

# Hello December

## 2020 Winter Activities



Please Sign Up at Front Desk for Each Activity

### Pine Boys

Date	Activity	Time	Room
Dec 12th	Winter Walk	9:30-11:00 AM	Outside
	FIFA 21 2vs2	12:00-2:00 PM	PB Theatre
	Christmas Baking Cookies	12:00-2:00 PM	PG Demo
	Basketball Drills	1:00-3:00 PM	Gym
	Board Games and Hot Chocolate	2:00-3:00 PM	Study Lounge
	Macrame Ornaments	3:00-4:30 PM	Fireside Lounge
	Tobogganing	3:00-5:00 PM	Outside
	Make your own Christmas Stocking	4:30-5:30 PM	Fireside Lounge
	Tree Trimming and Winter Scene Design	7:00-9:00 PM	PB Lobby
	Gingerbread House Making	7:00pm - 9:00pm	PG Cafeteria
Dec 13th	Gaming Community	3:00-5:00 PM	PB Lobby
	Movie Night	7:00-11:00 PM	PB Theatre
	Tree Ornament Craft	2:00-4:00 PM	Fireside Lounge
	Indoor Soccer Drills	1:00pm - 3:00pm	PB Gym
Dec 14th	Mad Scientist	10:00-11:00 AM	PG Demo
	Supplementary Applications Appointments	10:00-12:00 PM	NA
	Afrobeat Dance	11:00am - 12:00pm	PG Dance Studio
	Outdoor Winter Photo Safari	12:00-2:00 PM	outside
	Badminton	1:00-3:00 PM	Gym
	Winter Hiking	1:00-3:00 PM	Outside
	Supplementary Applications Appointments	1:00-4:00 PM	NA
	Christmas Baking	2:00-4:00 PM	PG Demo
	Soccer	3:00-5:00 PM	Gym
	Board Games and Hot Chocolate	3:00-5:00 PM	Study Lounge
	Basketball	6:00-8:00 PM	Gym
	Bingo Night	6:00-8:00 PM	Study Lounge
	Make your own Christmas Stocking	7:00-9:00 PM	PG Fireside Lounge
Dec 15th	<b>Special Premium Night Dinner</b>	<b>Dinner</b>	
	First Aid Training	8:30 AM	
	Supplementary Applications Appointments	10:00-12:00 PM	NA
	Zumba	11:00am - 12:00pm	PG Dance Studio
	Running	1:00-2:00 PM	Outside
	Badminton	1:00-3:00 PM	Gym
	Supplementary Applications Appointments	1:00-4:00 PM	NA
	Make your own Wreath	1:30-4:00 PM	Theatre
	Winter Hiking	2:00-3:00 PM	Outside
	Knit a Scarf	2:00-4:00 PM	Fireside
	Ninja Warrior-Fitness	3:00-5:00 PM	PB Gym
	Table Tennis Tournament	6:00-8:00 PM	South Lounge
	3 point Contest	6:00-8:00 PM	Gym
	Ice Cream Sundae Night	7:00-8:00 PM	PG Demo
	Karaoke Event	7:00-11:00 PM	PB Theatre
	Sew a Christmas Stocking	4:00-5:30 PM	Fireside
Dec 16th	First Aid Training	8:30 AM	NA
	Supplementary Applications Appointments	10:00-12:00 PM	NA
	Tai Chi and Self Defence	11:00 AM	Gym
	Running	1:00-2:00 PM	Outside
	Badminton	1:00-3:00 PM	Gym
	Afrobeat Dance	1:00pm - 3:00pm	PG Dance Studio
	Gingerbread Making and Decorating	1:00-3:00 PM	PG Demo
	Supplementary Applications Appointments	1:00-4:00 PM	NA
	Winter Hike	2:00-3:00 PM	Outside
	Live Sports- Liverpool vs Spurs	3:00-5:00 PM	Theatre
	Soccer	3:00-5:00 PM	Gym
	Bread Making- Bagels	4:00-6:00 PM	PG Demo
	Team Trivia Night	6:00-8:00 PM	Study Lounge
	Paint Night	7:00- PM	PG Fireside
	2020 Memories Time Capsule	10:00-11:00 PM	Theatre
	Robotis/Coding/ 3D Printing	1:00 - 5:00PM	Study Lounge



