

RECREATION CHOICES Retirement Community

MARCH 2016



Prince of Wales Retirement Community ~ Tamara El-farr Director of Recreation ext. 2003

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Room Legend	1	2	3	4	5
	(L) = Lobby (L2) = 2nd Floor Lounge RH = Recreation Hall CR = Craft Room C = Chapel T = Theatre DO = Doctor's Office DR = Dining Room ** = Meet in Lobby (\$) = Bring your own money	No Shuttle Today 9:00 Rosary (C) 10:30 Latin Dance (L) 11:00-2:00 In-House Shopping w/ Sunshine Gifts (L) 1:00 Warm Fuzzies (L) 1:30 Fitness for Life (RH) 2:00 Bingo (CR) 2:15 Colouring Station w/ Avan (L) 3:30 Monthly Calendar Chat (L) 7:00 Chess (LB) Board Room Booked 10-11am	No Shuttle Today 9:30 Fitness for Life (RH) 10:30 Food for Thought Meeting w/ Paul (CR) 10:45 St. Patrick's Day Decorating (L) 1:00 One-on-One Visits w/ Avan 2:00 Learn to Play Sequence (L) 3:30 Hydration Station ~ Lemon & Lime Water (L) 7:00 Armchair Travel (T)	No Shuttle Today Tuck Shop National Peach Blossom Day 9:00 Rosary (C) 9:30 ** Time Change Today: Fitness for Life (RH) 10:30 Knitt N' Knatter (L) 11:00 Peach Juice Drinks (L) 11:30-1:30 Tuck Shop w/ Joe (L) 2:00 Salvation Army Hymn Sing (RH) 3:30 Bingo (CR) 7:00 Skip-Bo (CR)	No Shuttle Today Employee Appreciation Day 9:30 Fitness for Life (RH) 10:00 Manicures (L) 10:30 Specialty Tea 11-1 Warm Fuzzy Handouts to Staff 2:00 Happy Hour w/ Robin Averil (L) 3:30 Bingo (CR) 7:00 Friday Night Movie (T)	10:00 Crosswords with Ioanna (L) 10:30 Communion Service (C) 1:00 One-on-One Visits with Ioanna 2:00 Bingo (CR) 7:00 Saturday Night Movie (T)
6	7	8	9	10	11	12
9:15 OUTING: Church Service at St. Patrick's Church Fallowfield 10:30 Hangman and Hot Chocolate with Katie (L) 2:00 Wii Games with Katie (T) 7:00 Sunday Evening Movie (T)	Shuttle 9:30 Fitness for Life (RH) 10:15 Smoothies and Nutrition Trivia (L) 2:00 Bingo (CR) 2:15 Tai Chi (L) 3:30 Wine & Cheese and Washers (L) 7:00 Euchre (CR)	Shuttle & Hairstylist International Women's Day 9:00 Rosary (C) 10:30 Resident Meeting (CR) 11:30-1 Women Appreciation Lunch (DR) 1:30 Fitness for Life (RH) 1:45 Visits w/ Ruth & Sissie (L) 2:00 Memory project Guest Speaker (T) 3:30 Bingo (CR) 7:15 BCCB Concert Band (RH)	Hairstylist 9:30-12 BP & Weight Clinic (DO) 9:30 Fitness for Life (RH) 10:30 Making Paper Shamrocks (L) 1:00 One-on-One Visits w/ Avan 1:00 Shopping: Walmart** 2:00 Make your own hand scrub (L) 3:00 Book Club (LB) 3:30 Hydration Station ~ Strawberry & Basil Water (L) 6:00 Coffee & Crosswords w/ Katie (L)	Tuck Shop 9:00 Rosary (C) 9:45 Canadian War Museum (\$) w/ Alta Vista Home ** 10:30 Knitt N' Knatter (L) 11:30-1:30 Tuck