

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# Manoir Westmount



# 2017

# Calendar

**PLEASE NOTE:**  
SPECIAL EVENT DETAILS  
MAY BE FOUND IN YOUR  
NEWSLETTER;  
ACTIVITY LEADERS AND  
LOCATIONS IN YOUR WEEKLY  
LEISURE PROGRAM

		<p><b>1</b> 10:30 AM CHAIR QIGONG FOLLOWED BY TAI CHI</p> <p>2:00 PM HANDICRAFTS 3:30 PM TEA 3:30 PM TÉ ESPAÑOL 5 - 7 PM HAPPY HOUR 8:00 PM MOVIE</p>	<p><b>2</b> 10:00 AM CHAIR PILATES 10:30 AM RC MASS</p> <p>2:30 PM MIND FIT 3:30 PM TEA</p> <p>3:45 PM BILLIARDS</p>	<p><b>3</b> 9:30 AM EXERCISES 2:00 PM WRITING GROUP 3:30 PM TEA 4:00 PM 'OUR RAPIDLY CHANGING WORLD' 5 - 7 PM HAPPY HOUR 8:00 PM GAME NIGHT</p>	<p><b>4</b> 10:30 AM BALANCE/ BREATHE/ STRETCH</p> <p>2:30 PM Wii BOWLING 3:30 PM TEA 5 - 7 PM HAPPY HOUR 8:00 PM MUSIC APPRECIATION</p>	<p><b>5</b> 10:30 AM CHAIR QIGONG FOLLOWED BY TAI CHI</p> <p>2:00 PM WATERCOLOR PAINTING 3:30 PM TEA 5 - 7 PM HAPPY HOUR 8:00 PM MOVIE</p>
<p><b>6</b></p> <p>2:30 PM VIDEO VISIONS</p> <p>3:30 PM TEA</p>	<p><b>7</b> 9:30 AM EXERCISES 10:30 AM CURRENT EVENTS 11:00 AM - 1:00 PM LIFESAVERS SHOP</p> <p>2:30 PM SUPER QUIZ 3:30 PM TEA 8:00 PM BINGO</p>	<p><b>8</b> 10:30 AM CHAIR QIGONG FOLLOWED BY TAI CHI</p> <p>2:00 - 3:30 PM HANDICRAFTS SALE 3:30 PM TEA 3:30 PM TÉ ESPAÑOL 5 - 7 PM PIANO BAR 8:00 PM MOVIE</p>	<p><b>9</b> 10:30 AM CHAIR PILATES</p> <p>3:30 PM TEA</p> <p>3:45 PM BILLIARDS</p> <p>8:00 PM ECUMENICAL DEVOTIONS</p>	<p><b>10</b> 9:30 AM EXERCISES</p> <p>2:00 PM DOCUMENTARY: 'HOKUSAI' 3:30 PM TEA 5 - 7 PM HAPPY HOUR 8:00 PM GAME NIGHT</p>	<p><b>11</b> 10:30 AM BALANCE/ BREATHE/ STRETCH</p> <p>2:30 PM Wii BOWLING 3:30 PM TEA 5 - 7 PM HAPPY HOUR 8:00 PM MUSIC APPRECIATION</p>	<p><b>12</b> 10:30 AM CHAIR QIGONG FOLLOWED BY TAI CHI</p> <p>2:00 PM WATERCOLOR PAINTING 3:30 PM TEA</p> <p>5 - 7 PM HAPPY HOUR 8:00 PM MOVIE</p>
