



THE MAPLES

SUPPORTIVE LIVING

ANTIGONISH • NOVA SCOTIA



RECREATION, ACTIVITY & SOCIAL CALENDAR

Be as active as you want to be...

There's always plenty going on at The Maples. Take an art class, join a club, meet friends at the pub, enjoy a hobby, learn a new skill! So many ways to get in the game!

Sample Schedule

WEEK ONE

	MON	TUE	WED	THU	FRI	SAT	SUN
10:00am	Exercise Class	Exercise Class	Exercise Class	Exercise Class	Exercise Class	Gardening Club	Mass
11:00am	Golf Lessons	Market Square	Music Class	Wii Bowling	Trivia	Walking Group	
2:00pm	Bridge Club	Gardening Club	Games	Puzzles	Pool & Billiards	Classic Tunes	Classic TV Episodes
3:00pm	Walking Group	Walking Group	Walking Group	Walking Group	Walking Group	Movie Matinee	
4:00pm		Baking Club	Shuffleboard	Happy Hour	Happy Hour	Art Class	
6:30pm		Knitting & Hooking		Bingo		Pub Night	
7:00pm	Crib, Bridge, & 45's	Weekly Lecture	Movie Night	Dance Class	Entertainment Night		Movie Night

WEEK TWO

	MON	TUE	WED	THU	FRI	SAT	SUN
10:00am	Exercise Class	Exercise Class	Exercise Class	Exercise Class	Exercise Class	Gardening Club	Mass
11:00am	Golf	Market Square	Music Class	Puzzles	Trivia	Walking Group	
2:00pm	Wii Bowling	Crib, Bridge, & 45's	Games	Shuffleboard	Pool & Billiards	Bingo	Classic TV Episodes
3:00pm	Walking Group	Walking Group	Walking Group	Walking Group	Walking Group	Movie Matinee	
4:00pm		Baking Club		Happy Hour	Happy Hour	Art Class	
6:30pm		Knitting & Hooking	Bingo			Pub Night	
7:00pm	Crib, Bridge, & 45's	Weekly Lecture	Movie Night	Dance Class	Entertainment Night		Movie Night

WEEK THREE

	MON	TUE	WED	THU	FRI	SAT	SUN
10:00am	Exercise Class	Exercise Class	Exercise Class	Exercise Class	Exercise Class	Gardening Club	Mass
11:00am	Putting Competition	Market Square	Music Class	Puzzles	Trivia	Walking Group	
2:00pm	Crib, Bridge, & 45's	Shuffleboard	Wii Bowling	Games	Pool & Billiards	Classic Tunes	Classic TV Episodes
3:00pm	Walking Group	Walking Group	Walking Group	Walking Group	Walking Group	Movie Matinee	
4:00pm		Baking Club		Happy Hour	Happy Hour	Art Class	
6:30pm		Knitting & Hooking		Bingo		Pub Night	
7:00pm	Crib, Bridge, & 45's	Weekly Lecture	Movie Night	Dance Class	Entertainment Night		Movie Night

WEEK FOUR

	MON	TUE	WED	THU	FRI	SAT	SUN
10:00am	Exercise Class	Exercise Class	Exercise Class	Exercise Class	Exercise Class	Gardening Club	Mass
11:00am	Long Drive Competition	Market Square	Music Class	Puzzles	Trivia	Walking Group	
2:00pm	Crib, Bridge, & 45's	Games	Shuffleboard	Crib, Bridge, & 45's	Pool & Billiards	Bingo	Classic TV Episodes
3:00pm	Walking Group	Walking Group	Walking Group	Walking Group	Walking Group	Movie Matinee	
4:00pm		Wii Bowling	Baking Club	Happy Hour	Happy Hour	Art Class	
6:30pm		Knitting & Hooking	Bingo			Pub Night	
7:00pm	Crib, Bridge, & 45's	Weekly Lecture	Movie Night	Dance Class	Entertainment Night		Movie Night

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RETIREMENT LIVING



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