

# LANDMARK COURT RECREATION CHOICES

MARCH 2016

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| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|---|--|--|--|---|---|---|
| <b>ROOM LEGEND</b>  |  | <b>1</b>   | <b>2</b>   | <b>3</b>  | <b>4</b>  | <b>5</b>  |
| Cliffside Lounge – 1 <sup>st</sup> Floor (L)<br>Games Room – Basement (B)<br>Rockcliff Lounge – 5 <sup>th</sup> Floor<br>Dining Room – 1 <sup>st</sup> Floor (L)<br>Rev It Up Room – 4 <sup>th</sup> Floor<br>Lobby – 1 <sup>st</sup> Floor (L)<br>Chapel – 4 <sup>th</sup> Floor   |  | <b>09:30am</b> Wheel of Fortune (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>11:00am Lunch Outing (Lobby): Fiddleheads, Perth, Ontario</b><br><b>02:00pm</b> Mexican Train Dominoes (Cliffside)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:00pm</b> Chair Yoga (Lobby)<br><b>03:30pm</b> Ice Cream Social (Cliffside)<br><b>06:30pm</b> Short Stories (Lobby)  | <b>09:00am</b> Landmark Knitters (Cliffside)<br><b>09:30am</b> Word Games (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:00am</b> Aqua Fit (Recreation Centre) > \$6.75<br><b>10:30am</b> Family Physio Class #1 (Rockcliff)<br><b>11:00am</b> Family Physio Class #2 (Rockcliff)<br><b>02:00pm</b> Bingo (Cliffside)<br><b>03:00pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Pool (Games Room)<br><b>07:00pm</b> Euchre (Games Room)   | <b>09:30am</b> Adult Colouring Fun (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:00am</b> Current Events (Cliffside)<br><b>10:00am</b> Church Service (Chapel): Anglican<br><b>02:00pm</b> Introduction to Apple TV demo. (Rockcliff)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Bean Bag Toss (Lobby)<br><b>06:30pm</b> Short Stories (Lobby) | <b>09:15am Outing (Lobby): Billings Bridge</b><br><b>09:30am</b> Manicures (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:30am</b> Family Physio Class #1 (Rockcliff)<br><b>11:00am</b> Family Physio Class #2 (Rockcliff)<br><b>01:30pm</b> Whist (Games Room)<br><b>02:00pm</b> Cocktail Hour with The Mellowtones (Rockcliff)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>07:00pm</b> Movie (Cliffside): Royal Affair | <b>09:30am</b> Landmark Knitters (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:30am</b> Video Exercises (Cliffside)<br><b>02:00pm</b> Euchre (Cliffside)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Scrabble (Cliffside)<br><b>07:00pm</b> Documentary (Cliffside): Mine             |
| <b>6</b>  | <b>7</b>   | <b>8</b>   | <b>9</b>   | <b>10</b>   | <b>11</b>   | <b>12</b>   |
| <b>09:30am</b> Adult Colouring Fun (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:30am</b> Video Exercises (Cliffside)<br><b>01:30pm</b> Whist (Games Room)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Bean Bag Toss (Lobby)<br><b>07:00pm</b> Documentary (Cliffside): The Ganges > The Divine River | <b>09:00am</b> Landmark Knitters (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:30am</b> Family Physio Class #1 (Rockcliff)<br><b>11:00am</b> Family Physio Class #2 (Rockcliff)<br><b>02:00pm</b> Euchre (Cliffside)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Pool (Games Room)<br><b>07:00pm</b> Chess (Cliffside)   | <b>09:15am Outing (Lobby): Carlingwood</b><br><b>09:30am</b> Wheel of Fortune (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>01:30pm Outing (Lobby): Museum of Nature &gt; Bugs: Outside the Box Exhibition   Cost: \$15.00</b><br><b>02:00pm</b> Mexican Train Dominoes (Cliffside)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:00pm</b> Chair Yoga (Lobby)<br><b>03:30pm</b> Ice Cream Social (Cliffside)<br><b>06:30pm</b> Short Stories (Lobby) | <b>09:00am</b> Landmark Knitters (Cliffside)<br><b>09:30am</b> Word Games (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:00am</b> Aqua Fit (Recreation Centre) > \$6.75<br><b>10:30am</b> Family Physio Class #1 (Rockcliff)<br><b>11:00am</b> Family Physio Class #2 (Rockcliff)<br><b>02:00pm</b> Bingo (Cliffside)<br><b>03:00pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Pool (Games Room)<br><b>03:30pm</b> Bible Study (Rockcliff)<br><b>07:00pm</b> Euchre (Games Room) | <b>09:30am</b> Adult Colouring Fun (Cliffside)<br><b>10:00am</b> Current Events (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:00am</b> Church