Shop w/ Joe (L) 1:30 Shopping: Errands & Bank** 1:30 Fitness for Life (RH) 2:00 Bingo (CR) 3:30 St. Patrick's Day Craft (L) 7:00 Skip-Bo (CR)	Shuttle 9:30 Fitness for Life (RH) 10:00 Manicures (L) 10:30 Specialty Coffee (L) 2:00 Resident Birthday Party w/ Pat McAlpine (L) 3:30 Bingo (CR) 7:00 Friday Night Movie (T)	National Plant a Flower Day 10:00 Plant a Flower w/ Tamara (L) 10:30 Catholic Mass (C) 2:00 Afternoon Tunes w/ Charles Gregoire (L) 7:00 Saturday Night Movie (T) Theatre Booked 2-4 pm
13	14	15	16	17	18	19
Day Light Savings Begins *Sorry for the inconvenience—No church shuttle today 10:00 Puzzles (L) 11:00 Adult Colouring Pages (L) 2:00 Chess (LB) 7:00 Sunday Evening Movie (T)	Shuttle National Pie Day 3.14 9:30 Fitness for Life (RH) 10:30 Pie Baking (L) 11:00 Pie a Manager ~ Come out and vote! (L) 2:00 Bingo (CR) 3:30 Wine & Cheese and Bolo Ball (L) 7:00 Euchre (CR) Rec Hall Booked 5-9pm	Shuttle 9:00 Rosary (C) 9:45 Shopping: Carlingwood with Alta Vista** 10:30 Latin Dance (L) 11:15 Veggies & Dip for National Nutrition Month (L) 1:30 Fitness for Life (RH) 2:00 Bingo (CR) 2:15 Water Colour Postcards w/ Tamara (L) 3:30 Jenga 7:00 Sequence (CR)	Hairstylist 9:30 Fitness for Life (RH) 10:30 Baking Kiss-Me-I'm-Irish Cookies (L) 1:00 One-on-One Visits w/ Avan 1:30 OUTING: Barrhaven Minto Sportsplex Indoor Walking Track** 2:00 Jeopardy Game (T) 3:00 Pet Therapy Visits w/ Joey (L) 3:30 Hydration Station ~ Orange Blossom Water (L) 6:00 Hangman w/ Katie (L)	Hairstylist 9:00 Rosary (C) 9:15 Shopping: Shoppers Drug Mart & Errands ** 10:30 Knitt N' Knatter (L) 11:00 Find the 4 Leaf Clover (L) 11:30-1:00 St. Patrick's Day Bake Sale (L) 1:30 Fitness for Life (RH) 2:00 St. Patrick's Day Celebration w/ Barrie Marfleet & Green Beer! (RH) 3:30 Bingo (CR) 7:00 Skip-Bo (CR)	Shuttle & Tuck Shop National Agriculture Day 9:30 Fitness for Life (RH) 10:00 Manicures (L) 11:00 Cookie Challenge (L) 11:30-1:30 Tuck Shop w/ Joe (L) 1:00 Easter Decorating (L) 2:00 Memory Project Guest Speaker (T) 3:30 Bingo (CR) 7:00 Friday Night Movie (T)	10:15 Cranium Game with Katie (L) 10:30 Communion Service (C) 2:00 Specialty Tea and Cookies (L) 3:00 One-on-One visits 7:00 Saturday Night Movie (T)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
