

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2018



<p>2:00pm Bingo 3:00pm Social Tea 4:00pm Trivia</p>	<p>10:00 Fitness Class 11:00 Falls Prevention 12:30pm Art/Painting 1:15pm Armchair Travel 2:00 pm Mah-Jongg 3:00 pm Social Tea 4:00 pm Trivia</p> <p><small>First Day of Hanukkah</small></p>	<p>9:30 Smart Fit 10:00 Upper Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax-PH 12:30pm Crafts 1:45 Java Music Club 2:00pm Tim Clarke 3:00pm Social Tea</p>	<p>10:00 Fitness Class 11:00 Falls Prevention 12:30pm Scrabble 2:00pm Bingo 3:00pm Social Tea 4:00pm Trivia 6:00pm Euchre Club</p>	<p>9:30 Smart Fit 10:30 Catholic Service-CH 10:00 Lower Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax PH 2:00pm Gospel Fellowship 3pm Social Tea/4pm Trivia *NO SHUTTLE SERVICE*</p>	<p>**Dawood not here- Morning Programs changed to Sat., Dec. 8th 1:15pm Wheel of Fortune 3:00pm Social Tea 4:00pm Trivia *NO SHUTTLE SERVICE*</p>	<p>2:00pm Bingo 3:00pm Social Tea 4:00pm Trivia</p> <p>**9:30 Body Balance 10:00 Gentle Stretching 12:30pm Hand Therapy 2:00pm Bingo 3:00pm Social Tea 4:00pm Trivia</p>
<p>1:00pm Hot Wax Therapy In Activity Room  2:00pm Bingo 3:00pm Social Tea 4:00pm Trivia</p>	<p>10:00 Fitness Class 11:00 Falls Prevention 12:30 pm Art/Painting 1:30pm Carpet Bowling 2:00 pm Mah-Jongg 3:00 pm Social Tea 4:00 pm Trivia</p>	<p>9:30 Smart Fit 10:00 Upper Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax-PH 12:30pm Crafts 1:45pm Java Music 3:00pm Social Tea 4:00pm Trivia</p>	<p>10:00 Fitness Class 11:00 Falls Prevention 12:30pm Scrabble 2:00pm Bingo 3:00pm Social Tea 4:00pm Trivia 7:00pm Fun Strummers</p>	<p>9:30 Smart Fit 10:00 Anglican Service-CH 10:00 Lower Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax- PH 1:45pm Eglinton Square 10:30 CHRISTMAS TEA 2:00pm Gospel Fellowship CH 3pm Social Tea/4pm Trivia</p>	<p>9:30 Body Balance 10:00 Gentle Stretching 12:30pm Hand Therapy 1:15pm Wheel of Fortune 11:15 RED LOBSTER 3:00pm Social Tea 4:00pm Trivia</p>	<p>10am to 2pm BAKE SALE (Lounge) 2:00pm Bingo 3:00pm Social Tea 4:00pm Trivia</p>
<p>2:00pm Bingo 3:00pm Social Tea 4:00pm Trivia</p>	<p>10:00 Fitness Class 11:00 Falls Prevention 12:30 pm Art/Painting 1:15 pm Armchair Travel 2:00 pm Mah-Jongg 3:00 pm Social Tea 4:00 pm Trivia</p>	<p>9:30 Smart Fit 10:00 Upper Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax-PH 12:30pm Crafts 2:00pm Command Sisters 3:00pm Social Tea 4:00pm Trivia</p>	<p>9:30 Eye Express 10:00 Fitness Class 11:00 Falls Prevention 12:30pm Scrabble 2:00pm Bingo 3:00pm Social Tea 4:00pm Trivia 6:00pm Euchre Club</p>	<p>9:30 Smart Fit 10:00 Lower Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax PH 2:00pm Gospel Fellowship 1:45pm Cliffcrest/Shoppers 3pm Social Tea/4pm Trivia</p>	<p>9:30 Body Balance 10:00 Gentle Stretching 10:00 Ajax Casino 12:30pm Hand Therapy 1:15pm Wheel of Fortune 3:00pm Social Tea 4:00pm Trivia</p> <p><small>Winter Begins</small></p>	<p>2:00pm Bingo 3:00pm Social Tea 4:00pm Trivia</p>
<p>CHOIR 2:00pm Bingo 3:00pm Social Tea 4:00pm Trivia</p>	<p>No Fitness Class No Falls Prevention 12:30 pm Art/Painting 2:00 pm Caroling/lounge 3:00 pm Social Tea 6:30 Out to St. Nicholas Church/Christmas service</p>	<p>Merry Christmas  DECEMBER 25TH <small>Christmas Day</small></p>	<p>Happy Boxing Day  <small>Kwanzaa Day...</small></p>	<p>9:30 Smart Fit 10:00 Lower Body Strength 10:30 Gentle Stretching 12:30pm Hot Wax PH 2:00pm Gospel Fellowship 1:45pm WalMart 3pm Social Tea/4pm Trivia</p>	<p>9:30 Body Balance 10:00 Gentle Stretching 12:30pm Hand Therapy 2:00pm Birthday Bash With Paula 3:00pm Social Tea 4:00pm Trivia</p>	<p>2:00pm Bingo 3:00pm Social Tea 4:00pm Trivia</p>
<p>2:00pm Bingo 3:00pm Social Tea 4:00pm Trivia</p>	<p>No Fitness Class No Falls Prevention 12:30 pm Art/Painting 1:15pm Armchair Travel 2:00 pm Mah-Jongg 3:00 pm Social Tea 4:00 pm Trivia</p> <p><small>New Year's Eve</small></p>	<p>Merry Christmas </p>				

