

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 Sunday Service with Chaplain Ellen (FH) 2:00 Music with the Creekside Seniors (FH)	2 9:30 Lower Body Strength (CR) 10:30 Yahtzee (MPR) 1:30 Creative Painting (MPR) 2:30 Spirit Circle with Chaplain Ellen (CR) 6:30 Music with Fiddle Friends (FH)	3 9:30 Qi Gong (FH) 10:30 Table Top Games (CR) 1:30 Word Games (CR) 2:00 Retirement Suites Drop-in Session (DR) 2:30 Dominoes (MPR)	4 9:30 Beach Ball Fun (CR) 10:20 R.C Communion Visits 10:30 Hymn Sing (MPR) 1:15 Outing: Dollarama *Sign-up required 2:00 Strategic Planning Brainstorming Session with Elaine Shantz (FH)	5 9:30 Lower Body Strength (CR) 10:30 Retirement Suites Town Hall Meeting (DR) 1:15 Hot Wax Treatment (Gym)	6 10:00 Music with Sharp Attack Quartet (FH) 1:00 Outing: Sound of Music Concert at WMB Church *sign up required 2:30 Crokinole (GR) 3:00 Choir Practice 3:30 Christmas Piano Music with Angela (FH)	7
8 10:30 Sunday Service with Chaplain Lisa (FH)	9 9:30 Upper Body Strength (CR) 10:30 Ring Toss (CR) 1:30 UNO (MPR) 2:30 Spirit Circle with Chaplain Ellen (CR)	10 10:00 Music with Henry Winter (FH) 1:30 Bocce Ball (CR Hallway) 2:30 Poetry Reading (CR) 5:00 Suites 6 th Floor Dinner (MPR)	11 9:30 Balloon Badminton (CR) 10:30 Rockway Mennonite Collegiate Gr. 10 Choir (FH) 1:30 Ladder Ball Toss (CR) 2:00 Choir Practice 2:30 Travelogue: Mexico (CR) 6:00 Community Piano Recital (FH)	12 9:30 Upper Body Strength (CR) 10:30 Baking: Sugar Cookies (EDR) 1:15 Hot Wax Treatment (Gym) 2:30 Music with Conn Smythe (FH)	13 Christmas Accessory Day 9:30 Flexibility Fitness (CR) 10:30 Relax & Colour (CR) 12:00 Lunch Club: Swiss Chalet (MPR) 1:30 Hot Cocoa Social (MPR) 2:30 BINGO (MPR)	14
15 10:30 Sunday Service with Chaplain Ellen (FH)	16 9:30 Upper Body Strength (CR) 10:30 DIY Christmas Ornament (MPR) 2:00 Music with Marilyn & Muriel (FH) 2:30 Spirit Circle with Chaplain Ellen (CR)	17 9:30 Ladder Ball Toss (CR) 10:30 Current Events (CR) 1:30 Dominoes (MPR) 2:30 Creative Painting (MPR)	18 9:30 Beach Ball Fun (CR) 10:30 Hymn Sing (MPR) 10:30 Catholic Mass (FH) 2:00 Resident Christmas Choir Performance (FH)	19 10:30 Worship with Knox Pres (FH) 1:15 Hot Wax Treatment (Gym) 2:30 Upper Body Strength (CR) 3:00 Men's Club (CR) 6:15 Outing: Bingeman's Gift of Lights Tour *sign up required	20 Tacky Christmas Sweater Day 9:30 Flexibility Fitness (CR) 10:30 Jeopardy (CR) 1:30 Bean Bag Toss (CR) 2:30 BINGO (MPR) 3:30 Christmas Piano Music with Angela (FH) 6:00 Carousel Dance Centre Performance (FH)	21 <small>Winter Begins</small>
22 10:30 Sunday Service with Chaplain Lisa (FH)	23 Christmas PJ Day 10:00 German Children's Choir (FH) 1:30 Flower Arranging (MPR) 2:30 Spirit Circle with Chaplain Ellen (CR)	24 9:30 Strength & Conditioning (CR) 10:30 Christmas Eve Service (FH) 1:30 Suites Elves Visits (Room to Room)	25 9:30 Beach Ball Fun (CR) 10:30 Christmas Family Feud (CR) 2:00 Crokinole (GR) 3:00 Christmas Reminisce (CR) <small>Christmas Hanukkah Begins</small>	26 10:00 Documentary and Popcorn (CR) 1:15 Hot Wax Treatment (Gym) 2:30 Yahtzee (MPR) <small>Boxing Day (Canada) Kwanzaa Begins</small>	27 9:30 Flexibility Fitness (CR) 10:30 UNO (MPR) 1:30 Ladder Ball Toss (CR) 2:30 BINGO (MPR)	28
29 10:30 Sunday Service with Chaplain Ellen (FH)	30 9:30 Strength & Conditioning (CR) 10:30 Word Games (CR) 1:30 Bocce Ball (CR Hallway) 2:30 Spirit Circle with Chaplain Ellen (CR)	31 10:00 New Year's Eve Party with Kevin Coates (FH) 1:30 Dominoes (MPR) 2:30 Manicures (MPR) <small>New Year's Eve</small>	<h1>December 2024</h1> <p>Parkwood Suites, Garden Homes, & DLMA</p>			

Contact Recreation: (519) 885-0090 Ext. 275 or recreation@parkwoodmh.com or Lindsay Hicks Ext. 339 or lhicks@parkwoodmh.com

ACTIVITY CALENDAR DECEMBER 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2:30 Aquafit 3:00 Open Swim	2 4:00 Aquafit 6:30 Open Swim	3 2:30 Aquafit 3:00 Open Swim	4 2:30 Aquafit 3:00 Open Swim	5 2:30 Aquafit 3:00 Open Swim	6 2:30 Aquafit 3:00 Open Swim	7 2:30 Aquafit 3:00 Open Swim
8 2:30 Aquafit 3:00 Open Swim	9 3:00 Aquafit	10 2:30 Aquafit 3:00 Open Swim	11 2:30 Aquafit 3:00 Open Swim	12 2:30 Aquafit 3:00 Open Swim	13 2:30 Aquafit 3:00 Open Swim	14 2:30 Aquafit 3:00 Open Swim
15 2:30 Aquafit 3:00 Open Swim	16 2:30 Aquafit 3:00 Open Swim	17 2:30 Aquafit 3:00 Open Swim	18 3:30 Aquafit 4:00 Open Swim	19 2:30 Aquafit 3:00 Open Swim	20 2:30 Aquafit 3:00 Open Swim	21 2:30 Aquafit 3:00 Open Swim
22 2:30 Aquafit 3:00 Open Swim	23 2:30 Aquafit 3:00 Open Swim	24 4:00 Aquafit 6:30 Open Swim	25 2:30 Aquafit 3:00 Open Swim	26 2:30 Aquafit 3:00 Open Swim	27 2:30 Aquafit 3:00 Open Swim	28 2:30 Aquafit 3:00 Open Swim
29 2:30 Aquafit 3:00 Open Swim	30 4:00 Aquafit 6:30 Open Swim	31	December 2024 Pool Schedule			

Pool programs will be 30 minutes each