

Available Appointments

Dr. Simpson Every Tuesday

10:15 am -11:00 am Harborside

11:00 am -12:30 pm Independent



Prime Cuts

Please get in contact with Chris to Book your appointment!

(226-340-6240)

Celebrating Birthdays this month!

Lilian Mills - December 2nd

Max Muelhaupt - December 4th

Irma Adamson - December 17th

Allan McCallum - December 17th

Helen Andrews - December 28th



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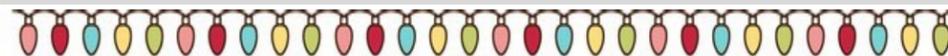
Monthly Events Calendar

Highlights

What's New to the Calendar?

- * **Knitting Club: Monday @ 2:00pm, we are calling all knitters to come on down to the Billiards Lounge to knit with other residents!**
- * **Resident Council: We will start back up our Resident Council once a month. If you would like to be apart of it, please sign up at the Front Desk.**
- * **Christmas Time: Starting on December 13th, we will be having different activities for the 12 Days of Christmas!**
- * **Cindy's Garden: Have some last minute Christmas Shopping to do? Come with us to Cindy's Garden on December 5th @ 1:00pm!**

December 2022



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“Outside the house it was storming, a busy downfall of flakes that the wind blew lightly across acres of old snow left from December.” – Gladys Hasty Carroll



VOLUNTEER OPPORTUNITIES

Making a Difference

If you are creative, innovative, and love building relationships we would love for you to join our volunteer team!

Becoming a volunteer can be a very rewarding experience for not only yourself but also our residents. You will be able to share your knowledge, build friendships, share your interests, as well as learn about the history and resiliency from those who lived and breathed it. Becoming a volunteer you can help our mission and make someone's life easier and more meaningful in the process. A few hours - days, evenings or weekends makes a huge difference!

Social & Recreational Activities - December 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Can Food Drive Starts 1 10:00 - Dice with Dan (BL) 11:00-2:00 - 5th Avenue Jewelry 1:00 - Euchre (BL) 2:00 - Puzzles (CR) 3:00 - \$2 Beer & Wine (TST)	2 11:00 - VON Exercise (FC) 2:00 - BINGO \$ (DA) 6:30 - Fire Side Social (ML)	2nd Sunday of Advent 3 10:30 - Coffee Club (ML) 2:00 - Afternoon Movies (C) 4:00 - Social Club (BL)
4	5 10:00 - Errand Run with Dan 1:00 - Cindys Garden Trip! 2:00 - Knitting Club (BL) 6:30 - Evening Movies (C)	6 Saint Nicholas Day 10:45 - VON Exercise (FC) 2:00 - BINGO \$ (DA) 6:30 - Euchre (BL)	7 December Full Moon 10:00 - Catholic Church Service with Herman D (C) 1:00 - Town Hall (DA) 2:00 - Tea with a Manager (C) 3:00 - Concert Series (C)	8 10:00 - Dice with Dan (BL) 1:00 - Euchre (BL) 2:00 - Puzzles (CR) 6:30 - Christmas Music with the Baileys (DA)	9 Christmas Card Day 11:00 - VON Exercise (FC) 2:00 - BINGO \$ (DA) 6:30 - Fire Side Social (ML)	10 3rd Sunday of Advent 10:30 - Coffee Club (ML) 2:00 - Afternoon Movies (C) 4:00 - Social Club (BL)
11	12 10:00 - Tim Hortons Run 11:00 - Christmas Crafts (CR) 1:00 - Resident Council (C) 2:00 - Knitting Club (BL) 6:30 - Evening Movies (C)	13 Wear your Ugly Christmas Sweater 10:45 - VON Exercise (FC) 2:00 - BINGO \$ (DA) 6:30 - Euchre (BL)	14 8:30 - 4:30 Helix Clinic (DA) 10:00 - Catholic Church Service with Herman D (C) 11:00 - Hot Cocoa & Timbits (DA) 3:00 - Concert Series (C) 6:00 - Christmas Light Tour	15 Wear your Favorite Christmas Socks! 10:00 - Dice with Dan (BL) 1:00 - Euchre (BL) 2:00 - 4:00 Carols and Karaoke with Apple Cider (DA)	16 Wear your Favorite Christmas Headgear 11:00 - VON Exercise (FC) 2:00 - BINGO \$ (DA) 4:00 - Entertainment (DA) 6:30 - Fire Side Social (ML)	17 4th Sunday of Advent Wear your favorite Christmas PJS! 10:30 - Coffee Club (ML) 2:00 - Afternoon Movies (C) 4:00 - Social Club (BL)
18	19 Hannukah 10:00 - Errand Run with Dan 11:00 - Christmas Trivia (ML) 1:00 - Resident Council 2:00 - Knitting Club (BL) 6:30 - Evening Movies (C)	20 10:45 - VON Exercise (FC) 1:00 - Gingerbread Contest (CR) 2:00 - BINGO \$ (DA) 6:30 - Euchre (BL)	21 Winter Soloistic Wear Red and Green Day! 10:00 - Catholic Church Service with Herman D (C) 2:00 - Tea with a Manager (C) 3:00 - Concert Series (C)	22 10:00 - Dice with Dan (BL) 1:00 - Euchre (BL) 2:00 - Santa Visits & Gifts (ML) 3:00 - Christmas Cocktails! (TST)	23 December New Moon 11:00 - VON Exercise (FC) 2:00 - Richard St. Dennis & Appetizers (DA) 6:30 - Christmas Bingo (DA)	24 5th Sunday of Advent Christmas Eve 10:30 - Coffee Club (ML) 2:00 - Afternoon Movies (C) 4:00 - Social Club (BL)
25 Christmas Day 8:00 - Christmas Breakfast 10:00 - Resident Christmas Gifts 6:30 - Night at the Movies	26 Boxing Day 10:00 - Errand Run with Dan 2:00 - Knitting Club (BL) 6:30 - Evening Movies (C)	27 10:45 - VON Exercise (FC) 2:00 - BINGO \$ (DA) 6:30 - Euchre (BL)	28 10:00 - Catholic Church Service with Herman D (C) 2:00 - Afternoon Tea with a Manager (C) 3:00 - Concert Series (C)	29 10:00 - Dice with Dan (BL) 1:00 - Euchre (BL) 2:00 - Puzzles (CR) 3:00 - \$2 Beer & Wine (TST)	30 11:00 - VON Exercise (FC) 2:00 - BINGO \$ (DA) 6:30 - Fire Side Social (ML)	31 New Years Eve 10:30 - Coffee Club (ML) 2:00 - Mimosa's and Cheese Platter (DA) 4:00 - Social Club (BL)

TST: The Spiked Tomato **CR:** Craft Room **R:**Reception **FC:** Fitness Centre **C:** Chapel/Theatre **Events in Blue:** Sign Up Events
DA- Dining Area **ML:** Main Lounge **BL:** Billiards Lounge **Events in Green:** All Residents Invited!