


The Westwood • Emera Kennedy, Recreational Director, emera.kennedy@reveraliving.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Sit & Be Fit- R1 10:45 Rummy Cube-L1 1:30 Bridge Club- R1 2:00 Movie Monday: The Last Time I Saw Paris-R2 3:30 Putt for Prizes-L1	2 Groundhog Day 9:15 Shop: Carlingwood-O 10:00 Tai Chi- R1 10:45 Resident Forum-L1 11:00 Chair Yoga-L2 2:00 Euchre- L1 3:30 Social Hour- Pictionary-L1	3 10:00 Sit & Be Fit – R1 10:45 Giant Crossword-L1 2:00 Birthday Party & New Resident Welcome with Andre Gareau-L1 3:30 Knitting Nook-R1	4 10:00 Tai Chi –R1 10:45 TED Talks-R1 2:00 Bingo- R1 3:30 Social Hour-Spelling Bee -L1 6:45 Evening music with Simon Clarke-L2	5 9:15 Shop: Wal-Mart-O 10:00 Sit & Be Fit- R1 10:00 Hymn Sing-R2 2:00 IMAX at Home-R1 3:30 Bean Bag Toss-L1	6 10:00 Zumba Exercise Class-R1 10:00 Coffee Drive-O 1:30 Scrabble –L2 1:30 Free Bingo- L1 2:00 Shop: Carlingwood-O 3:00 Catholic Mass –R1
7 9:15 Church Shuttle-O 10:00 Audio Led Exercises-R1 1:30 Resident Run Scrabble-L2 2:00 Afternoon music with Noel-L1 3:45 Throw Away Bingo- L1 6:30 Super Bowl Party-R2	8 10:00 Sit & Be Fit- R1 10:45 Cards Resident Pick-L1 1:30 Bridge Club- R1 2:00 Giant Tiger-O 2:00 Movie Monday: The Hustler-R2 3:30 Latin Dance Class with Micheal-R1 6:45 Movie- R2	9 9:15 Shop: Carlingwood-O 10:00 Tai Chi- R1 10:45 Food For Thought-L1 11:00 Chair Yoga-L2 1:30 Bowling in Westboro-O 3:30 Social Hour- Ottawa Jeopardy!-L1 6:45 Lila on Piano-L1	10 10:00 Sit & Be Fit – R1 10:45 Word Scramble-L1 2:00 Birthday Party & New Resident Welcome with Andre Gareau-L2 3:30 Knitting Nook-R1	11 10:00 Tai Chi –R1 10:30 United Church-R2 2:00 Bingo- R1 3:30 Social Hour-Valentine’s Day Trivia & Games-L1 6:45 Pub Night-L1	12 10:00 Sit & Be Fit- R1 10:00 Hymn Sing-R2 2:00 Arm Chair Travel Video- Alpine Adventure incl. Switzerland-R1 3:30 Bean Bag Toss-L1	13 10:00 Zumba Exercise Class-R1 10:00 Cupcake decorating with Sandra-R2 1:30 Scrabble –L2 1:30 Free Bingo- L1 4:30 Valentine’s Day Dinner 3:00 Catholic Mass –R1
14 Valentine’s Day 9:15 Church Shuttle-O 10:00 Audio Led Exercises-R1 1:30 Resident Run Scrabble-L2 2:00 Valentine’s Day Party with DeeAnne Vance-L2 3:45 Throw Away Bingo- L1 6:45 Movie –R2	15 Family Day 10:00 Audio Led Exercises-R1 10:45 Rummy Cub-L1 2:00 Movie Monday: Broken Arrow-R2 2:00 Free Bingo-L2 6:45 Movie- R2	16 10:00 Tai Chi- R1 10:45 Alphabet Game-L1 11:00 Chair Yoga-L2 2:00 Euchre-L1 3:30 Social Hour- Find your Match-L1 6:45 Movie-R2	17 10:00 Sit & Be Fit – R1 10:45 Giant Crossword-L1 2:00 Ladies Afternoon Club-L1 3:30 Joel Yan & The Ottawa Simcah Band-L1 3:30 Knitting Nook-R1	18 10:00 Tai Chi –R1 10:45 TED Talks-R1 2:00 Bingo- R1 3:30 Social Hour-Edible Adventures-Switzerland-L1 6:45 movie-R2	19 10:00 Sit & Be Fit- R1 10:00 Hymn Sing-R2 2:00 Bells & Beau’s Choir-L2 3:30 Bean Bag Toss-L1	20 10:00 Zumba Exercise Class-R1 10:00 Name 10-L2 1:30 Scrabble –L2 1:30 Free Bingo- L1 3:00 Catholic Mass –R1
21 9:15 Church Shuttle-O 10:00 Audio Led Exercises-R1 1:30 Resident Run Scrabble-L2 2:00 Concert with Rae Chalmers-L1 3:45 Throw Away Bingo- L1 6:45 Movie –R2	22 10:00 Sit & Be Fit- R1 10:45 Bring & Brag-L1 1:30 Bridge Club- R1 2:00 Movie Monday: Let’s make Love-R2 3:30 Candy Heart Basket Ball-L1 6:45 Movie- R2	23 10:00 Tai Chi- R1 10:30 Anglican Church-R2 11:00 Chair Yoga-L2 2:00 Shop: Carlingwood-O 3:30 Social Hour- Name It-L1 6:45 Lila on Paino-L2	24 10:00 Sit & Be Fit – R1 10:45 Sudoku on the Big screen-R1 2:00 Variety Show Spec-Act-Ular-L1 3:30 Knitting Nook-R1	25 10:00 Tai Chi –R1 10:45 Mini Manicures-L1 2:00 Bingo- R1 3:30 Social Hour-Hodge Podge Trivia-L1 6:45 Evening Concert with Allan Ryan-L1	26 10:00 Sit & Be Fit- R1 10:00 Hymn Sing-R2 2:00 Historic Canada- Veteran Talk-R1 3:30 Bean Bag Toss-L1	27 10:00 Zumba Exercise Class-R1 10:00 What’s in the News-L2 1:30 Scrabble –L2 1:30 Free Bingo- L1 3:00 Catholic Mass –R1
28 9:15 Church Shuttle-O 10:00 Audio Led Exercises-R1 1:30 Resident Run Scrabble-L2 2:00 Music with Len Goldfrab-L2 3:45 Throw Away Bingo- L1 6:45 Movie –R2	29 10:00 Sit & Be Fit- R1 10:45 Rummy Cube-L1 1:30 Bridge Club- R1 2:00 Movie Monday: Paradise Canyon-R2 3:30 Floor Bowling-L1			IMPORTANT DATES Mobile Dental Clinic-Tuesday February 9th Valentine’s Day- Sunday February 14th Family day- Monday February 15th	BUILDING 1	ROOM LEGEND R1-Rec Room 1 L1-Lounge1 R2-Rec Room2 L2-Lounge2 P-Patios O- Outing

 Choice – it's what living at a Revera retirement community is all about.

RECREATION CHOICES: February 2016