<p><b>13</b></p> <p>2:30 PM VIDEO VISIONS</p> <p>3:30 PM TEA</p>	<p><b>14</b> 9:30 AM EXERCISES 10:30 AM CURRENT EVENTS</p> <p>2:30 PM LECTURE: 'ILLUMINATED MANUSCRIPTS' 3:30 PM TEA 4:00 PM VISIT WITH DAISY 8:00 PM BINGO</p>	<p><b>15</b> 10:30 AM CHAIR QIGONG FOLLOWED BY TAI CHI</p> <p>2:00 PM HANDICRAFTS 3:30 PM TEA 3:30 PM TÉ ESPAÑOL 5 - 7 PM PIANO BAR 8:00 PM MOVIE</p>	<p><b>16</b> 9:30 PM EXERCISES 10:30 AM RC MASS</p> <p>2:00 PM CHIP PRESENTATION 3:30 PM TEA 3:45 PM BILLIARDS</p>	<p><b>17</b> 9:30 AM EXERCISES 2:30 PM WRITING GROUP</p> <p><b>5:00 PM 'WESTERN NIGHT'</b> with refreshments &amp; music: 'The Hillbilly Gang' 6:15 PM ONE-SITTING</p>	<p><b>18</b> 10:30 AM BALANCE/ BREATHE/ STRETCH</p> <p>2:30 PM Wii BOWLING 3:30 PM TEA</p> <p>5 - 7 PM HAPPY HOUR</p>	<p><b>19</b> 10:30 AM CHAIR QIGONG FOLLOWED BY TAI CHI</p> <p>2:00 PM WATERCOLOR PAINTING 3:30 PM TEA 5 - 7 PM HAPPY HOUR 8:00 PM MOVIE</p>
<p><b>20</b></p> <p>2:30 PM VIDEO VISIONS</p> <p>3:30 PM TEA</p>	<p><b>21</b> 9:30 AM EXERCISES 10:30 AM CURRENT EVENTS 11:00 AM - 1:00 PM LIFESAVERS SHOP</p> <p>2:30 PM LECTURE: 'HUMOUR AND WIT' 3:30 PM TEA 8:00 PM BINGO</p>	<p><b>22</b> 10:30 AM CHAIR QIGONG FOLLOWED BY TAI CHI</p> <p>2:00 PM HANDICRAFTS 3:30 PM TEA 3:30 PM TÉ ESPAÑOL 5 - 7 PM HAPPY HOUR 8:00 PM MOVIE</p>	<p><b>23</b> 10:30 AM CHAIR PILATES</p> <p><b>3:00 PM AUGUST BIRTHDAY TEA</b></p> <p>3:45 PM BILLIARDS</p>	<p><b>24</b> 9:30 AM EXERCISES</p> <p>2:30 PM POETRY PARLOUR 3:30 PM TEA</p> <p>5 - 7 PM HAPPY HOUR 8:00 PM GAME NIGHT</p>	<p><b>25</b> 10:30 AM BALANCE/ BREATHE/ STRETCH</p> <p>2:30 PM Wii BOWLING 3:30 PM TEA 5 - 7 PM HAPPY HOUR 8:15 PM VARIETY SHOW: IRISH MUSIC &amp; BELLY DANCE!</p>	<p><b>26</b> 10:30 AM CHAIR QIGONG FOLLOWED BY TAI CHI</p> <p>2:00 PM WATERCOLOR PAINTING 3:30 PM TEA 5 - 7 PM HAPPY HOUR 8:00 PM MOVIE</p>
<p><b>27</b></p> <p>2:30 PM VIDEO VISIONS</p> <p>3:30 PM TEA</p>	<p><b>28</b> 10:30 AM CURRENT EVENTS</p> <p>3:30 PM TEA 4:00 PM VISIT WITH DAISY</p> <p>8:00 PM BINGO</p>	<p><b>29</b> 10:30 AM CHAIR QIGONG FOLLOWED BY TAI CHI</p> <p>2:00 PM HANDICRAFTS 3:30 PM TEA 3:30 PM TÉ ESPAÑOL 5 - 7 PM HAPPY HOUR 8:00 PM MOVIE</p>	<p><b>30</b></p> <p>3:30 PM TEA</p> <p>3:45 PM BILLIARDS</p>	<p><b>31</b> 9:30 AM EXERCISES</p> <p>2:00 PM WRITING GROUP 3:30 PM TEA</p> <p>5 - 7 PM HAPPY HOUR 8:00 PM GAME NIGHT</p>		