

THE WESTWOOD- RECREATION CHOICES

MARCH 2016

The Westwood • Emera Kennedy, Recreational Director, emera.kennedy@reveraliving.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
IMPORTANT DATES Walker & wheelchair Repair Tuesday March 15th 9:00 a.m.		1 10:00 Tai Chi- R1 10:45 Resident Forum-L1 11:00 Chair Yoga-L2 2:00 Shop: Carlingwood-O 2:00 Euchre- L1 3:30 Social Hour-Pictionary -L1	2 10:00 Sit & Be Fit – R1 10:45 Giant Crossword-L1 2:00 Birthday Party & New Resident Welcome with The Diplomats-L1 3:30 Knitting Nook-R1 6:45 Games Night-L1	3 10:00 Tai Chi –R1 10:45 Know Your Neighbour-R1 2:00 Bingo- R1 3:30 Social Hour-20 Questions -L1 6:45 Movie-R2	4 10:00 Sit & Be Fit- R1 10:00 Hymn Sing-R2 2:00 Arm Chair Travel Hawaii-R1 3:30 Bean Bag Toss-L1 6:45 Movie-R2	5 10:00 Zumba Exercise Class-R1 10:00 Giant Crossword-L2 1:30 Scrabble –L2 1:30 Free Bingo- L1 3:00 Catholic Mass –R1
6 9:15 Church Shuttle-O 10:00 Audio Led Exercises-R1 1:30 Resident Run Scrabble-L2 2:00 Afternoon music with Noel-L1 3:45 Throw Away Bingo- L1	7 10:00 Sit & Be Fit- R1 10:45 Skip-Bo-L1 1:30 Bridge Club- R1 2:00 Movie Monday: 3:30 Shuffle Board Tournament 7:00 Ottawa Woodwind Project	8 10:00 Tai Chi- R1 10:45 Food for Thought-L1 11:00 Chair Yoga-L2 1:30 Guest Speaker Hazel McCallion-L2 2:00 Shop: Wal-Mart-O 6:45 Lila on Piano-L1	9 10:00 Sit & Be Fit – R1 10:45 Hangman-L1 2:00 Birthday Party & New Resident Welcome with The Diplomats-L1 3:30 Knitting Nook-R1	10 10:00 Tai Chi –R1 10:45 Mini Manicures-L1 2:00 Bingo- R1 3:30 Social Hour-97 Seconds -L1 6:45 Pub Night-L1	11 9:15 Shop: Wal-Mart-O 10:00 Sit & Be Fit- R1 10:00 Hymn Sing-R2 2:00 Arm Chair Travel Ireland-R1 3:30 Bean Bag Toss-L1	12 10:00 Zumba Exercise Class-R1 10:00 Cupcake Decorating -R2 1:30 Scrabble –L2 1:30 Free Bingo- L1 3:00 Catholic Mass –R1
13 9:15 Church Shuttle-O 10:00 Audio Led Exercises-R1 1:30 Resident Run Scrabble-L2 2:00 Afternoon music with Stanley Frank –L2 3:45 Throw Away Bingo- L1	14 10:00 Sit & Be Fit- R1 10:45 Rummy Cube-L1 1:30 Bridge Club- R1 2:00 Movie Monday: 3:30 Putt for Prizes-L1	15 10:00 Tai Chi- R1 10:45 Matching Game-L1 2:00 Shop: Carlingwood-O 2:00 Hawaiian Day- L1 3:30 Social Hour-St. Pat's Jokes & Trivia -L1 6:45 Evening Bingo-R1	16 10:00 Sit & Be Fit – R1 10:45 Giant Crossword-L1 2:00 Ladies Afternoon Club-L1 3:30 Knitting Nook-R1 6:45 Arm Chair Travel with Elaine Kenny-R1	17 St. Patrick's Day 10:00 Tai Chi –R1 10:45 TED Talks-R1 2:00 St. Patrick's Day Party-L2 6:45 Movie-R2	18 10:00 Sit & Be Fit- R1 10:00 Hymn Sing-R2 2:00 Bingo-R1 3:30 Bean Bag Toss-L1 6:45 Movie-R2	19 10:00 Zumba Exercise Class-R1 10:00 Crazy 8's-L2 1:30 Scrabble –L2 1:30 Free Bingo- L1 3:00 Catholic Mass –R1
20 First Day of Spring 9:15 Church Shuttle-O 10:00 Audio Led Exercises-R1 1:30 Resident Run Scrabble-L2 2:00 Afternoon music with Peter Foret-L1 3:45 Throw Away Bingo- L1	21 10:00 Sit & Be Fit- R1 10:30 Out for lunch Temple's Sugar Bush-O 10:45 Skip-Bo-L1 1:30 Bridge Club- R1 2:00 Movie Monday: 3:30 Edible Adventures :Ireland	22 9:15 Shop: Carlingwood-O 10:00 Tai Chi- R1 10:45 Good News Group -L1 11:00 Chair Yoga-L2 3:30 Social Hour-Super Quiz -L1 6:45 Lila on Piano-L2	23 10:00 Sit & Be Fit – R1 10:45 Word Scramble -L1 2:00 Penny Ante-L1 2:00 shop: Giant Tiger-O 3:30 Knitting Nook-R1	24 10:00 Tai Chi –R1 10:45 Bring & Brag -L1 2:00 Bingo- R1 3:30 Purim Celebration-L1 6:45 Music: Green Side Up-L1	25 Good Friday 10:00 Sit & Be Fit- R1 10:00 Hymn Sing-R2 2:00 Concert with EIO George –L2 3:30 Bean Bag Toss-L1 6:45 Movie-R2	26 10:00 Zumba Exercise Class-R1 10:00 What's in the News -L2 1:30 Scrabble –L2 1:30 Free Bingo- L1 3:00 Catholic Mass –R1
27 9:15 Church Shuttle-O 10:00 Audio Led Exercises-R1 1:30 Resident Run Scrabble-L2 2:00 Afternoon music with Keith McCuaig-L2 3:45 Throw Away Bingo- L1	28 Easter Monday 10:00 Sit & Be Fit- R1 10:45 Rummy Cube-L1 1:30 Bridge Club- R1 2:00 Movie Monday: 3:30 Shuffle Board Tournament –L1	29 9:15 Shop: Carlingwood-O 10:00 Tai Chi- R1 10:45 Nordic Pole Walking Presentation–R1 3:30 Social Hour-The Price is Right -L1	30 10:00 Sit & Be Fit – R1 10:45 Giant Crossword -L1 2:00 Square Dance Demo-L1 3:30 Joel Yan & the Ottawa Simcah Band-L1	31 10:00 Tai Chi –R1 10:45 TED Talks-R1 2:00 Bingo- R1 3:30 Social Hour-Hodge Podge Trivia-L1 6:45 Movie-R2	BUILDING 1	ROOM LEGEND R1-Rec Room 1 L1-Lounge1 R2-Rec Room2 L2-Lounge2 P-Patios O- Outing