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Date	Activity	Time	Room
Dec 17th	Supplementary Applications Appointments	10:00-12:00 PM	NA
	Pastry Cooking	12:00-2:00 PM	PG Demo
	Running	1:00-2:00 PM	Outside
	Supplementary Applications Appointments	1:00-4:00 PM	NA
	Winter Hike	2:00-3:00 PM	Outside
	Snow Fun	2:00-4:00 PM	Outside
	Soccer	4:00-5:00 PM	Gym
	Basketball	6:00-8:00 PM	Gym
	Live Sports- Man U. vs Sheffield	3:00-5:00 PM	Theatre
	International Cooking	5:00-7:00 PM	PG Demo
	FIFA 21 Tournament	6:00-8:00 PM	Theatre
	Stencilled Wood Signs	7:00-9:00 PM	Fireside Lounge
	Disney Movie Event	7:00-11:00 PM	PG Theatre
	<b>Community Service</b> Mask Making		
Dec 18th	Supplementary Applications Appointments	2:00 - 4:00PM	Study Lounge
	Dumpling Making	10:00-12:00 PM	NA
	Running	11:30-1:30 PM	PG Demo
	Supplementary Applications Appointments	1:00-2:00 PM	Outside
	Winter Hike	1:00-4:00PM	NA
	Basketball	2:00-3:00 PM	Outside
	Music Jam Night	3:00-6:00 PM	Gym
	Make your own Snow Globe	7:00 PM	PG Music
	Student Choice Movie Night	7:00-9:00 PM	Fireside
		7:00-11:00 PM	PB Theatre
Dec 19th	Winter Walk	9:30-11:00 AM	outside
	FIFA 21 Round Robin Tournament	12:00-5:00 PM	Theatre
	Basketball	1:00-3:00 PM	PB Gym
	Snow Painting	1:00-3:00 PM	Outside
	Winter Theme Photo Shoot	3:00-4:30 PM	PG Lobby
	Sew your own Christmas Stocking	4:30-5:30 PM	PG Fireside
	Comm Service Christmas cards for Seniors	7:00-9:00 PM	PG Fireside
	Lip Sync Contest	7:00-11:00 PM	Theatre
Dec 20th	Snowman Building Games	2:00-4:00 PM	Outside
	Gaming Community	3:00-5:00 PM	PB Lobby
	Christmas Movie Nights	7:00-11:00 PM	PB Theatre
	Indoor Soccer Drills	1:00pm - 3:00pm	PB Gym
	Winter Craft Cross Stitch	7:00 PM	PG fireside
Dec 21st	Mad Scientist Chemistry	10:00-11:00 AM	PG Demo
	Supplementary Applications Appointments	10:00-12:00 PM	NA
	Running	1:00-2:00 PM	Outside
	Afrobeat Dance	1:00pm - 2:00pm	PG Dance Studio
	Supplementary Applications Appointments	1:00-4:00PM	NA
	Snow Fort Making	2:00-5:00 PM	Outside
	Winter Night Hike	6:00-8:00 PM	Outside
	Cooking Cake in a Mug	7:00-9:00 PM	PG Demo
	Wood Working Project	1:00 PM	Southside
	Indoor Gardening	3:00pm - 5:00pm	Fireside Lounge
	Badminton	1:00 - 3:00 PM	Gym
	Indoor Soccer	3:00pm - 5:00 PM	Gym
Basketball	6:00 - 8:00 PM	Gym	
Dec 22nd	Supplementary Applications Appointments	10:00-12:00 PM	NA
	International Cooking	12:00-2:00 PM	PG Demo
	Snow Shoeing	1:00-3:00 PM	Outside
	Supplementary Applications Appointments	1:00-4:00 PM	NA
	Christmas Baking	2:00-4:00 PM	PG Demo
	Learn to Knit a Scarf	2:00-4:00 PM	PG Fireside
	Ninja Warrior Workout	3:00-5:00 PM	PB Gym
	Badminton	6:00-8:00 PM	Gym
	Bingo Night	7:00-9:00 PM	PG Theatre
	Live Sports NBA Opening Night	TBA	PB theatre



