

TO REGISTER, PLEASE CALL 705-435-7218

Monday:

Weekly
Dec. 1 **Afternoon Tea** Kitchen 2:00 - 3:00PM
Dec. 15 **Touching the Heart of Healing Workshop** 2nd Floor Library 10:00AM-11:30AM
Dec. 15 **Spousal Loss Support Group** 2nd Floor Library 2:00-3:30PM
Dec. 29 **Multiple Sclerosis & Neuromotor Group** Symposium Alliston 12:00PM
Dec. 29 **Compassionate Care Book Club** Virtual Program on Zoom 1:00-2:30PM

Tuesday:

Weekly
Dec. 2, 9, 16 **Therapy Dogs** Residence 1:45-2:45PM
Dec. 2, 9 **Meditation** 2nd Floor Library 1:00-3:00PM
Dec. 2, 16 **Men's Group** Media Room on Dec. 2, Holiday Lunch Dec. 9 in Merkley Room 12:00-1:30PM
Dec. 9 **WAY** 2nd Floor Library 6:00-7:30PM
Dec. 9 **Cancer Support Group** 2nd Floor Library 10:30AM-12:00PM
Dec. 9 **Drumming** 2nd Floor Great Room 4:00-5:00PM
Dec. 16 **Parkinson's Disease Support Group** Merkley 12:00-2:00PM

Wednesday:

Weekly
Dec. 3, 10 **Walking Group** Glass Room 10:30-12:00PM
Dec. 17 **Therapeutic Touch** Residence/Wellness Room 2:00-4:00PM
Dec. 17 **Day Program Caregiver Support Group** 2nd Floor Library 9:30-11:00AM
Dec. 17 **Community Dinner** 2nd Floor Great Room 5:00-7:00PM

Thursday:

Weekly
Dec. 4 **Reiki** Residence/Wellness Room 9:00AM-12:00PM
Dec. 4, 11, 18 **Light Up a Life Memorial Ceremony** Merkley 6:00-7:30PM
Dec. 11 **Meditation** 2nd Floor Library 6:30 - 8:00PM
Dec. 4, 11 **Caregiver Support Group** 2nd Floor Library 1:00-3:00PM
Dec. 4, 11 **Caregiver 101 Workshop** Somerville Room 10:00AM-12:00PM

Friday:

Weekly
Dec. 5, 12 **Gentle Aroma Touch** Therapy Room/Residence 2:00-4:00PM
Dec. 19 **Friday Social Group** 2nd Floor Library 10:00AM-12:00PM
Dec. 19 **Cancer Support Group** 2nd Floor Library 1:30-3:00PM

December 2025