Service (Chapel): Catholic<br><b>02:00pm Recreation Meeting (Rockcliff)</b><br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Bean Bag Toss (Lobby)<br><b>06:30pm</b> Short Stories (Lobby)             | <b>09:15am Outing (Lobby): Billings Bridge</b><br><b>09:30am</b> Manicures (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:30am</b> Family Physio Class #1 (Rockcliff)<br><b>11:00am</b> Family Physio Class #2 (Rockcliff)<br><b>01:30pm</b> Whist (Games Room)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>02:30pm</b> Cocktail Hour (Rockcliff)<br><b>07:00pm</b> Movie (Cliffside): A Summer's Tale                   | <b>09:30am</b> Landmark Knitters (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:30am</b> Video Exercises (Cliffside)<br><b>02:00pm</b> Euchre (Cliffside)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Scrabble (Cliffside)<br><b>07:00pm</b> Documentary (Cliffside): Which Way Home   |
| <b>13 Daylight Saving Time</b>  | <b>14 Commonwealth Day</b>   | <b>15</b>  | <b>16</b>  | <b>17 St. Patrick's Day</b>   | <b>18</b>   | <b>19</b>   |
| <b>09:30am</b> Adult Colouring Fun (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:30am</b> Video Exercises (Cliffside)<br><b>01:30pm</b> Whist (Games Room)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Bean Bag Toss (Lobby)<br><b>07:00pm</b> Documentary (Cliffside): Over New England              | <b>09:00am</b> Landmark Knitters (Cliffside)<br><b>09:30am</b> Finishing Lines (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:30am</b> Family Physio Class #1 (Rockcliff)<br><b>11:00am</b> Family Physio Class #2 (Rockcliff)<br><b>02:00pm</b> Euchre (Cliffside)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Pool (Games Room)<br><b>07:00pm</b> Chess (Cliffside)   | <b>09:30am</b> Wheel of Fortune (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>11:30am Outing (Lobby): Lunch &amp; Slots at Rideau Carleton Raceway</b><br><b>02:00pm</b> Mexican Train Dominoes (Cliffside)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:00pm</b> Chair Yoga (Lobby)<br><b>03:30pm</b> Ice Cream Social (Cliffside)<br><b>06:30pm</b> Short Stories (Lobby)   | <b>09:00am</b> Landmark Knitters (Cliffside)<br><b>09:30am</b> Word Games (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:00am</b> Aqua Fit (Recreation Centre) > \$6.75<br><b>10:30am</b> Family Physio Class #1 (Rockcliff)<br><b>11:00am</b> Family Physio Class #2 (Rockcliff)<br><b>02:00pm</b> Bingo (Cliffside)<br><b>03:00pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Pool (Games Room)<br><b>07:00pm</b> Euchre (Games Room)   | <b>09:30am</b> Adult Colouring Fun (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:00am</b> Current Events (Cliffside)<br><b>02:00pm St. Patrick's Day Party with Dominic D'Arcy (Rockcliff)</b><br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Bean Bag Toss (Lobby)<br><b>06:30pm</b> Short Stories (Lobby)  | <b>09:15am Outing (Lobby): Billings Bridge</b><br><b>09:30am</b> Manicures (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:30am</b> Family Physio Class #1 (Rockcliff)<br><b>11:00am</b> Family Physio Class #2 (Rockcliff)<br><b>01:30pm</b> Whist (Games Room)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>02:30pm</b> Cocktail Hour (Rockcliff)<br><b>07:00pm</b> Movie (Cliffside): Still Mine                        | <b>09:30am</b> Landmark Knitters (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:30am</b> Video Exercises (Cliffside)<br><b>02:00pm</b> Euchre (Cliffside)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Scrabble (Cliffside)<br><b>07:00pm</b> Documentary (Cliffside): Beyond The Myth  |
| <b>20 First Day of Spring</b>   | <b>21</b>  | <b>22</b>  | <b>23</b>  | <b>24</b>   | <b>25 Good Friday</b>   | <b>26</b>   |
