

RECREATION CHOICES

MARCH 2016

Birkdale Place Seniors Community—Martina Iwanchuk, Recreational Director

More on next page >

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BIRTHDAYS		1	2	3	4	5
		9:15 Exercise Class (F) 10:15 Tai Chi (F) 11:30 Bank Run (O) 1:00 Chicken Soup Stories (FP) 2:30 Birthday Party with Kim Atkins 4:00 Therapy Dogs 6:15 Euchre (A) 6:30 Movie (CT) Lucky Irish 50/50 Begins today..	9:15 Group Physio Fit (F) 10:00 Stair Challenge 10:30 Hymn & Chapel (CT) 2:00 Meditation (SL) 2:00 Osteo Exercises (F) 3:00 Heroes & Villains—Al Capone (FP) 6:30 25C BINGO (A) 6:30 Movie (CT)	9:15 Morning Lab Run (O) 9:15 Exercise Class (F) 10:15 Tai Chi (F) 10:30 Catholic Service (CT) 10:30 Knit & Chatter (FP) 3:00 Special DVD Concert: Celtic Thunder 6:15 Bridge (A) 6:30 Movie (CT)	9:15 Group Physio Fit (F) 10:15 Shopping Trip—The Bay (O) 10:30 Anglican Communion 12:00 Quilting Bee (A) 2:00 Osteo Exercises (F) 2:00 Helping Hands 3:30 Yahtzee 6:30 Movie (CT)	10:30 Pretty Polish (A) 1:00 Video Fitness (F) 3:00 Scrabble (A) 3:00 X-Box Bowling (F) 6:30 Movie (CT) 6:30 25C BINGO (A)
6	Dental Cleaning Clinic 7	8	9	10	11	12
10:00 Worship with Joel Osteen TV Ministry (F) 1:30 Big Band Rehearsal (A) 3:00 Special Hot Cocoa in the Café (C) 3:30 Downton Abbey Seas. 1 Ep. 1 (CT) 4:00 Crokinole (A) 6:30 Movie (CT)	9:15 Group Physio Fit (F) 10:00 Stair Challenge 10:30 Knit & Chatter (FP) 1:00 Library Trip 2:00 Our Daily Bread with Nancy (FP) 3:30 Armchair Traveler (CT) 3:30 Friendly 1:1 Visits 3:30 Game of Pool (SL) 6:30 Movie (CT)	9:15 Exercise Class (F) 10:15 Tai Chi (F) 1:00 Chicken Soup Stories (FP) 1:00 Memories of Milton Interviews 4:00 Therapy Dogs 6:15 Euchre (A) 6:30 Movie (CT)	9:15 Group Physio Fit (F) 10:00 Stair Challenge 10:30 Hymn & Chapel (CT) 12:30 Piano with Jessie (M) 2:00 Meditation (SL) 3:00 Osteo Exercises (F) 3:00 Bocce ball game (A) 6:30 25C BINGO (A) 6:30 Movie (CT)	9:15 Morning Lab Run (O) 9:15 Exercise Class (F) 10:15 Tai Chi (F) 10:30 Catholic