



AL

Recreation Choices **March 2017**

Glynnwood • Travis Melquist, Recreational Director



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CALENDAR Special Events Outings * iPad/Apple TV Programs NEW Revera Programs NEW programs offered	ROOM LEGEND M – Main Floor lobby D – Dining Room Patio A – Auditorium R – Recreation/Craft Room T – TV Lounge	ROOM LEGEND CL – Club Lounge 4/6 – 4 th /6 th Floor Lounge L – 3 rd Floor Lounge FR – Fitness Room	1 10:00am Therapeutic Paws – L 11:00am Chair Yoga - L 01:30pm Movie Matinee – L 02:00pm Art with Khatcho – R 03:00pm Bible Study – 4 03:15pm Afternoon Tea - L 07:30pm Eileen Hennessy - A	2 10:00am Groove n’ Go – L 10:00am Thornhill United Coffee Hour - 4 10:30am Name 10 -L 02:30pm Junk Drawer - L 03:15pm Afternoon Tea - L 07:30pm The Crown Ep. 4 - T	3 11:00am Wheel Of Fortune-L 01:30pm Tai Chi & Touch Therapy – L 02:30pm Documentary - L 03:15pm Afternoon Tea – L 07:30pm New Movie – T	4 10:00am Groove n’ Go - A 11:00am Bingo- L 02:30pm Tic Tac Throw – L 03:15pm Afternoon Tea - L 07:30pm Milk Bag Project - R
5 10:00am Roman Catholic Communion – 4 10:30am Creative Colours with Miryam – R 02:30pm Movie Matinee - T 03:15pm Afternoon Tea- L 07:30pm Classic Movie - T	6 10:00am Sit To Be Fit – A 10:30am Sing For Wellness - A 11:00am Hoy – L 01:30pm Brain Gym – L 02:00pm Craft & Design – R 02:30pm Creative Colours – L 03:15pm Afternoon Tea - L	7 10:00am Ball Fitness –L 10:30am Manicures & Music – L 02:30pm Documentary – T 02:30pm Bingo - L 03:15pm Afternoon Tea – L 07:30pm Movie Night - T	8 10:00am Therapeutic Paws – L 11:00am Chair Yoga - L 02:00pm Art with Khatcho – R 02:00pm Wellness Workshop-3 03:00pm Bible Study – 4 03:15pm Afternoon Tea – L 07:30pm David Wildsmith - A	9 10:00am Groove n’ Go – L 10:30am Name 10 -L 11:00am Falls Prevention – A 02:30pm Wellness Workshop - 3 03:15pm Afternoon Tea - L 07:30pm *Netflix Series: The Crown Ep. 5 - T	10 10:00am Wheel Of Fortune-L 01:30pm Tai Chi & Touch Therapy – L 02:30pm Lianne Harris: Amazing Women- A 03:15pm Afternoon Tea – L 07:30pm New Movie – T	11 10:30am Yoga & Wellness - A 11:00am Bingo- L 02:30pm Tic Tac Throw – L 03:15pm Afternoon Tea - L 07:30pm Milk Bag Project - R
12 10:00am Roman Catholic Communion – 4 10:30am Creative Colours with Miryam - R 02:30pm Movie Matinee - T 03:15pm Afternoon Tea- L 07:30pm Classic Movie - T	13 10:00am Sit To Be Fit – A 11:00am Hoy - L 01:30pm Brain Gym – L 02:00pm Craft & Design – R 02:30pm Creative Colours – L 03:15pm Afternoon Tea - L	14 10:00am Ball Fitness –L 10:30am Manicures & Music – L 02:30pm Documentary – T 02:30pm Bingo - L 03:15pm Afternoon Tea – L 07:30pm Movie Night - T	15 10:00am Therapeutic Paws – L 11:00am Chair Yoga – L 01:30pm Scenic Drive 01:30pm Movie Matinee – L 02:00pm Art with Khatcho – R 03:15pm Afternoon Tea – L 07:30pm \$2.00 Bingo - R	16 10:00am Groove n’ Go – L 10:30am Name 10 –L 11:00am Falls Prevention – A 02:30pm Junk Drawer - L 03:15pm Afternoon Tea - L 07:30pm EDUtainment - T Music and Apparel	17 10:00am Wheel Of Fortune-L 11:00am Aron Irish Dancers - A 01:30pm Tai Chi & Touch Therapy – L 02:30pm St Patricks Day Party - A	18 10:00am Groove n’ Go - A 11:00am Bingo- L 02:30pm Tic Tac Throw – L 03:15pm Afternoon Tea - L 07:30pm Milk Bag Project - R