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Date	Activity	Time	Room
Dec 23rd	First Aid Training	8:30 AM	NA
	Tai Chi and Self Defence	1:00pm - 2:00pm	PG Gym
	Supplementary Applications Appointments	10:00-12:00 PM	NA
	Tobogganing	1:00-3:00 PM	Outside
	Robotis/Coding/ 3D Printing	1:00-5:00 PM	Study Lounge
	Supplementary Applications Appointments	2:00-4:00 PM	NA
	Gingerbread House Making	3:00-5:00 PM	PB Lobby
	Bread Making- Bagels	4:00-6:00 PM	PG Demo
	DIY Creative Trickshots	6:00-8:00 PM	Study Lounge
	Christmas Garland	7:00-11:00 PM	Fireside Lounge
Dec 24th <b>Special Christmas Eve Dinner!</b>	First Aid Training	8:30 AM	NA
	Supplementary Applications Appointments	10:00-12:00 PM	NA
	Santa Visit- Photo Shoot	1:00-3:00 PM	PB Lobby
	Ugly Sweater Making	1:00-3:00 PM	Fireside
	Winter Hiking	3:00-5:00 PM	Outside
	Movie Night: The Grinch	7:00-11:00 PM	PB Theatre
	Cookie Making and Hot Chocolate	8:00-10:00 PM	PG Demo
Dec 25th	<b>Special Christmas Brunch!</b>	1:00-3:00 PM	outside
	Christmas Winter Walk PJ Party and Christmas Movies	7:00-11:00 PM	PB theatre/lounge
Dec 26th <b>Bubble Tea &amp; Chocolate Covered Banana With Sprinkles!</b>	Sunrise Walk	7:00-8:30 AM	outside
	Winter Walk	9:00-11:00 AM	outside
	Basketball	1:00-3:00 PM	PB gym
	Uno and Pictionary	1:30-3:30 PM	PG theatre
	International Cooking Residence Camping	5:30-7:30 PM TBA	PG demo PB theatre
Dec 27th	Winter Walk	1:00-3:00 PM	outside
	Indoor Soccer Drills	1:00pm - 3:00pm	PB gym
	<b>Ice Cream Sundae Night</b>	7:00-3:30 PM	PG demo
	Gaming Community	3:00pm - 5:00pm	PB lobby
Dec 28th	Supplementary Applications Appointments	10:00-12:00 PM	NA
	Stained Glass Project	12:00-3:00 PM	Study Lounge
	Life Hacks Treasure Hunt	1:00-3:00 PM	PB lobby
	Snowfort Building/Capture the Flag	1:00-3:00 PM	Outside (Cedar)
	Supplementary Applications Appointments	1:00-4:00 PM	NA
	Nintendo Smash Bros & Table Tennis	3:00-5:00 PM	South Lounge
	FIFA 21 Paint Night	6:00-8:00 PM 7:00 PM	Theatre Fireside Lounge
Dec 29th	Supplementary Applications Appointments	10:00-12:00 PM	NA
	Afrobeat Dance	10:00am - 11:00am	PG Dance Studio
	Stained Glass Project	12:00-3:00 PM	Study Lounge
	Snowfort Building/Capture the Flag	1:00-3:00 PM	Outside
	Supplementary Applications Appointments	1:00-4:00 PM	NA
	Learn how to Knit a Scarf	2:00-4:00 PM	Fireside Lounge
	Ninja Warrior	3:00-5:00 PM	
	International Cooking	5:00-7:00 PM	PG Demo
	Live Sports- World Juniors Hockey	5:00-7:00 PM	Theatre
	Nintendo Smash Bros/Table Tennis	7:00-8:00 PM	South Lounge
Dec 30th	Supplementary Applications Appointments	10:00-12:00 PM	NA
	Tai Chi and Self Defence	11:00 AM	PG Gym
	Life Hacks Treasure Hunt	1:00-3:00 PM	PB
	Tobogganing	1:00-3:00 PM	Outside
	Supplementary Applications Appointments	1:00-4:00 PM	NA
	3D Printing/ Web design/ App Building	1:00-5:00 PM	Study Lounge
	Board Games and Hot Chocolate	3:00-5:00 PM	Study Lounge
	Live Sports- World Juniors Hockey	5:00-7:00 PM	Theatre
	Vietnamese Dinner Night	5:00-7:00 PM	PG Demo
	FIFA 21	7:00-8:00 PM	Theatre
	Uno Games	7:00-8:00 PM	Theatre
	Actors Group Performance	7:00 PM	PB Theatre