Service (CT) 10:30 Knit & Chatter (FP) 1:30 Irish Songs with George Garane 6:15 Bridge (A) 6:30 Movie (CT)	9:15 Group Physio Fit (F) 10:15 Shopping Trip—Walmart (O) 11:00 Eileen's Ideas—Card Vendor (A) 12:00 Quilting Bee (A) 2:00 Osteo Exercises (F) 2:00 Helping Hands 3:30 Birkdale Steeplechase (A) 6:30 Movie (CT)	10:30 Pretty Polish (A) 1:00 Video Fitness (F) 3:00 Scrabble (A) 3:00 X-Box Bowling (F) 6:30 Movie (CT) 6:30 25C BINGO (A)
Daylight Savings 13	14	15	16	17	18	19
10:00 Worship with Joel Osteen TV Ministry (F) 12:15 Veterans Lunch/Band at the Legion 1:30 Big Band Rehearsal (A) 3:00 Flavoured Coffee (C) 3:30 Downton Abbey Seas.1 Ep. 2 (CT) 4:00 Crokinole (A) 6:30 Movie (CT)	9:15 Group Physio Fit (F) 10:00 Stair Challenge 10:30 Knit & Chatter (FP) 11:30 Resident Council Meeting (A) 2:00 Our Daily Bread with Nancy (FP) 3:30 Armchair Traveler—Ireland (CT) 4:30 Irish Pub Dinner at Ned Devine's (O) 6:30 Movie (CT)	9:15 Exercise Class (F) 10:15 Tai Chi (F) 11:30 Bank Run (O) 1:00 Chicken Soup Stories (FP) 3:00 Sing Along to Irish Songs While Drinking Shandy (M) 4:00 Therapy Dogs 6:15 Euchre (A) 6:30 Movie (CT)	9:15 Group Physio Fit (F) 10:00 Stair Challenge 10:30 Hymn & Chapel (CT) 2:00 Meditation (SL) 2:00 Osteo Exercises (F) 2:30 Finnegan School of Irish Dancers 3:15 Irish Trivia Challenge 4:00 Pot of Gold Hunt 6:30 25C BINGO (A) 6:30 Movie (CT)	9:15 Exercise Class (F) 10:15 Tai Chi (F) 10:30 Catholic Service (CT) 10:30 Knit & Chatter (FP) 3:00 Irish Coffee's in Café 5:00 50/50 Draw 5:00 St. Patrick's Day Dinner (M) 6:00 Irish Melodies with Austin Cowles (M) 6:30 Movie (CT)	9:15 Group Physio Fit (F) 10:15 Shopping Trip (O) 12:00 Quilting Bee (A) 2:00 Osteo Exercises (F) 2:00 Helping Hands 3:00 Special Musical DVD "Absolutely Irish" with Irish Coffees (CT) 6:15 Bridge (A) 6:30 Movie (CT)	10:30 Pretty Polish (A) 1:00 Video Fitness (F) 1:00 Special Matinee DVD—Lord of the Dance (CT) 3:00 Scrabble (A) 3:00 Classics with Erin (M) 6:30 Movie (CT) 6:30 25C BINGO (A)

