

LOOKING FORWARD



GUIDED MEDITATION WORKSHOP

Guided meditation can relax your mind, reduce stress and anxiety, improve sleep, and bring more mindfulness to every aspect of your life. Come learn how to calm your thinking with breathing exercises that will enhance your mind-body connection. Please wear comfortable clothing.



WHAT WE KNOW ABOUT THE BRAIN (AND WHAT WE DON'T)

Journey deep into the brain, the mind and the self during this enlightening lecture, which will reveal startling and exciting recent findings from the world of neuroscience.



MOTHER'S DAY BRUNCH

Invite your family and friends to join us in honouring all the mothers – and mothers at heart – with a lovely brunch and live entertainment.



FATHER'S DAY BARBECUE

Gather the family for live music and a delicious barbecue lunch as we celebrate all dads and father figures.



FESTIVAL OF LANGUAGES: CULTURES AROUND THE WORLD

Learn to write your name in Arabic, American Sign Language, Japanese, Russian and more while exploring culinary tastings from cultures around the world.



TREE PLANTING: A CELEBRATION OF OUR ENVIRONMENT

Let's come together for the common cause of improving our world by replenishing the earth's resources through planting trees.

SAMPLE

ATRIA RETIREMENT CANADA
PROGRAMS + EVENTS

A selection of social events to stimulate connection and lifelong learning



SALSA DANCE CLASS

From avid dancers to those looking for a new way to exercise, all are welcome to attend. Don't miss this unique opportunity that's a dance lesson, history session and workout – all rolled into one.

- HEALTH AND PHYSICAL FITNESS
- LIFELONG LEARNING AND INTELLECTUAL STIMULATION
- CIVIC AND PROFESSIONAL INVOLVEMENT
- CREATIVE EXPRESSION AND THE ARTS
- RELIGIOUS AND SPIRITUAL FELLOWSHIP
- SOCIAL CONNECTION AND ENTERTAINMENT

SAMPLE PROGRAMS + EVENTS



INDOOR CARNIVAL

Come one, come all! Join us under the “Big Top” for an event packed with thrilling games, carnival bites and lots more surprises. Connect with other residents and employees as you revel in the sights and sounds. Step right up and RSVP today.



ART IN THE PARK

Let’s celebrate our creative spirit. Grab a paintbrush and get set to mix and mingle with your friendly fellow residents and staff. Think you have no artistic ability? Think again! In the immortal words of TV artist Bob Ross, “There are no mistakes, just happy accidents.”

WEEKLY SAMPLE EVENTS

DAILY | **CARDIO EXPRESS**
DAILY/10 AM/ACTIVITY ROOM

LAUGHTER THERAPY: RIDDLES
DAILY/4:30 PM/GAME ROOM

EVENING FILM WATCH PARTY
DAILY/7:45 PM/TV LOUNGE

SUN. | **YOGA**
SUNDAYS/10 AM/ACTIVITY ROOM

COMMUNITY RANDOM ACTS OF KINDNESS
SUNDAYS/11 AM/ACTIVITY ROOM

LIVE ENTERTAINMENT
SUNDAYS/3:30 PM/LIVING ROOM

MON. | **AROMATHERAPY**
MONDAYS/11 AM/ACTIVITY ROOM

GIFTING LIVE GARDENS WORKSHOP
MONDAYS/2 PM/RESIDENT LOUNGE

STRENGTH TRAINING BINGO
MONDAYS/3 PM/ACTIVITY ROOM

SHOPPING EXCURSION
MONDAYS/4:30 PM/MEET IN LOBBY

TUE. | **PAINTING CLASS**
TUESDAYS/11 AM/ACTIVITY ROOM

TRUE STORIES IN 100 WORDS
TUESDAYS/12:30 PM/LIVING ROOM

MUSIC HISTORY
TUESDAYS/2:30 PM/LIVING ROOM

WED. | **THE ART OF CLAY**
1ST & 3RD WEDNESDAY/11 AM/ACTIVITY ROOM

COMMUNION & ROSARY
2ND & 4TH WEDNESDAY/11 AM/ACTIVITY ROOM

HISTORY LECTURE
WEDNESDAYS/2 PM/LIBRARY

BRIDGE GAMES
WEDNESDAYS/3 PM/GAME ROOM

THEATRE GROUP MEETING
WEDNESDAYS/4 PM/LIBRARY

TOY MAKING FOR HUMANE SOCIETY
WEDNESDAYS/5 PM/ACTIVITY ROOM

THU. | **POKER TOURNAMENT**
1ST & 3RD THURSDAY/2 PM/GAME ROOM

MEN'S CLUB
2ND & 4TH THURSDAY/11:30 AM/GAME ROOM

YOGA
THURSDAYS/10 AM/ACTIVITY ROOM

CROCHETING FOR A CAUSE
THURSDAYS/11 AM/ACTIVITY ROOM

WATERCOLOR WORKSHOP
THURSDAYS/3:30 PM/ACTIVITY ROOM

CLASSIC SHORT STORIES
THURSDAYS/6:45 PM/LIBRARY

FRI. | **CURRENT EVENTS & GLOBAL NEWS TODAY**
FRIDAYS/9 AM/LIVING ROOM

WALKING CLUB
FRIDAYS/10 AM/MEET IN LOBBY

WRITING WORKSHOP
FRIDAYS/11 AM/ACTIVITY ROOM

CANASTA
FRIDAYS/2 PM/GAME ROOM

SAT. | **POETS & POETRY**
SATURDAYS/11 AM/ACTIVITY ROOM

BOOK CLUB
SATURDAYS/2 PM/ACTIVITY ROOM

LIVE ENTERTAINMENT
SATURDAYS/3:30 PM/RESIDENT LOUNGE

HEALTH AND PHYSICAL FITNESS

LIFELONG LEARNING AND INTELLECTUAL STIMULATION

CIVIC AND PROFESSIONAL INVOLVEMENT

CREATIVE EXPRESSION AND THE ARTS

RELIGIOUS AND SPIRITUAL FELLOWSHIP

SOCIAL CONNECTION AND ENTERTAINMENT