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Date	Activity	Time	Room
Dec 31st	Supplementary Applications Appointments	12:00 PM	NA
	Winter walk	1:00 PM	outside
	<b>Community Service</b> -Mask Making	2:00 PM	Study Lounge
	<b>New Years Eve Event &amp; Dinner</b>	3:30 PM	Southside Lounge
Jan 1st	<b>New Year's Brunch!</b> Live Sports: Rose Bowl FIFA 21 2vs2		
Jan 2nd	Basketball	12:00 PM	Gym
	International Cooking	1:00 PM	PG Demo
	Winter Hiking	2:00 PM	Outside
	FIFA 21	3:30 PM	Theatre
Jan 3rd	TBA		
Jan 4th	Supplementary Applications Appointments	10:00-12:00PM	NA
	Badminton	1:00 PM	Gym
	Supplementary Applications Appointments	1:00-4:00PM	NA
	Broomball	3:00 PM	Outside
	Running	4:00 PM	Outside
	FIFA 21 2vs2	6:00 PM	Theatre
Jan 5th	Supplementary Applications Appointments	10:00-12:00PM	NA
	Badminton	1:00 PM	Gym
	Supplementary Applications Appointments	1:00-4:00PM	NA
	Winter Hike	3:00 PM	Outside
	Snowman Building	4:00 PM	Outside
	Live Sports- World Juniors Hockey	5:00 PM	Theatre
Jan 6th	Badminton	2:00 PM	Gym
	Running	4:00 PM	Outside
	FIFA 21 2vs2	6:00 PM	Theatre
Jan 7th	Tobogganing	2:00 PM	Outside
	Winter Night Hike	6:00 PM	Outside
Jan 8th	Badminton	2:00 PM	Gym
	Running	4:00 PM	Outside
	FIFA 21 2vs2	6:00 PM	Theatre
Jan 9th	International Cooking	1:00-3:00 PM	PG Demo Kitchen
	FIFA 21 Tournament	1:00-5:00PM	Theatre
	UNO	1:00-5:00PM	Theatre

**IELTS™**
**IELTS Workshop**
**Date**  
 Dec. 15 to 18  
 9:30 am – 12:30 pm

**Location**  
 Pine Girls Theatre

**Materials covered**  
 Writing Mock Tests &  
 Writing Sills

**Cost**  
 \$200.00

**IELTS™**
**IELTS Bootcamp**
**Date**  
 Dec. 19 9:30 am – 2:30 pm  
 Dec. 21 9:30 am – 12:30 pm  
 Dec. 22 9:30 am – 2:30 pm  
 Dec. 23 9:30 am – 12:30 pm

**Location**  
 Pine Girls Theatre

**Materials covered**  
 IELTS Mock Tests

**Cost**  
 \$270.00


**duolingo**
**Duolingo Workshop**
**Date**  
 Dec. 28 to 31  
 9:30 am – 12:30 pm

**Location**  
 Pine Girls Theatre

**Materials covered**  
 Listening, Reading,  
 Speaking & Writing skills/  
 Mock Tests

**Cost**  
 \$130.00

**Higher  
Scores**


Register by Email :

ETO :

[eto@CIC-TotalCare.com](mailto:eto@CIC-TotalCare.com)

Ms . Tracey Whitby :

[twhitby@CIC-TotalCare.com](mailto:twhitby@CIC-TotalCare.com)

 Ms . Jordana Pannunzio: [jpanunzio@CIC-TotalCare.com](mailto:jpanunzio@CIC-TotalCare.com)
**REGISTER NOW!**

# The Total Care® team Holiday Schedule



## Residence Holiday Meal Schedule (PB&PG)

<b>Brunch</b>	11:00am - 12:45pm
<b>Late afternoon snacks</b>	3:00pm - 4:00pm
<b>Dinner</b>	5:00pm - 6:30pm
<b>Late night snacks:</b>	8:00pm - 8:45pm