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[More on next page >](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>First Day of Spring 20</p> <p>10:00 Worship with Joel Osteen TV Ministry (F)</p> <p>1:30 Big Band Rehearsal (A)</p> <p>3:00 Special Hot Cocoa in the Café (C)</p> <p>3:30 Downton Abbey Seas. 1 Ep. 3 (CT)</p> <p>4:00 Crokinole (A)</p> <p>6:30 Movie (CT)</p>	<p>Foot Care Nurse 21</p> <p>9:15 Group Physio Fit (F)</p> <p>10:00 Stair Challenge</p> <p>10:30 Knit & Chatter (FP)</p> <p>2:00 Our Daily Bread with Nancy (FP)</p> <p>3:30 Armchair Traveler (CT)</p> <p>3:30 Friendly 1:1 Visits</p> <p>3:30 Game of Pool (SL)</p> <p>6:30 Movie (CT)</p>	<p>22</p> <p>9:15 Exercise Class (F)</p> <p>10:15 Tai Chi (F)</p> <p>10:30 Musical BINGO (A)</p> <p>1:00 Chicken Soup Stories (FP)</p> <p>3:00 DVD Presentation: Andre Rieu in Dublin</p> <p>4:00 Therapy Dogs</p> <p>6:15 Euchre (A)</p> <p>6:30 Movie (CT)</p>	<p>23</p> <p>9:15 Group Physio Fit (F)</p> <p>10:00 Stair Challenge</p> <p>10:30 Hymn & Chapel (CT)</p> <p>12:30 Piano with Jessie (M)</p> <p>2:00 Meditation (SL)</p> <p>2:00 Osteo Exercises (F)</p> <p>3:30 Big Crossword (FP)</p> <p>6:30 25C BINGO (A)</p> <p>6:30 Movie (CT)</p>	<p>24</p> <p>9:15 Exercise Class (F)</p> <p>10:15 Tai Chi (F)</p> <p>10:30 Catholic Service (CT)</p> <p>10:30 Knit & Chatter (FP)</p> <p>10:30 Creative Colour (A)</p> <p>1:00 Uno Card Game (A)</p> <p>3:00 Sing Along with Mike Farentino (M)</p> <p>6:15 Bridge (A)</p> <p>6:30 Movie (CT)</p>	<p>Good Friday 25</p> <p>1:30 Matinée Movie: Ben Hur (CT)</p> <p>6:30 Movie (CT)</p>	<p>26</p> <p>10:30 Pretty Polish (A)</p> <p>1:00 Video Fitness (F)</p> <p>3:00 Scrabble (A)</p> <p>3:00 X-Box Bowling (F)</p> <p>6:30 Movie (CT)</p> <p>6:30 25C BINGO (A)</p>
<p>Easter Sunday 27</p> <p>10:00 Worship with Joel Osteen TV Ministry</p> <p>12:00 Easter Luncheon Easy Listening With Ron Mansfeild</p> <p>Flavoured Coffee in the Café (C)</p> <p>3:00 Downton Abbey Seas. 1 Ep. 4 (CT)</p> <p>Crokinole (A)</p> <p>4:00 Movie - Easter</p> <p>6:30 Parade (CT)</p>	<p>28</p> <p>9:15 Group Physio Fit (F)</p> <p>10:00 Stair Challenge</p> <p>10:30 Knit & Chatter (FP)</p> <p>11:00 Town Hall Meeting (A)</p> <p>2:00 Our Daily Bread with Nancy (FP)</p> <p>3:30 Armchair Traveler (CT)</p> <p>3:30 Friendly 1:1 Visits</p> <p>3:30 Game of Pool (SL)</p> <p>6:30 Movie (CT)</p>	<p>29</p> <p>9:15 Exercise Class (F)</p> <p>10:15 Tai Chi (F)</p> <p>1:00 Chicken Soup Stories (FP)</p> <p>3:00 New Resident Social (M)</p> <p>4:00 Therapy Dogs</p> <p>4:30 Garden Club Meets</p> <p>6:15 Euchre (A)</p> <p>6:30 Movie (CT)</p>	<p>30</p> <p>9:15 Group Physio Fit (F)</p> <p>10:00 Stair Challenge</p> <p>10:30 Hymn & Chapel (CT)</p> <p>2:00 Meditation (SL)</p> <p>2:00 Osteo Exercises (F)</p> <p>3:00 That's Life—The Frank Sinatra Story (FP)</p> <p>6:30 25C BINGO (A)</p> <p>6:30 Movie (CT)</p>	<p>31</p> <p>8:00 Morning Lab Run (O)</p> <p>8:00 Men's Breakfast (A)</p> <p>9:15 Exercise Class (F)</p> <p>10:15 Tai Chi (F)</p> <p>10:30 Catholic Service (CT)</p> <p>10:30 Knit & Chatter (FP)</p> <p>11:00 Foods Around the World China(A)</p> <p>1:00 Shoppers Drug Mart Seniors Day Trip (O)</p> <p>6:15 Bridge (A)</p> <p>6:30 Movie (CT)</p>		
		<p>ST. PATRICK'S DAY DINNER & ENTERTAINMENT WITH AUSTIN COWLES</p> <p>Thursday, March 17th</p> <p>Enjoy a little bit of the Irish All week long Mar 14—19</p>	<p>Important Dates</p> <p>Hairdresser is in every Tuesday and Thursday</p> <p>Foot Care Nurse is in Monday, March 21st</p> <p>Mobile Dental Clinic on Tuesday, March 7th</p> <p>Daylight Savings Time begins Sunday, March 13th, move clocks ahead 1</p>	<p>Movies shown in the theatre can also be viewed in your suites on Channel 398!</p> <p>Birkdale Place Information Channel: 399</p> <p>Please inform Reception/ Dining Staff as far in advance as possible if you will be having meal guests.</p>	<p>Room Legend</p> <p>FP Fire Place Lounge</p> <p>M Main Dining Room</p> <p>CT Chapel/Theatre</p> <p>SL Men's Sports Lounge</p> <p>A Activity Room</p> <p>F Fitness Room</p> <p>C Café</p> <p>O Outing—Please sign up for this activity at Reception</p>	