

# Hello December

## 2020 Winter Activities



**Please Sign Up at Front Desk for Each Activity**

### Pine Girls

Date	Activity	Time	Room
Dec 12th	Winter Walk	9:30-11:00 AM	Outside
	Badminton	1:00-3:00 PM	Gym
	Christmas Baking- Cookies	2:00-4:00 PM	PG Demo
	Macrame Ornaments	3:00-4:30 PM	Fireside Lounge
	Make your own Christmas Stocking	4:30-5:30 PM	Fireside Lounge
	Tree Trimming and Winter Scene Design	7:00-9:00 PM	PG Lobby
	Drop In Badminton	1:00pm - 3:00pm	PG Gym
	Gingerbread House Making	7:00pm - 9:00pm	PG Cafeteria
Dec 13th	Tree Ornament Craft	2:00-4:00 PM	Fireside Lounge
	Gaming Community	3:00-5:00 PM	PB Lobby
	In House Sewing	7:00-9:00 PM	Fireside Lounge
	Movie Night	7:00-11:00 PM	PG Theatre
Dec 14th	Mad Scientist	10:00-11:00 AM	PG Demo
	Supplementary Applications Appointments	10:00-12:00 PM	NA
	Afrobeat / Contemporary Dance	12:00pm - 1:00pm	PG Dance Studio
	Outdoor Winter Photo Safari	12:00-2:00 PM	outside
	Supplementary Applications Appointments	1:00-4:00 PM	NA
	Beginner Volleyball Clinic (weekly)	2:00-3:00 PM	PG Gym
	Christmas Baking	4:00-6:00 PM	PG Demo
	Make your own Christmas Stocking	7:00-9:00 PM	Fireside Lounge
Community Service - Craft	6:00-8:00 PM	Fireside Lounge	
Dec 15th	Supplementary Applications Appointments	10:00-12:00 PM	NA
	Just Dance	1:00-2:00 PM	Gym
	<b>Special Premium Night Dinner</b> Supplementary Applications Appointments	1:00-4:00 PM	NA
	Robotis/Coding/ 3D Printing	1:00-5:00 PM	Fireside Lounge
	Make your own Wreath	1:30-4:00 PM	Theatre
	Knit a Scarf	1:30-4:00 PM	PG lobby
	Stained Glass Christmas Ornaments	2:00-5:00 PM	Pg Demo
	Community Service Knit Baby Mittens	2:00-8:00 PM	Gym
	Sew a Christmas Stocking	4:00-5:30 PM	Fireside
	Scavanger Olympics 2.0	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
	Open Gym	2:00-8:00 PM	Gym
	Dec 16th	Tai Chi and Self Defence	10:00 AM
Supplementary Applications Appointments		10:00-12:00 PM	NA
Beading		1:00-2:00 PM	Fireside Lounge
Winter Hiking		1:00-2:30 PM	Outside
Gingerbread Making and Decorating		1:00:3:00 PM	PG Demo
Afrobeat/Contemporary Dance		1:00pm - 3:00pm	PG Dance Studio
Supplementary Applications Appointments		1:00-4:00 PM	NA
Board Games and Hot Chocolate		2:00-3:00 PM	Fireside Lounge
Community Service Sewing Masks		2:30-5:30 PM	Fireside Lounge
Archery		3:00-5:00 PM	Gym
Bread Making- Bagels		4:00-6:00 PM	PG Demo
Christmas Lights Hike		6:00-8:00 PM	Outside
Scavanger Olympics 2.0		6:00-8:00 PM	Gym
Paint Night		7:00- PM	Fireside
2020 Memories Time Capsule		10:00-11:00 PM	Theatre



**Please Sign Up at Front Desk for Each Activity**

*Pine Girls*



**Dec 17th**



Supplementary Applications Appointments  
Pastry Cooking  
Board Games & Custom Hot Chocolate Making  
Supplementary Applications Appointments  
Archery  
International Cooking  
Scavenger Olympics 2.0  
Stencilled Wood Signs  
Disney Movie Event  
Snow Fun

10:00-12:00 PM  
12:00-2:00 PM  
1:00-3:00 PM  
1:00-4:00 PM  
3:00-5:00 PM  
5:00-7:00 PM  
6:00-8:00 PM  
7:00-9:00 PM  
7:00-11:00 PM  
2:00-4:00 PM

NA  
PG Demo  
Fireside Lounge  
NA  
Gym  
PG Demo  
Gym  
Fireside Lounge  
PG Theatre  
Outside

**Dec 18th**

Supplementary Applications Appointments  
Dumpling Making  
Table Tennis Tournament  
Supplementary Applications Appointments  
Community Service Mask Making  
Scavenger Olympics 2.0  
Music Jam Night  
Make your own Snow Globe  
Romantic Comedy Night  
Open Gym

10:00-12:00 PM  
11:30-1:30 PM  
1:00-2:30 PM  
1:00-4:00 PM  
2:30-5:00 PM  
6:00-8:00 PM  
7:00 PM  
7:00-9:00 PM  
7:00-11:00 PM  
2:30-8:00 PM