<p>Palm Sunday 9:15 OUTING: Church Service at St. Patrick's Church Fallowfield 10:30 Coffee & Crosswords with Katie (L) 2:00 Easter Craft with Katie (L) 3:00 Checkers (L) 7:00 Sunday Evening Movie (T)</p> <p>Earth Day ~ Lights out for 1 Hour @ 8pm</p> 	<p>Shuttle 9:30 Fitness for Life (RH) 10:30 Coffee and Crosswords (L) 2:00 Bingo (CR) 2:15 Tai Chi (L) 3:30 Wine & Cheese and Mini-put (L) 7:00 Euchre (CR)</p>	<p>Shuttle 9:00 Rosary (C) 10:30 Garden Committee Meeting (CR) 11:00-2:00 In-House Shopping w/ Maggie's Designs (L) 1:30 Fitness for Life (RH) 1:45 Visits w/ Ruth & Sissie (L) 2:00 Bingo (CR) 3:15 Baking Mini Cherry Cheesecakes (L) 7:00 Chess (LB) Board Room Booked 10-11am</p>	<p>Hairstylist National Chip & Dip Day 9:30 Fitness for Life (RH) 10:30 Easter Card Making w/ Laurence (L) 11:15 Chips & Dip (L) 1:00 One-on-One Visits w/ Avan 1:30 Shopping: Shoppers Drug Mart** 2:00 Scategories (L) 3:00 Pet Therapy Visits w/ Joey (L) 3:30 Hydration Station ~ Cucumber Water (L) 7:00 Chapman Mills Sound Connection (L) Rec Hall Booked 6-10pm</p>	<p>Hairstylist & Tuck Shop 9:00 Rosary (C) 9:15 Shopping: Walmart ** 10:30 Knitt N' Knatter (L) 10:45 OUTING: Palais Gomme Sugar Bush with Alta Vista Home (\$17) **Full Meal Included in Price 11:30-1:30 Tuck Shop w/ Joe (L) 1:00 Shaving Cream Egg Colouring w/ Avan (L) 1:30 Fitness for Life (RH) 2:00 Bingo (CR) 3:15 Around the World (L) 7:00 Skip-Bo (CR)</p>	<p>Good Friday *No Fitness & No Shuttle 9:00 Rosary (C) 10:00 Manicures (L) 10:30 Specialty Coffee (L) 1:00 One-on-One Visits 2:00 Happy Hour w/ Rae Chalmers (L) 3:30 Bingo (CR) 7:00 Friday Night Movie (T)</p> 	<p>10:00 Adult Colouring Pages (L) 10:30 Communion Service (C) 2:00 ``Grumpy Old Men`` Matinee (T) 7:00 Saturday Night Movie ``Grumpier Old Men`` (T)</p>
27	28	29	30	31		
<p>Easter Sunday *Sorry for the inconvenience—No church shuttle today 10:00 Word Scramble (L) 11:00 Puzzles (L) 2:00 Afternoon Tunes w/ Christine McCann (L) 3:00 One-on-One visits with Ioanna 7:00 Sunday Evening Movie (T)</p> 	<p>Easter Monday *No Fitness & No Shuttle 9:00 Rosary (C) 10:00 George Laidlaw History Speaks: Lost Treasures (T) 2:00 Bingo (CR) 3:30 Wine & Cheese and Easter Egg Memory Game (L) 7:00 Euchre (CR)</p> 	<p>Shuttle 9:00 Rosary (C) 10:30 Making Granola Bars for National Nutrition Month(L) 1:30 Fitness for Life (RH) 2:00 Memory Fitness Presentation ~ Aging Brain and Memory (T) 3:30 Bingo (CR) 4:00 Flower Arranging (L) 7:00 Sequence (CR)</p>	<p>Hairstylist National Doctor's Day 9:30 Fitness for Life (RH) 10:30 Anglican – Lutheran Church Service (C) 10:30 Trivia (L) 1:00 One-on-One Visits w/ Avan 2:00 Art Class w/ Tamara (CR) 3:00 Pet Therapy Visits w/ Joey (L) 3:00 Book Club (LB) 3:30 Hydration Station ~ Apple & Cinnamon Water (L) 6:00 Wheel of Fortune Katie (L)</p>	<p>Hairstylist & Tuck Shop 9:00 Rosary (C) 10:30 Knitt N' Knatter (L) 11:30-1:30 Tuck Shop w/ Joe (L) 1:30 Fitness for Life (RH) 2:00 Bingo (CR) 2:15 Pen Pals (L) 3:30 Garbage Can Shoot (L) 7:00 Skip-Bo (CR)</p>		