

RECREATION CHOICES

MARCH 2016

The Annex, Narma Mahenthiran							More on next page >
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1	2	3	4	5	
		10:00 Flexibility & Balance 10:30 Word Puzzles (FSL) 11:00 Movement to Music 11:30 Daily Chronicles (i) 2:00 Taster's Choice: Lamingtons 3:00 Music & Tea 3:30 Card Games 4:00 Dakim Brain Fitness (CR) 6:30 Tuesday Travelogue Malaysia	10:00 Weights Fitness 11:00 Music to Movement 11:30 Phrase of the Day (i) 1:15 FP Class (2nd) 2:00 Food Committee Meeting (PDR) 2:00 ACS: Art Journaling (Spring Theme) 3:00 Music and Tea 4:30 Happy Hour (FSL) 6:45 Annex Lecture Series by Paul	10:00 Physio Group Exercises 10:30 Creative Club (FSL) 11:00 Falls Prevention Class 11:40 This Day in History (i) 2:00 Recreation Meeting 3:00 Music & Tea 4:00 Arm Chair Travelers' Club 6:30 Thursday Night Movie	10:00 Fit for Life Exercises 11:00 Falls Prevention Class 11:40 Today's Headlines (i) 1:15 Falls Prevention (2nd) 2:00 ACS: Greeting Cards 3:00 Art Display at Teatime 4:00 Word Games 4:30 Dakim Brain Fitness	10:30 Music Videos 11:30 Let's Chat (i) 2:00 Piano Concert by Nicole Anastapoulos 3:00 Music & Tea 3:30 Bridge (FSL) 4:00 Word Search (FSL) 6:15 Faith Impact Ministry Women's Group	
6	7	8	9	10	11	12	
11:00 Sunday Morning Stretches 11:30 Music Requests 2:00 Afternoon Trivia 3:00 Music and Tea 3:30 Spiritual Services by Soul Winners' Ministry 4:00 Card Games (FSL) 6:00 Sunday Night Movie: "Gentlemen Prefer Blondes" (comedy)	10:00 Fitness with Physio 10:00 - 11:30 BUS: Scenic Drive & Ice Creams 11:00 FP Class 11:40 Word for the Day (i) 1:15 FP Class (2nd) 2:00 AES: Black Forest Cookies 3:00 Taste Testing & Tea 4:00 Scrabble 6:30 Videos: Top 10 Lists	10:00 Flexibility & Balance 10:00 - 2:30 BUS: Butterfly Conservatory 11:00 Church on the Hill 2:00 Dakim Brain Fitness Demo & Sign Up 3:00 Music & Tea 3:15 Town Hall Meeting 4:00 Dakim Brain Fitness (CR) 6:30 Travelogue: Tokyo	10:00 Weights Fitness 11:00 Music to Movement 11:30 Phrase of the Day (i) 1:15 Falls Prevention Class (2nd) 2:00 Yarn Lovers' Club—knitting & Crochet 3:00 Music and Tea 4:30 Happy Hour (FSL) 6:30 Wednesday Documentary Night: Fresh Water	10:00 Physio Group Exercises 10:30 Creative Club (FSL) 11:00 FP Class 11:40 This Day in History (i) 2:00 Irish Soda Farls & of Tour Ireland by Sean 3:00 Taste Testing & Tea 4:00 Arm Chair Travelers' Club 6:30 Thursday Night Movie	10:00 Fit for Life Exercises 11:00 Falls Prevention Class 11:40 Today's Headlines (i) 1:15 Falls Prevention (2nd) 2:00 ACS: Spring Door Hangers 3:00 Art Display at Teatime 4:00 Word Games 4:30 Dakim Brain Fitness	10:30 Music Videos 11:30 Let's Chat (i) 2:00 Afternoon Bingo 3:00 Music & Tea 3:15 Presentation by Pharmacy Students 4:00 Word Search (FSL) 5:15 Saturday Night Movie: "Guns of Navarone" (1961—War)	
Spring Forward 13	14	15	16	St. Patrick's Day 17	18	19	
11:00 Sunday Morning Stretches 11:30 Music Requests 2:00 Entertainment by Friends of Jake 3:00 Music and Tea 3:30 Spiritual Services by Good News Ministry 4:00 Card Games (FSL) 6:15 Sunday Night Movie "Las Vegas" (musical)	10:00 Fitness with Physio 10:30 Creative Club (FSL) 11:00 FP Class 11:40 Word for the Day (i) 1:15 FP Class (2nd) 2:00 ADS: "Getting to Know You" 3:00 Q & A with Tea 4:00 Scrabble 6:45 History of Popular Music by James Kekanovich	10:00 Flexibility & Balance 10:30 Word Puzzles (FSL) 11:00 Movement to Music 11:30 Daily Chronicles (i) 2:00 AES: Cake in a Box Recipe Day 3:00 Music & Tea 3:30 Card Games 4:00 Dakim Brain Fitness (CR) 6:30 Tuesday Travelogue: Durban	10:00 Weights Fitness 10:00 -2:30 BUS: Robert McLaughlin Gallery 11:00 Music to Movement 11:30 Phrase of the Day (i) 1:15 FP Class (2nd) 2:00 Taster's Choice: Celebrating Olives 3:00 Q & A with Tea 4:30 Happy Hour (FSL) 6:30 Wednesday