



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 9:00am Balloon Game 10.15 am Exercise 11:00 am novel reading 2.00 pm BINGO	3 9:00am Reminiscing 10:15 am Brain Gym 2:00 PM - MOVIE	4 10:00 am - EXERCISE 11:00 am novel reading 2:00:00 PM- ARTS 4:00 PM - MASS	5 10.15am EXERCISE 11:00 am novel reading 2:00 PM - BINGO	6 9:00am Aromatherapy 10.15 am YOGA 11:00 AM - NOVEL READING 2:00 PM - HAPPY HOUR	7 4.00pm Mass
8 	9 9:00 am Exercise 10:15 am Exercise&Fun 11:00 am novel reading 2:00 pm - BINGO	10 9:15am Spa sensation 10.15 am Sing Along with 11:00am Novel Reading 2:00 pm DARTS	11 10.15 am Exercise 11:00am Novel Reading 2:00pm - WORD SEARCH 4:00pm Mass	12 10.15am EXERCISE 2:00pm Bingo 	13 9:15 am Sing Along 10:15 am ZUMBA Exercise & Fun 2:00pm Happy Hour	14 4.00pm Mass
	16 9:15 am Aromatherapy 10:15 am Brain Gym Exercise & Fun 2:00 PM- CRAFTS	17 	18 9.15 am Exercise 11:00am Novel Reading 2:00 pm Bowling 4:00pm Mass	19 10:15am Brain Gym 2:00 pm Bingo 	20 11.15 am 1:1Sensory.S 10.15 am Brain Gym Exercise & Fun 2.00 pm Happy Hour 	21 4.00pm Mass
22 	23 11.15 am 1:1Sensory.S 10:15am laughter yoga 11:00 am Novel Reading 2:00pm Baking	24 9:00am Exercise 10.15 am YOGA 11:00 am Novel Reading 2:00 pm musical ball	25 10:15am Brain Gym 11:00am Novel Reading 2:00pm trivia 4:00pm Mass	26 10.15 am Sing Along with DJ 2:00 pm Bingo 	27 9:15 am Sing Along 10.15 am ZUMBA Exercise & Fun 2:00pm Big Birthday Party	28 4.00pm Mass
29 	30 9:15 am Exercise 10:15am Brain Gym Exercise & Fun 2:00 pm - BINGO	31 9.15 am Exercise 10:15am Laughter Yoga 11:00 am Novel Reading 2:00 pm bowling				



Manoir du Lac Calendar of Activities

