

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Knitting Club All about Daylight Saving Time National Authors Day Wind It Down	2 You be the Judge Sit and Be Fit Colour Word Orange Day Spa Time	3 Documentary Fitness time Exploring Moldova Hot Seat	4 Cranium Crunches Discussion Group: King Tut Xbox Fun Wheel of Fortune	5 Spiritual Readings Stretch and Flex Art with Mackenzie Indoor Golf	6 Word Scrambles Seated Yoga Food for Thought Bracelet Making	7 Youtube Weekly BINGO! Book Lovers and Merlot Day Dance it Out
8 Daily Chronicles Fitness Time Shakespeare Day Sculpting	9 Word Scrambles Stretch and be Flex Science Experiments Dance it Out	10 You be the Judge Dance Fitness Art with Mackenzie Origami Folding	11 Morning Stretches Remembrance Observance Origami Day – Dove Making Name that Tune Remembrance Day	12 Cranium Crunches Fitness Time Passport to Montreal Shuffle Board	13 Seated Yoga World Kindness Day Discussion Artists Corner Dominos	14 Knitting Club Spiritual Readings Food for Thought Hot Seat
15 Morning Chats Sit and Be Fit Tablet Time Knitting Club	16 Cranium Crunches Button Day Art Exploring United Kingdom Birthday Celebration	17 Spiritual Readings Sit and Be Fit Spa Time Birthday Celebration	18 Guinness Book of World Records Day Dance Fitness Apple Cider Social Art with Mackenzie	19 Stretch and Flex Word Scrambles International Men's Day Hot Seat	20 Seated Yoga Cranium Crunches Xbox Fun Science Experiments	21 Youtube Weekly What Am I? Poetry Reading Dance it Out
22 Daily Chronicles Fitness Time Sculpting Class Indoor Bowling	23 Spiritual Meditation Stretch and be Flex Board Games Bracelet Making	24 Cranium Crunches Documentary BINGO! Birthday Celebration	25 You be the Judge Sit and be Fit Art with Mackenzie Star of the Month: Rock Hudson	26 Tablet Time Dance Fitness Exploring New York, New York Shuffle Board	27 Word Scrambles Seated Yoga Spa Time Artists Corner	28 Knitting Club Wheel of Fortune Reading Group Hot Seat
29 Daily Chronicles Sit and Be Fit BINGO! Square Dancing Day	30 Name that Tune Cranium Crunches Spa Time Science Experiments				www.cedarhursthome.ca	<i>Timing and length of activities are driven by residents' interest and engagement.</i>