## Medical Clinic Holiday Schedule

If emergency, please call Front Desk

**PB**

<b>Monday - Friday</b>	1:00 PM - 4:00 PM
<b>Saturday &amp; Sunday</b>	11:00 AM - 2:00 PM (Nurse On-Call)

**PG**

<b>Monday - Friday</b>	10:00 AM - 1:00 PM
<b>Saturday &amp; Sunday</b>	11:00 AM - 2:00 PM (Nurse On-Call)



## Wellness Clinic Holiday Schedule (PB&PG)

**Monday to Friday** 8:00 am to 4:30 pm  
Closed at 12 pm on December 24

If you need to speak with a Counsellor after hours:  
Call Study Insured 24/7 at 1-877-234-5327



## Campus Store Holiday Schedule

**PB : Front Lobby**

<b>Dec 15</b>	8:00 am - Noon
<b>Dec 17</b>	8:00 am - Noon
<b>Dec 22</b>	8:00 am - Noon
<b>Dec 29</b>	8:00 am - Noon

**PG: Cafeteria**

<b>Dec 14</b>	8:00 am - Noon
<b>Dec 16</b>	8:00 am - Noon
<b>Dec 18</b>	8:00 am - Noon
<b>Dec 21</b>	8:00 am - Noon
<b>Dec 30</b>	8:00 am - Noon



## Pool Holiday Schedule

Please Sign Up at Front Desk

**PB**

<b>Dec 10</b>	6:30 to 9:30 PM
<b>Dec 11</b>	7:30 to 9:30 PM
<b>Dec 12</b>	6:30 to 9:30 PM
<b>Dec 13</b>	6:30 to 9:30 PM
<b>Dec 14</b>	6:30 to 9:30 PM
<b>Dec 17</b>	6:30 to 9:30 PM

**PG**

<b>Dec 10</b>	2:30 to 5:30 PM
<b>Dec 11</b>	4:30 to 6:30 PM
<b>Dec 12</b>	2:30 to 5:30 PM
<b>Dec 13</b>	2:30 to 5:30 PM
<b>Dec 14</b>	2:30 to 5:30 PM
<b>Dec 17</b>	2:30 to 5:30 PM

# The Total Care® team is here to Support you

- Please get in touch and we will be happy to help
- Please include Your name & Student ID number in your email

<b>External Testing Office (ETO)</b>	To register workshop , students can email   eto@CIC-TotalCare.com		
	<b>Ms . Jordana Pannunzio</b>	jpannunzio@CIC-TotalCare.com	905-572-7883 ext. 2877
	<b>Ms . Tracey Whitby</b>	twhitby@CIC-TotalCare.com	905-572-7883 ext. 2920
<b>University Placement &amp; Guidance Services</b>	<b>A-K   Ms. Terra Arnett</b>	tarnett@CIC-TotalCare.com	905-572-7883 ext. 2859
	<b>L-V   Ms. Annie Rong</b>	arong@CIC-TotalCare.com	905-572-7883 ext. 2773
	<b>W-Z &amp; ESL Students Ms. Grace Yang</b>	gyang@CIC-TotalCare.com	905-572-7883 ext. 2813
<b>Accounting Office</b>	invoice.inquiry@CIC-TotalCare.com		
<b>Study Permit &amp; Visa</b>	<b>Mr. Matthew Gyimadu</b>	mgyimadu@CIC-TotalCare.com	905-572-7883 ext. 2636
<b>Student Leadership Development &amp; Community Service</b>	<b>SLD</b>	SLD@CIC-TotalCare.com	
	<b>Ms . Andrea Pitts</b>	apitts@CIC-TotalCare.com	
<b>Wellness Clinic</b>	<b>Ms. Dallas Dabrowski</b>	wellnessclinic @CIC-TotalCare.com	905-572-7883 ext. 2199

## Residence Information

Pine Girls (PG)  
Address:  
768 Sanatorium Road,  
Hamilton ON L9C 0C5  
Front Desk Number:  
905-572-7883 ext. 6101

Pine Boys (PB)  
Address:  
728 Sanatorium Road,  
Hamilton ON L9C 7V6  
Front Desk Number:  
905-572-7883 ext. 2901