Programs subject to change. Changes will be posted on board outside the dining room.

**Flu Season:
4 Tips To Avoid Falling Sick**

1) Get vaccinated - And no, the influenza vaccine can't give you the flu.

2) Good coughing etiquette: Cover your cough and sneeze. Influenza is spread by droplets that carry the influenza virus. They can travel in the air and land on people or object surfaces. If the virus comes in contact with mucous membranes (lining of nose, mouth, eyes) or is inhaled, it can cause infection.

3) Wash your hands: Wash hands with alcohol sanitizers or soap and water often, as this can get rid of the virus if it gets on your hands.

4) Stay in your suite if you are not feeling well: - (to decrease the risk of spread to others) If you have symptoms of influenza like illness (fever, cough, runny nose, headache, poor appetite), inform our Health & Wellness team immediately!



Best Wishes for a wonderful year!
Happy Birthday

- Muriel C. - Dec. 13th
- Deborah A. – Dec. 16th
- Wilhma C. – Dec. 17th
- Marlene M. – Dec. 24th



**December 19, 2018
From 9:30am**

Sign up sheet at
reception

CHRISTMAS EVE



6:30PM Outing to St. Nicholas
Church for
Christmas Worship Service.



2:00-3:00pm
New Years Celebration
Entertainment with the lovely Yo
Wine & Cheese

December 2018 Calendar
Retirement Suites By The Lake
2121 Kingston Rd., Toronto, On., M1N 1T5
PH: 416 267-2121

DECEMBER EVENTS

- Dec. 4th at 2:00pm
TIM CLARKE
Entertains
- Dec. 12th at 7:00pm
PUB NIGHT with
THE FUNSTRUMMERS
- Dec. 15th **BAKE SALE**
10-2pm in the lounge
- Dec. 18th at 2:00pm
THE COMMAND SISTERS
- Dec. 19th 9:30am
EYE EXPRESS
Sign up at reception
- Dec. 21st 10:00 Ajax Casino
- Dec. 23rd at 2:00pm **CHOIR**
- Dec. 24th -Outing to
St. NICHOLAS CHURCH
Christmas Eve
Worship Service
- Dec. 25th **MERRY CHRISTMAS**
EVERYONE!
- Dec. 26th **BOXING DAY**
- Dec. 28th at 2:00pm
BIRTHDAY BASH with
the lovely Paula

Jan. 1st **RSBL'S**
NEW YEARS DAY
LEVEE
2:00pm to 4:00pm
WINE & CHEESE
Entertainment by
YO

TO ALL OUR RESIDENTS



Wishing you a joyous
Christmas and a happy and
prosperous New Year.
From all the staff at RSBL