Documentary Night	10:00 Physio Group Exercises 10:30 Creative Club (FSL) 11:00 FP Class 11:40 This Day in History (i) 2:00 St. Pat's Day Celebrations with Jamie Levac 3:00 Music & Tea 4:00 Arm Chair Travelers' Club 6:30 Pub Night (FSL)	10:00 Fit for Life Exercises 10:30 - 2:30 BUS: Shopping at Square One 11:00 FP Class 11:40 Today's Headlines (i) 1:15 Falls Prevention (2nd) 2:00 ACS: Art Journaling 3:00 Art Display at Teatime 4:00 Word Games	10:30 Music Videos 11:30 Let's Chat (i) 2:00 Afternoon Bingo 3:00 Music & Tea 3:30 Bridge (FSL) 4:00 Word Search (FSL) 6:00 Saturday Night Movie: "Breaking Away" (1979—Comedy)	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
20	21	22	23	Purim 24	Good Friday 25	26	
11:00 Sunday Morning Stretches 11:30 Music Requests 2:00 Afternoon Trivia 3:00 Music and Tea 3:30 Spiritual Services by Good News Ministry 4:00 Card Games (FSL) 6:00 Turner Classic Movie Night: "Touch of Evil" (Crime—1958)	10:00 Fitness with Physio 10:30 Creative Club (FSL) 11:00 FP Class 11:40 Word for the Day (i) 1:15 FP Class (2nd) 2:00 Annex Derby (Horse Races) 3:00 Taste Testing & Tea 4:00 Scrabble 6:30 Monday Night Movie: "Wild Guitar"	10:00 Flexibility & Balance 10:30 Word Puzzles (FSL) 11:00 Movement to Music 11:30 Daily Chronicles (i) 2:00 A Spring Fling Celebration 3:00 Music & Tea 3:30 Card Games 4:00 Dakim Brain Fitness (CR) 6:30 Tuesday Travelogue Malta	10:00 Weights Fitness 10:00 - 11:30 BUS: Michaels' Craft Store 11:00 Music to Movement 11:30 Phrase of the Day (i) 1:15 FP Class (2nd) 2:00 AES: Nutella Brownies 3:00 Music and Tea 4:30 Happy Hour (FSL) 6:30 Documentary Night "From Pole to Pole"	10:00 Physio Group Exercises 10:30 Creative Club (FSL) 11:00 FP Class 11:40 This Day in History (i) 2:00 Annex Creative Series: Art with Kim 3:00 Art Display & Tea 4:00 Arm Chair Travelers' Club 6:30 Videos: Top 10 Lists	10:00 Fit for Life Exercises 11:00 Physio Falls Prevention Class 11:40 Today's Headlines (i) 1:15 Falls Prevention (2nd) 2:00 Easter Egg Hunt (FL) Music & Tea (Front Lobby) 3:00 Word Games 4:00 Dakim Brain Fitness	10:30 Music Videos 11:30 Let's Chat (i) 2:00 Musical Show by Floyd Andrews 3:00 Music & Tea 3:30 Bridge (FSL) 4:00 Word Search (FSL) 5:15 Saturday Night Movie: "Dr. Doolittle" (Comedy—1967)	
Easter Sunday 27	28	29	30	31			
11:00 Sunday Morning Stretches 11:30 Music Requests 2:00 Afternoon Trivia 3:00 Music and Tea 3:30 Spiritual Services by Good News Ministry 4:00 Card Games (FSL) 5:15 Sunday Night Movie: "King of Kings" (1951 – Epic)	10:00 Fitness with Physio 10:00 - 11:30 BUS: Dufferin Mall 10:30 Creative Club (FSL) 11:00 FP Class 11:40 Word for the Day (i) 1:15 FP Class (2nd) 2:00 ADS: Treasured Objects 3:00 Music & Tea 4:00 Scrabble 6:30 Videos: Top 10's	10:00 Flexibility & Balance 10:30 Word Puzzles (FSL) 11:00 Movement to Music 11:30 Daily Chronicles (i) 2:00 ADS: Parasols & Umbrellas 3:00 Q & A with Tea 3:30 Card Games 4:00 Dakim Brain Fitness (CR) 6:30 Tuesday Travelogue Sicily	10:00 Weights Fitness 11:00 Music to Movement 11:30 Phrase of the Day (i) 1:15 Falls Prevention Class (2nd) 2:00 ALS: There's A Museum for That" 3:00 Q&A at Teatime 4:30 Happy Hour (FSL) 6:30 Wednesday Documentary Night "Mountains"	10:00 Physio Group Exercises 10:30 Creative Club (FSL) 11:00 FP Class 11:40 This Day in History (i) 2:00 Piano & Violin Concert by Shaya & Shane 3:00 Birthday Cake & Tea 4:00 Arm Chair Travelers' Club 6:30 Movie Night			
				Program Legend (i) iPad Program ACS Annex Creative Series ADS Annex Discussion Series AES Annex Edible Series ALS Annex Lecture Series FP Falls Prevention Class with Physiotherapist	Room Legend All Programs take place in Annex Theatre unless specified 2nd 2nd Floor Common Room CR Computer Room FSL Fireside Lounge FL Front Lobby PDR Private Dining Room		