NA  
PG Demo  
Gym  
NA  
PG Theatre  
Gym  
PG Music  
Fireside  
PG Theatre  
Gym

**Dec 19th**

Winter Walk  
Mario Kart Tournamanet  
Snow Painting  
Just Dance Tournament  
Winter Theme Photo Shoot  
Sew your own Christmas Stocking  
Comm Service Christmas cards for Seniors  
Lip Sync Contest

9:30-11:00 AM  
12:00-2:30 PM  
1:00-3:00 PM  
2:30-5:30 PM  
3:00-4:30 PM  
4:30-5:30 PM  
7:00-9:00 PM  
7:00-11:00 PM

outside  
Theatre  
Outside  
Theatre  
PG Lobby  
PG Fireside  
PG Fireside  
Theatre

**Dec 20th**

Jewelry Making  
Snowman Building Games  
Winter Craft Cross Stitch  
Sewing Quick Fixes  
Christmas Movie Nights

1:00-3:00 PM  
2:00-4:00 PM  
7:00 PM  
7:00-9:00 PM  
7:00-11:00 PM

PG fireside  
outside  
PG fireside  
PG fireside  
PB theatre

**Dec 21st**

First Aid Training  
Mad Scientist Chemistry  
Supplementary Applications Appointments  
Afrobeat / Contemporary Dance  
Stained Glass Christmas Ornaments  
Supplementary Applications Appointments  
Beginner Volleyball Clinic (weekly)  
Co-ed Snow Fort Making  
Gingerbread House Making  
Community Service Knitting and Beading  
Co-ed Winter Night Hike  
Open Gym  
Cooking Cake in a Mug  
Wood Working Project  
Indoor Gardening  
Community Service Beading



8:30 AM  
10:00-11:00 AM  
10:00-12:00 PM  
2:00pm - 3:00pm  
12:00-3:00 PM  
1:00-4:00 PM  
2:00-3:00 PM  
3:00-5:00 PM  
3:00-5:00 PM  
6:00-7:00 PM  
6:00-8:00 PM  
6:00-8:00 PM  
7:00-9:00 PM  
1:00 PM  
3:00pm - 5:00pm  
1:00 PM-3:00PM

NA  
PG Demo  
NA  
PG Dance Studio  
PG Demo  
NA  
PG Gym  
Outside  
PG Demo  
Fireside Lounge  
Outside  
Gym  
PG Demo  
Southside  
Fireside Lounge  
Fireside Lounge

**Dec 22nd**

First Aid Training  
Supplementary Applications Appointments  
International Cooking  
Co-ed Snow Shoeing  
Badminton  
Supplementary Applications Appointments  
Robotis/Coding/ 3D Printing  
Open Gym  
Learn to Knit a Scarf  
Kahoot tournament  
Jewelry Making  
Just Dance  
Bingo Night  
Community Service Card Making

8:30 AM  
10:00-12:00 PM  
12:00-2:00 PM  
1:00-3:00 PM  
1:00-3:00 PM  
1:00-4:00 PM  
1:00-5:00 PM  
3:00-8:00 PM  
2:00-4:00 PM  
3:00-5:00 PM  
5:00-7:00 PM  
6:00-8:00 PM  
7:00-9:00 PM  
1:00-3:00PM

NA  
NA  
PG Demo  
Outside  
Gym  
NA  
Fireside Lounge  
Gym  
PG Fireside  
Theatre  
Fireside Lounge  
Theatre  
PG Theatre  
Fireside Lounge

