - HUB	9:30 Exercise Video - HH 29 9:30 Catholic Communion - In Suite 10:15 Fitminds - CC 2:00 Uno - DD 3:15 Men's Chess & Checkers - HUB 6:45 Bowling - Lobby	9:45 Wii Sports - HH 30 10:30 Exercise Video - HH 1:30 Scattergories - DD 2:30 New Year's Social - PR 3:15 New Year's Scavenger Hunt - Main Floor 7:00 Movie Night: Home Alone 2 - MT	New Year's Eve Wear Black and Gold Day 31 9:30 Guided Meditation - MT 10:30 Exercise Video - HH 1:00 Therapy Dog Visits - Lobby 1:30 Milk Bag Mat Making - CC 2:00 New Year's Entertainment with The Goldies - Lobby 2:30 Billiards- HUB 7:00 Movie Night: The Holiday - MT

BB: Busy Bean Bistro (1)

DD: Dealer's Den Card Room (2)

CC: Creative Corner (3)

HUB: The Hub Games Room (2)

PR: Rendezvous Party Room (4)

PUB: Twisted Lemon Pub (1)

HH: Healthy Habit Fitness Centre (1)

GT: Garden Terrace Dining Room (1)

MT: Century Hall Movie Theatre (3)

CY: Courtyard

TBA: To Be Announced

Events in Purple: Sign Up

Events in Red: Open to Public