

# LYNWOOD PARK RECREATION CHOICES

FEBRUARY 2016

Lynwood Park, Jennifer Meeks Ext. 2003							More on next page >
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	
	8:30 Brain Games - ML 9:00 Dental Hygienist 9:30 Exercise Class - CR 9:30 <b>Shop at Loblaws/RBC Bank</b> 2:00 Free Massages - AR 2:30 Trivia - CR 3:30 Happy Half Hour & Tuck Shop - ML 7:00 Bridge & Euchre - CR 7:30 Bingo - AR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Exercise Class - CR 10:00 Balance Class - CR 10:30 Cyber Seniors - AR 2:30 Sandbags - CR 3:30 Happy Half Hour & Tuck Shop - ML 8:00 TCM Movie Night "The Sting" (1973 Comedy) - AR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 <b>Shop Dollarama/Freshco/TD Bank</b> 9:30 Exercise Class - CR 10:00 Yoga with Carlos - CR 10:30 News & Views - AR 11:00 In-House Shopping with Sunshine Gifts - ML 2:15 Music for your listening pleasure with Tim - AR 2:30 BMO Visit - Mez 3:30 Happy Half Hour & Tuck Shop - ML 7:15 Sandbags - CR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 <b>Shop Carlingwood</b> 9:30 Exercise Class - CR 10:00 Balance Class - CR 10:30 Word Games - AR 11:00 Catholic Mass - CR 2:30 Spelling - AR 2:30 Crafts with Enid - CR 3:30 Happy Half Hour & Tuck Shop - ML 7:30 Bingo - AR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Exercise Class - CR 9:30 <b>Shop at Stittsville Michaels &amp; Value Village</b> 10:00 Men & Mugs - ML 10:00 Busy Hands Crochet Group - AR 2:30 Slow and Easy Bingo - AR 3:30 Happy Half Hour & Tuck Shop - ML 7:00 Bridge - AR	9:00 Beauty Salon - 4th Fl 9:30 Indoor Poker Walk - ML 10:30 Washer Toss - CR 2:15 Euchre, Scrabble, Crokinole, Backgammon, Dominoes & Games - AR 2:15 Learn to Play Euchre - CR 3:30 Happy Half Hour & Tuck Shop - ML 7:15 Sing Along with Paul - AR	
<b>7</b>	<b>8</b>	<b>SHROVE TUESDAY 9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	
8:30 <b>St. Martin de Porres Catholic Church</b> 10:30 Who am I? - ML 2:30 Hymn Sing - ML 2:30 TCM Movie Matinee "Days of Wine & Roses" (1962 Drama) - AR 7:15 Community Church - CR 8:00 TCM Movie Night "Harvey Girls" (1946 Musical) - AR	8:30 Brain Games - ML 9:30 Exercise Class - CR 9:30 <b>Shop at Loblaws/RBC Bank</b> 2:00 Free Massages - AR 2:30 Trivia - CR 3:30 Happy Half Hour & Tuck Shop - ML 7:00 Bridge & Euchre - CR 7:30 Bingo - AR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Exercise Class - CR 9:30 <b>Shop at Kanata Super Walmart</b> 10:00 Balance Class - CR 10:30 Fun & Music with Yvonne - AR 2:30 Sandbags - CR 3:30 Happy Half Hour & Tuck Shop - ML 7:30 Astronomer Gary Boyle on Planets of our Solar System - AR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Exercise Class - CR 10:00 Yoga with Carlos - CR 10:30 News & Views - AR 11:00 United Church - CR 2:15 Music for your listening pleasure with Tim - AR 2:30 Mardi Gras Party with Swampwater Jazz Band - ML 3:30 Happy Half Hour & Tuck Shop - ML 7:15 Sandbags - CR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 <b>Shop Shoppers Drugmart &amp; Winners</b> 9:30 Exercise Class - CR 9:30 Liturgy of the Word - AR 10:00 Balance Class - CR 10:30 Word Games - AR 2:00 Brightening Lives Animal Visit - ML 2:30 Spelling - AR 3:30 Happy Half Hour & Tuck Shop - ML 7:30 Bingo - AR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Exercise Class - CR 9:30 <b>Shop at Carlingwood</b> 10:00 Men & Mugs - ML 10:00 Busy Hands Crochet Group - AR 2:30 Slow and Easy Bingo - AR 3:30 Happy Half Hour & Tuck Shop - ML 7:00 Bridge - AR	9:00 Beauty Salon - 4th Fl 2:15 Euchre, Scrabble, Crokinole, Backgammon, Dominoes & Games - AR 3:30 Happy Half Hour & Tuck Shop - ML 7:15 Sing Along with Paul - AR	
<b>VALENTINES DAY 14</b>	<b>FAMILY DAY 15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	
8:30 <b>St. Martin de Porres Catholic Church</b> 10:30 Amazing Facts about 100 Years ago - ML 2:30 Valentine's Day Party with Noel Dimaranan - ML 7:15 Movie Night "Mandela" (1973 Drama) - AR	8:30 Brain Games - ML 10:00 In-house Shopping with Anna's Travelling 10:30 Bocce Ball - CR 2:30 Trivia - CR 3:30 Happy Half Hour & Tuck Shop - ML 7:00 Bridge & Euchre - CR 7:30 Bingo - AR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Exercise Class - CR 9:30 <b>Shop at Loblaws/RBC Bank</b> 10:00 Balance Class - CR 2:30 Sandbags - CR 3:30 Happy Half Hour & Tuck Shop - ML 8:00 TCM Movie Night "On the Waterfront" (1954 Drama) - AR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Exercise Class - CR 9:30 <b>Shop Dollarama/Freshco/TD Bank</b> 10:00 Yoga with Carlos - CR 10:30 News & Views - AR 2:15 Music for your listening pleasure with Tim - AR 3:30 Happy Half Hour & Tuck Shop - ML 7:15 Sandbags - CR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Exercise Class - CR 9:30 Liturgy of the Word - AR 10:00 Balance Class - CR 10:30 Word Games - AR 2:30 Spelling - AR 3:30 Happy Half Hour & Tuck Shop - ML 7:00 Salvation Army Service - ML 7:30 Bingo - AR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Exercise Class - CR 10:00 Men & Mugs - ML 10:00 Busy Hands Crochet Group - AR 11:15 <b>Lunch at East Side Mario's</b> 2:30 Slow and Easy Bingo - AR 3:30 Happy Half Hour & Tuck Shop - ML 7:00 Bridge - AR	9:00 Beauty Salon - 4th Fl 2:00 Lila on Piano - ML 2:15 Euchre, Scrabble, Crokinole, Backgammon, Dominoes & Games - AR 3:30 Happy Half Hour & Tuck Shop - ML 7:15 Sing Along with Paul - AR	

