

KING GARDENS RECREATION CHOICES

February 2016

KING GARDENS • Natalie Wong - Director of Recreation • Natalie.Wong@reveraliving.com

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|--|---|
| | 1 9:15 Osteoporosis Education (G) 10:00 Osteoporosis Exercise (G) 10:00 Card Game: UNO (B) 11:00 Java Music Club (B) 1:30 Bridge (9) 1:30 Outing: City Drive (FD) 3:00 King's Pub (L) 7:00 Cribbage (B) 7:00 Rosary (G) | 2 11:00 Crossword Challenge (T) 1:15 Osteoporosis Education (G) 2:00 Music & Memories (RR) 2:00 Osteoporosis Exercise (G) 3:00 Bingo (B) 4:00 iPad Travels: Edinburgh (T) 6:45 Euchre (B) 7:00 Classic Movie Night (T) | 3 10:00 Baking in the Bistro: Croissants (B) 11:00 Book Club Meeting (T) 1:15 Seated Yoga (G) 2:00 Falls Prevention Class (G) 2:00 Knitting Club (B) 3:00 Sharon Presents "Golden Age of Health & Wellness" (T) 3:00 Physiotherapy Exercise(G) 6:45 Bingo with Heike (B) | 4 10:00 Therapy Dog Visits (L) 10:00 'Keep Fit' Gym Trip (75) 1:15 Seated Tai Chi(G) 1:30 Bridge (9) 2:00 Falls Prevention Class (G) 3:00 Physiotherapy Exercise(G) 3:00 King's Pub with Guitarist Paul Beattie (L) 6:45 Euchre (B) | 5 10:00 Seated Exercise (G) 10:45 Fruit Smoothies (B) 11:00 Words Within A Word (B) 12:00 Outing: Great Wok of China (FD) 2:00 Trivia Challenge (FD) 3:00 Creative Therapy & Herbal Tea: Flower Arranging (B) 6:45 Bingo (B) | 6 10:00 Word Puzzles (FD) 11:00 Billiards (T) 2:00 Scrabble (PS) 7:00 Blockbuster Movie Night: "The Holiday" (T) |
| 7 9:00 Catholic Mass (T) 9:00 Therapy Dog Visits (L) 10:00 Sunday Puzzle Challenge (Front Desk) 2:00 Bullseye Darts Game (T) 7:00 Planet Earth Series "From Pole to Pole" (T) | 8 CHINESE NEW YEAR 9:15 Osteoporosis Education (G) 10:00 Osteoporosis Exercise (G) 11:00 Church Service with Dr. Rix – All Are Welcome! (G) 1:30 Bridge (9) 3:00 Chinese New Year with Alice Hwang (L) 7:00 Cribbage (B) 7:00 Rosary (G) | 9 11:00 Resident Meeting (T) 1:15 Osteoporosis Education (G) 2:00 Music & Memories (RR) 2:00 Osteoporosis Exercise (G) 3:00 Bingo (B) 4:00 iPad Travels: Loire, France (T) 6:45 Euchre (B) 7:00 Classic Movie Night (T) | 10 ASH WEDNESDAY 10:30 Lianne Presents: "Famous Lovers" (T) 1:15 Seated Yoga (G) 2:00 Falls Prevention Class (G) 2:00 Knitting Club (B) 3:00 Physiotherapy Exercise(G) 3:00 Sharon Presents "The Iron Age of Fitness" (T) 6:45 Scrabble with Heike (B) | 11 10:00 Therapy Dog Visits (L) 10:00 'Keep Fit' Gym Trip (75) 1:15 Seated Tai Chi (T) 1:30 Bridge (9) 2:00 Falls Prevention Class (T) 3:00 Physiotherapy Exercise(T) 3:00 King's Pub with Francis De Melo (L) 6:45 Euchre (B) | 12 10:00 Seated Zumba (G) 10:45 Fruit Smoothies (B) 11:00 Words Within A Word (B) 1:30 Outing: Shopping At Cloverdale Mall (FD) 2:00 Trivia Challenge (FD) 5:00-7:00 Candlelight Entertainment by Violinist Tom Hamilton 6:45 Bingo (B) | 13 10:00 Word Puzzles (FD) 11:00 Billiards (T) 2:00 Scrabble (PS) 3:30 Mt. Cavalry Choir (L) 7:00 Blockbuster Movie Night: "Pirates of the Caribbean" (T) |