19 10:00am Roman Catholic Communion – 4 10:30am Creative Colours with Miryam - R 02:30pm Movie Matinee - T 03:15pm Afternoon Tea- L 07:30pm Classic Movie - T	20 10:00am Sit To Be Fit – A 10:30am Sing For Wellness - A 11:00am Hoy - L 01:30pm Brain Gym – L 02:00pm Craft & Design – R 02:30pm Creative Colours – L 03:15pm Afternoon Tea - L	21 10:00am Ball Fitness –L 10:30am Manicures & Music – L 02:30pm Documentary – T 02:30pm Bingo - L 03:15pm Afternoon Tea – L 07:30pm Movie Night - T	22 10:00am Therapeutic Paws – L 11:00am Chair Yoga - L 01:30pm Movie Matinee – L 03:00pm Bible Study – 4 03:15pm Afternoon Tea - L 07:30pm Shaya Petroff with Special Guests - A	23 10:30am Name 10 –L 11:00am Falls Prevention – A 02:30pm Junk Drawer - L 03:15pm Afternoon Tea - L 07:30pm *Netflix Series: The Crown Ep. 6 - T	24 10:00am Wheel Of Fortune-L 01:30pm Tai Chi & Touch Therapy – L 02:30pm Birthday Party- Frazer French - A 03:15pm Afternoon Tea – L	25 10:30am Yoga & Wellness - A 11:00am Bingo- L 02:30pm Tic Tac Throw – L 03:15pm Afternoon Tea - L 07:30pm Milk Bag Project - R
26 10:00am Roman Catholic Communion – 4 10:30am Creative Colours with Miryam - R 02:30pm Movie Matinee - T 03:15pm Afternoon Tea- L 07:30pm Classic Movie - T	27 10:00am Sit To Be Fit – A 11:00am Hoy - L 01:30pm Brain Gym – L 02:00pm Craft & Design – R 02:30pm Creative Colours – L 03:15pm Afternoon Tea – L	28 10:00am Ball Fitness –L 10:30am Manicures & Music – L 02:30pm Documentary – T 02:30pm Bingo - L 03:15pm Afternoon Tea – L 07:30pm Movie Night - T	29 10:00am Therapeutic Paws – L 11:00am Chair Yoga - L 01:30pm Scenic Drive 01:30pm Movie Matinee – L 02:00pm Art with Khatcho – R 03:15pm Afternoon Tea - L 07:30pm \$2.00 Bingo - R	30 10:00am Groove n’ Go – L 10:30am Name 10 –L 11:00am Falls Prevention – A 02:30pm Junk Drawer - L 03:15pm Afternoon Tea - L 07:30pm *Netflix Series: The Crown Ep. 7 - T	31 10:00am Wheel Of Fortune-L 01:30pm Tai Chi & Touch Therapy – L 02:30pm Documentary - L 03:15pm Afternoon Tea – L 07:30pm New Movie – T	Dates to Remember March 3 rd – World Day of Prayer March 8/9 th – Wellness Workshops March 12 th – Daylight Savings Time



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15 Scenic Drive  Depart: 1:30pm Return: 2:30pm	16	17	18
19	20	21	22 Scenic Drive	23	24	25
26	27	28	29 Scenic Drive  Depart: 1:30pm Return: 2:30pm	30	31	Spaces are limited and some outings do fill up. Please sign-up with payment (where necessary) in the Recreation Binder at the Front Desk