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

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	
8:30 <b>St. Martin de Porres Catholic Church</b> 10:30 Mini Putt Golf - ML 2:30 Community Concert Band - ML 7:15 Movie Night "The Adventures of Tin Tin" (2011 Animated) - AR 7:15 Community Church - CR	8:30 Brain Games - ML 9:30 Exercise Class - CR 9:30 <b>Shop at Loblaws/RBC Bank</b> 2:00 Free Massages - AR 2:30 Trivia - CR 3:30 Happy Half Hour & Tuck Shop - ML 7:00 Bridge & Euchre - CR 7:30 Bingo - AR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Exercise Class - CR 10:00 Balance Class - CR 10:30 Safety Committee Meeting - AR 2:30 Monthly Birthday Party with Peter Foret - ML 3:30 Happy Half Hour & Tuck Shop - ML 8:00 TCM Movie Night "The Caine Mutiny (1954 Drama)"	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Exercise Class - CR 10:00 Yoga with Carlos - CR 10:30 Guest Speaker Major Roy Thomas speaks on Serving in United Nations Peacekeeping Missions - AR 1:45 <b>Shop Carlingwood</b> 2:15 Music for your listening pleasure with Tim - AR 3:30 Happy Half Hour & Tuck Shop - ML 7:15 Sandbags - CR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 <b>Shop Shoppers Drugmart &amp; Winners</b> 9:30 Exercise Class - CR 9:30 Liturgy of the Word - AR 10:00 Balance Class - CR 10:30 Word Games - AR 11:00 Walker Clinic - CR 2:30 Resident Meeting - ML 3:30 Happy Half Hour & Tuck Shop - ML 7:30 Bingo - AR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Exercise Class - CR 9:30 <b>Shop Hazeldean</b> 10:00 Men & Mugs - ML 10:00 Busy Hands Crochet Group - AR 2:30 Slow and Easy Bingo - AR 3:30 Happy Half Hour & Tuck Shop - ML 7:00 Bridge - AR	9:00 Beauty Salon - 4th Fl 10:00 Painting for Fun with Tracy - CR 2:15 Euchre, Scrabble, Crokinole, Backgammon, Dominoes & Games - AR 3:30 Happy Half Hour & Tuck Shop - ML 7:15 Sing Along with Paul - AR	
<b>28</b>	<b>29</b>						
8:30 <b>St. Martin de Porres Catholic Church</b> 10:30 All things British - ML 2:15 Andre Rieu "Magic of the Musicals" - AR 7:15 Movie Night "The Inspector General" (1949 Comedy) - AR	8:30 Brain Games - ML 9:30 Exercise Class - CR 9:30 <b>Shop at Loblaws/RBC Bank</b> 2:00 Free Massages - AR 2:30 Trivia - CR 3:30 Happy Half Hour & Tuck Shop - ML 7:00 Bridge & Euchre - CR 7:30 Bingo - AR						
					<b>Room Legend</b>		
					ML Main Lobby AR Activity Room CR Craft Room MEZ 2nd Floor Mezzanine 4th Fl 4th Floor Beauty Salon <b>Bold</b> Bus Outing—Meet in Main Lobby		