| 14 VALENTINE'S DAY 9:00 Catholic Mass (T) 9:00 Therapy Dog Visits (L) 10:00 Sunday Puzzle Challenge (Front Desk) 2:00 Bullseye Darts Game (T) 7:00 Planet Earth Series "Mountains" (T) | 15 FAMILY DAY 10:00 Card Game: UNO (B) 11:00 Scrabble (PS) 1:30 Bridge (9) 3:00 Afternoon Entertainment with Roy Pardy (L) 7:00 Cribbage (B) 7:00 Rosary (G) | 16 11:00 Crossword Challenge (T) 1:15 Osteoporosis Education (G) 1:30 Outing: Country Drive (FD) 2:00 Osteoporosis Exercise (G) 3:00 Bingo (B) 3:00 A "Finer Things" Afternoon Featuring a Classical Music Presentation with Joseph Sharon 6:45 Euchre (B) 7:00 Classic Movie Night (T) | 17 10:00 Baking in the Bistro: Cinnamon Buns (B) 1:15 Seated Yoga (G) 2:00 Falls Prevention Class (G) 2:00 Knitting Club (B) 2:00 Canadian Diabetes Association Presentation (T) 3:00 Sharon Presents "In Grandma's Kitchen" (T) 3:00 Physiotherapy Exercise(G) 6:45 Bingo with Heike (B) | 18 10:00 Therapy Dog Visits (L) 10:00 'Keep Fit' Gym Trip (75) 1:15 Seated Tai Chi(G) 1:30 Bridge (9) 2:00 Falls Prevention Class (G) 2:30 St. John's Anglican Church (6) 3:00 Physiotherapy Exercise(G) 3:00 King's Pub with Entertainer Ken Armstrong (L) 6:45 Euchre (B) | 19 10:00 Seated Exercise (G) 10:45 Fruit Smoothies (B) 11:00 Words Within A Word (B) 1:30 Outing: Shopping at the Dollarama (FD) 2:00 Trivia Challenge (FD) 3:00 Creative Therapy & Herbal Tea: Painting on Canvas (B) 6:45 Bingo (B) | 20 10:00 Word Puzzles (FD) 11:00 Billiards (T) 2:00 Scrabble (PS) 3:30 Entertainment with Roy Pardy (L) 7:00 Blockbuster Movie Night: "Boychoir" (T) |
| 21 9:00 Catholic Mass (T) 9:00 Therapy Dog Visits (L) 10:00 Sunday Puzzle Challenge (Front Desk) 2:00 Bullseye Darts Game (T) 7:00 Planet Earth Series "Fresh Water" (T) | 22 9:15 Osteoporosis Education (G) 10:00 Osteoporosis Exercise (G) 10:30 Outing: McMichael Art Gallery & Lunch (FD) 11:00 Java Music Club (B) 1:30 Bridge (9) 3:00 King's Pub w/ Paul Butler (L) 7:00 Cribbage (B) 7:00 Rosary (G) | 23 11:00 Resident Meeting (T) 1:15 Osteoporosis Education (G) 2:00 Music & Memories (RR) 2:00 Osteoporosis Exercise (G) 3:00 Bingo (B) 4:00 iPad Travels: Greek Islands (T) 6:45 Euchre (B) 7:00 Classic Movie Night (T) | 24 10:00 Baking in the Bistro: Chocolate Chip Cookies (B) 1:15 Seated Yoga (G) 2:00 Falls Prevention Class (G) 2:00 Knitting Club (B) 3:00 Sharon Presents "Sharp as a Tack" (T) 3:00 Physiotherapy Exercise(G) 6:45 Tea Social with Heike (B) | 25 10:00 Therapy Dog Visits (L) 10:00 'Keep Fit' Gym Trip (75) 1:15 Seated Tai Chi(G) 1:30 Bridge (9) 2:00 Falls Prevention Class (G) 3:00 Physiotherapy Exercise(G) 3:00 King's Pub (L) 6:45 Euchre (B) | 26 10:00 Seated Zumba (G) 10:30 Outing: Butterfly Conservatory (FD) 10:45 Fruit Smoothies (B) 11:00 Words Within A Word (B) 2:00 Trivia Challenge (FD) 3:00 Creative Therapy & Herbal Tea: Adult Coloring (B) 6:45 Bingo (B) | 27 10:00 Word Puzzles (FD) 11:00 Billiards (T) 2:00 Scrabble (PS) 6:00 Hymn Sing with Larry Clements (L) 7:00 Blockbuster Movie Night: "Titanic" (T) |
| 28 9:00 Catholic Mass (T) 9:00 Therapy Dog Visits (L) 10:00 Sunday Puzzle Challenge (Front Desk) 2:00 Scrabble (PS) 7:00 Planet Earth Series "Caves" (T) | 29 9:15 Osteoporosis Education (G) 10:00 Osteoporosis Exercise (G) 10:00 Card Game: UNO (B) 11:00 Java Music Club (B) 1:30 Bridge (9) 3:00 February Birthday Party with Steve Angel (L) 7:00 Cribbage (B) 7:00 Rosary (G) | | | IMPORTANT DATES | | ROOM LEGEND |
| | | | | <p>Shiny Jewelry Wednesday February 3rd from 11 am – 3 pm in the Lounge</p> <p>Tuck Shop Every Wednesday from 11:30 am to 12:30 pm in the Lounge * No cash please – all purchases must be signed for</p> | | <p>(G) – Galleria (B) – Bistro (T) – Theatre (L) – Main Floor Lounge (6) – 6th Floor Lounge (9) – 9th Floor Lounge (RR) – Resident Rooms (FD) – Front Desk (75) – 75 King St (Meet in Bistro) (PS) – Potting Shed</p> |