| <b>09:30am</b> Adult Colouring Fun (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:30am</b> Video Exercises (Cliffside)<br><b>01:30pm</b> Whist (Games Room)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Bean Bag Toss (Lobby)<br><b>07:00pm</b> Documentary (Cliffside): Patagonia Rising              | <b>09:00am</b> Landmark Knitters (Cliffside)<br><b>09:30am</b> Finishing Lines (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:30am</b> Family Physio Class #1 (Rockcliff)<br><b>11:00am</b> Family Physio Class #2 (Rockcliff)<br><b>02:00pm</b> Euchre (Cliffside)<br><b>02:00pm</b> March Birthday Party with Faye McMillen (Rockcliff)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Pool (Games Room)<br><b>07:00pm</b> Chess (Cliffside) | <b>09:15am Outing (Lobby): South Keys</b><br><b>09:30am</b> Wheel of Fortune (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>1:30pm Outing (Lobby): Tim Horton's Spring Drive to Bruce Pit Dog Park</b><br><b>02:00pm</b> Mexican Train Dominoes (Cliffside)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:00pm</b> Chair Yoga (Lobby)<br><b>03:30pm</b> Ice Cream Social (Cliffside)<br><b>06:30pm</b> Short Stories (Lobby)                          | <b>09:00am</b> Landmark Knitters (Cliffside)<br><b>09:30am</b> Word Games (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:00am</b> Aqua Fit (Recreation Centre) > \$6.75<br><b>10:30am</b> Family Physio Class #1 (Rockcliff)<br><b>11:00am</b> Family Physio Class #2 (Rockcliff)<br><b>02:00pm</b> Bingo (Cliffside)<br><b>03:00pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Pool (Games Room)<br><b>03:30pm</b> Bible Study (Rockcliff)<br><b>07:00pm</b> Euchre (Games Room) | <b>09:30am</b> Adult Colouring Fun (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:00am</b> Current Events (Cliffside)<br><b>02:00pm Resident &amp; Manager Meeting (Rockcliff)</b><br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Bean Bag Toss (Lobby)<br><b>05:00pm</b> March Birthday Dinner (Rockcliff)<br><b>06:30pm</b> Short Stories (Lobby) | <b>10:00am</b> Coffee Break (Cliffside)<br><b>10:30am</b> Video Exercises (Cliffside)<br><b>01:30pm</b> Whist (Games Room)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>07:00pm</b> Movie (Cliffside): The Inevitable Defeat of Mister & Pete  | <b>09:30am</b> Landmark Knitters (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:30am</b> Video Exercises (Cliffside)<br><b>02:00pm</b> Euchre (Cliffside)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Scrabble (Cliffside)<br><b>07:00pm</b> Documentary (Cliffside): Smash His Camera |
| <b>27 Easter Sunday</b>   | <b>28 Easter Monday</b>  | <b>29</b>  | <b>30</b>  | <b>31</b>   |   | <b>BEAUTY SALON</b>   |
| <b>09:30am</b> Adult Colouring Fun (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:30am</b> Video Exercises (Cliffside)<br><b>01:30pm</b> Whist (Games Room)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Bean Bag Toss (Lobby)<br><b>07:00pm</b> Documentary (Cliffside): Aerial America > Pacific Rim  | <b>09:00am</b> Landmark Knitters (Cliffside)<br><b>09:30am</b> Finishing Lines (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:30am</b> Family Physio Class #1 (Rockcliff)<br><b>11:00am</b> Family Physio Class #2 (Rockcliff)<br><b>02:00pm</b> Euchre (Cliffside)<br><b>02:00pm</b> Easter Social with Noel Dimaranan (Rockcliff)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Pool (Games Room)<br><b>07:00pm</b> Chess (Games Room)      | <b>09:30am</b> Wheel of Fortune (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>11:00am Lunch Outing (Lobby): Fulton's Pancake House</b><br><b>02:00pm</b> Mexican Train Dominoes (Cliffside)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:00pm</b> Chair Yoga (Lobby)<br><b>03:30pm</b> Ice Cream Social (Cliffside)<br><b>06:30pm</b> Short Stories (Lobby)   | <b>09:00am</b> Landmark Knitters (Cliffside)<br><b>09:30am</b> Word Games (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>10:00am</b> Aqua Fit (Recreation Centre) > \$6.75<br><b>10:30am</b> Family Physio Class #1 (Rockcliff)<br><b>11:00am</b> Family Physio Class #2 (Rockcliff)<br><b>02:00pm</b> Bingo (Cliffside)<br><b>03:00pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Pool (Games Room)<br><b>07:00pm</b> Euchre (Games Room)   | <b>09:30am</b> Adult Colouring Fun (Cliffside)<br><b>10:00am</b> Current Events (Cliffside)<br><b>10:00am</b> Coffee Break (Cliffside)<br><b>02:00pm</b> Introduction to Netflix demo. (Rockcliff)<br><b>02:30pm</b> Afternoon Tea (Cliffside)<br><b>03:30pm</b> Bean Bag Toss (Lobby)<br><b>06:30pm</b> Short Stories (Lobby)  |   | <b>Hours</b><br><br>Tuesdays   9:00am - 1:00pm<br><br>Fridays   9:00am - 4:00pm   |