**Please Sign Up at Front Desk for Each Activity**

*Pine Girls*

<b>Dec 23rd</b>	Tai Chi and Self Defence	10:00 AM	PG Gym
	Supplementary Applications Appointments	10:00-12:00 PM	NA
	Co-ed Tobogganing	1:00-3:00 PM	Outside
	Community Service Power Bracelets	1:00-3:00 PM	Fireside Lounge
	Supplementary Applications Appointments	2:00-4:00 PM	NA
	Community Service Mask making	3:00-6:00 PM	Fireside Lounge
	Community Service- Card Making	3:30-5:00 PM	Fireside Lounge
	Bread Making- Bagels	4:00-6:00 PM	PG Demo
	Bingo Night	6:00-8:00 PM	Theatre
	Christmas Garland	7:00-11:00 PM	Fireside Lounge
	Vollageball	3:00-5:00 PM	Gym
	Open Gym	12:00 - 3:00 PM/ 6:00-8:00 PM	gym
	<b>Dec 24th</b> <b>Special Christmas Eve Dinner</b>	Supplementary Applications Appointments	10:00-12:00 PM
Winter Hiking		1:00-3:00 PM	Outside
Ugly Sweater Making		1:00-3:00 PM	Fireside
Santa Visit- Photo Shoot		3:00-5:00 PM	Lobby
Movie Night: The Grinch		7:00-11:00 PM	PB Theatre
Cookie Making and Hot Chocolate		8:00-10:00 PM	PG Demo
<b>Dec 25th</b> <b>Special Christmas Brunch!</b>	Christmas Winter Walk	1:00-3:00 PM	outside
	PJ Party and Christmas Movies	7:00-11:00 PM	PG theatre
<b>Dec 26th</b> <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
	Uno and Pictionary	1:30-3:30 PM	PG theatre
	Sewing Project	4:30-5:30 PM	fireside
	International Cooking	5:30-7:30 PM	PG demo
	Residence Camping	TBA	PG theatre
<b>Dec 27th</b>	Winter Walk	1:00-3:00 PM	outside
	Gaming Community	3:00pm - 5:00pm	PB lobby
	Ice Cream Sundae Night	7:00-3:30 PM	PG demo
<b>Dec 28th</b>	Supplementary Applications Appointments	10:00-12:00 PM	NA
	Hiking	1:00-3:00 PM	Outside
	Life Hacks Treasure Hunt	1:00-3:00 PM	PG lobby
	Supplementary Applications Appointments	1:00-4:00 PM	NA
	Beginner Volleyball Clinic (weekly)	2:00-3:00 PM	PG Gym
	Badminton	3:00-5:00 PM	Gym
	Sewing Project	4:00-6:00 PM	Fireside Lounge
	Community Service- Craft Project	6:00-8:00 PM	Fireside Lounge
	Paint Night	7:00 PM	Fireside Lounge
	Open Gym	6:00 - 8:00 PM	Gym
<b>Dec 29th</b>	Afrobeat Dance	11:00am - 12:00pm	PG Dance Studio
	Supplementary Applications Appointments	10:00-12:00 PM	NA
	Supplementary Applications Appointments	1:00-4:00 PM	NA
	3D Printing/ Web design/ App Building	1:00-5:00 PM	Fireside Lounge
	Learn how to Knit a Scarf	2:00-4:00 PM	Fireside Lounge
	Volleyball	3:00-5:00 PM	Gym
	International Cooking	5:00-7:00 PM	PG Demo
	Community Service- Craft Project	6:00-8:00 PM	Fireside Lounge
	Open Gym	6:00-8:00 PM	Gym
	Hiking	1:00-3:00PM	Outside
<b>Dec 30th</b>	Tai Chi and Self Defence	10:00 AM	PG Gym
	Supplementary Applications Appointments	10:00-12:00 PM	NA
	Badminton	1:00-3:00 PM	Gym
	Life Hacks Treasure Hunt	1:00-3:00 PM	PG
	Supplementary Applications Appointments	1:00-4:00 PM	NA
	Snowman Craft	3:00-5:00 PM	Fireside Lounge
	Vietnamese Dinner Night	5:00-7:00 PM	PG Demo
	Community Service - Knitting	6:00-8:00 PM	Fireside Lounge
	Open Gym	3:00 - 8:00 PM	Gym



**Please Sign Up at Front Desk for Each Activity**

*Pine Girls*

<b>Dec 31st</b> <b>New Years Eve Event &amp; Dinner</b>	Supplementary Applications Appointments Board Games and Puzzles Winter walk Badminton New Years Eve Event	10:00-12:00 PM 12:00-2:00 PM 1:00-3:00 PM 2:00-3:00 PM TBA	NA Fireside Lounge outside Gym PG Theatre
<b>Jan 1st</b>	<b>New Year's Brunch!</b>		
<b>Jan 2nd</b>	International Cooking	3:00 PM	PG Demo K
<b>Jan 3rd</b>	TBA		
<b>Jan 4th</b>	Supplementary Applications Appointments Just Dance Supplementary Applications Appointments Co-ed Broomball Winter Hike Board Games and Puzzles Nintendo Switch- Mario Party(SLD)	10:00-12:00PM 1:00 PM 1:00-4:00PM 3:00 PM 4:00 PM 6:00 PM 7:00 PM	NA Theatre NA Outside Outside Fireside Lounge Fireside Lounge
<b>Jan 5th</b>	Supplementary Applications Appointments Badminton Supplementary Applications Appointments Co-ed Winter Hike Just Dance Live Sports- World Juniors Hockey Board Games and Puzzles	10:00-12:00PM 1:00 PM 1:00-4:00PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM	NA Gym NA Outside Fireside Lounge Fireside Lounge Fireside Lounge
<b>Jan 6th</b>	Volleyball Just Dance Board Games and Puzzles	2:00 PM 4:00 PM 6:00 PM	Gym Fireside Lounge Fireside Lounge
<b>Jan 7th</b>	Co-ed Tobogganing Co-ed Winter Night Hike	2:00 PM 6:00 PM	Outside Outside
<b>Jan 8th</b>	Badminton Hiking Community Service- Craft Project	2:00 PM 3:00 PM 6:00 PM	Gym Outside Fireside Lounge
<b>Jan 9th</b>	International Cooking	3:00 - 5:00 PM	Demo Kitchen

**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 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:** [jpannunzio@CIC-TotalCare.com](mailto:jpannunzio@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