


# RECREATION CHOICES

MARCH 2016

McKenzie Towne Retirement Residence							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>	
		09:30am Kirkham Hearing Clinic - T 10:00am Coffee Chat - CS 10:15am Shuffleboard - GR 10:30am Aberdeen Fitness - AL 11:00am Inverness Fitness - IL 11:00am Communion - S 11:00am Tech Tips - RR 01:15pm Aberdeen Bus Outing 01:30pm Cribbage - ML 02:00pm Chess Instruction - ML 02:15pm Piano For The Heart - SL 03:00pm Piano For The Heart - AL 03:00pm Piano For The Heart - AL 04:00pm Hold 'em Poker - RR 06:15pm Downton Abbey TV Series - T 06:30pm Reflections - AL 07:15pm Reflections - IL	09:30am Cardio Fitness - SL 10:15am Card Bingo - IL 10:45am Walk On! - AL 10:45am Meditation - T 01:15pm Bus - Deerfoot Meadows Shopping 02:00pm Walk On! - IL 02:30pm Bingo - SL 03:45pm Target Toss - AL 04:00pm Rev It Up Training - FR 04:00pm Personal Connections 07:15pm Entertainment by Boyd Niccolls on Keyboard and Vocals - MD	10:00am Coffee Chat - CS 10:00am Book Club - T 10:30am Aberdeen Fitness - AL 10:45am Billiards - GR 11:00am Inverness Fitness - IL 01:15pm Inverness Bus Outing 01:30pm Walk On! - FL 03:30pm Reminisce - AL 03:30pm Dog Time with Janice & Abbey - ML 04:00pm Hold 'em Poker - RR 06:15pm Movie Night - T 06:30pm Brain Games - IL 07:00pm Card Games - AL	09:30am Lower Body Fitness - RR 10:30am Walk On! - AL 11:00am Walk On! - IL 01:15pm Bus - 130th Ave Shopping 01:30pm Scrabble - ML 01:30pm Blue Sky Music - AL 02:30pm Blue Sky Music - IL 03:00pm Newsletter Club - RR 04:00pm Happy Hour - ML 06:15pm Movie Night - T 06:30pm Sing-a-Long Group "C" - IL 07:00pm Bingo Group "C" - AL	09:15am Walk On! - ML 09:30am Creative Fitness - AL 10:00am Noteworthy Topics - T 11:00am Creative Fitness - IL 01:00pm Card Bingo - GC 02:00pm Christian Fellowship - S 03:00pm Spectacular Games - GR 03:30pm Spectacular Games - GR 04:00pm Wii Bowling - T 07:00pm Inverness Saturday Cinema - TR 07:00pm Aberdeen Saturday Cinema - TR	
<b>6</b>	<b>7</b>	<b>International Women's Day 8</b>	<b>Staff Meeting 9</b>	<b>10</b>	<b>11</b>	<b>12</b>	
09:30am Personal Connections - IL 10:00am Rhythm Circle - IL 10:30am Rhythm Circle - AL 11:00am Peaceful Mind - S 01:30pm Bowling - AL 02:00pm Coffee Chat - CS 02:15pm Ice Cream Sundaes - IL 02:45pm Ice Cream Sundaes - AL 03:15pm Exploring the Ipad - SL	09:30am Gentle Yoga - T 10:30am Walk On! - AL 11:00am Elegant Options - FL 11:15am Walk On! - IL 11:15am Upper Body Fitness - RR 01:15pm Whist - ML 01:30pm Arts & Crafts - AL 02:00pm Bridge - GR 02:30pm Arts & Crafts - IL 03:15pm Ice Cream Sundaes - ML 04:15pm Buzz Words - ML 06:00pm Movie Time - TR 06:15pm Heartland TV Series - T 06:30pm Card Bingo - IL 07:00pm Movie Time - IL	10:00am Coffee Chat - CS 10:15am Shuffleboard - GR 10:30am Aberdeen Fitness - AL 11:00am Inverness Fitness - IL 11:00am Communion - S 11:00am Tech Tips - RR 01:15pm Aberdeen Bus Outing 01:30pm Cribbage - ML 02:00pm Chess Instruction - ML 02:15pm Piano For The Heart - SL 03:00pm Piano For The Heart - IL 03:00pm Piano For The Heart - IL 04:00pm Hold 'em Poker - RR 06:15pm Downton Abbey TV Series - T 06:30pm Reflections - AL 07:15pm Reflections - IL	09:30am Cardio Fitness - SL 10:15am Card Bingo - IL 10:45am Walk On! - AL 11:15am Meditation - T 11:15am Bus - Karma Indian Buffet Lunch 01:45pm Walk On! - IL 02:30pm Bingo - SL 03:45pm Exploring the Ipad - AL 07:15pm Entertainment by The Waltzing Matildas - MD	10:00am Coffee Chat - CS 10:00am Book Club - T 10:30am The Two Altos - AL 10:30am The Two Altos - AL 10:45am Billiards - GR 12:00pm Gentlemen's Luncheon - RR 01:30pm Inverness Bus Outing 01:30pm Walk On! - FL 03:30pm Reminisce - AL 04:00pm Hold 'em Poker - RR 06:15pm Movie Night - T 06:30pm Brain Games - IL 07:00pm Card Games - AL	09:30am Lower Body Fitness - RR 10:30am Walk On! - AL 11:00am Walk On! - IL 01:15pm Bus - Co-Op Home Health 01:30pm Scrabble - ML 01:30pm Blue Sky Music - AL 02:30pm Blue Sky Music - IL 03:00pm Newsletter Club - RR 04:00pm Happy Hour - ML 06:15pm Movie Night - T 06:30pm Sing-a-Long Group "C" - IL 07:00pm Bingo Group "C" - AL	09:15am Walk On! - ML 09:30am Creative Fitness - AL 10:00am Noteworthy Topics - T 11:00am Creative Fitness - IL 01:00pm Card Bingo - GC 02:00pm Bible Study - RR 03:00pm Spectacular Games - GR 03:30pm Spectacular Games - GR 04:00pm Wii Bowling - T 07:00pm Inverness Saturday Cinema - TR 07:00pm Aberdeen Saturday Cinema - TR	
<b>Daylight Savings 13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>St. Patrick's Day 17</b>	<b>18</b>	<b>19</b>	
09:30am Personal Connections - IL 10:00am Rhythm Circle - IL 10:30am Rhythm Circle - AL 11:00am Peaceful Mind - S 01:30pm Bowling - AL 02:00pm Coffee Chat - CS 02:15pm Ice Cream Sundaes - IL 02:45pm Ice Cream Sundaes - AL 03:15pm Exploring the Ipad - SL	09:30am Spectrum Yoga - IL 10:30am Walk On! - AL 11:15am Upper Body Fitness - RR 01:00pm Art with Norene - RR 01:15pm Whist - ML 01:15pm Inverness Bus Outing 02:00pm Bridge - GR 03:15pm Ice Cream Sundaes - ML 04:15pm Jeopardy - ML 06:00pm Movie Time - TR 06:15pm Heartland TV Series - T 06:30pm Card Bingo - AL 07:00pm Movie Time - AL	10:00am Coffee Chat - CS 10:15am Shuffleboard - GR 10:30am Aberdeen Fitness - AL 11:00am Inverness Fitness - IL 11:00am Communion - S 11:00am Tech Tips - RR 11:00am Holt Denture Clinic - T 01:15pm Aberdeen Bus Outing 01:30pm Cribbage - ML 02:00pm Chess Instruction - ML 02:15pm Piano For The Heart - SL 03:00pm Piano For The Heart - AL 03:00pm Piano For The Heart - AL 04:00pm Hold 'em Poker - RR 06:15pm Downton Abbey TV Series - T 06:30pm Reflections - AL 07:15pm Reflections - IL	09:30am Cardio Fitness - SL 10:15am Card Bingo - IL 10:45am Walk On! - AL 11:15am Meditation - T 01:15pm Identity Theft & Fraud Affecting Seniors Presentation by Calgary Police Services - S 01:45pm Walk On! - IL 02:30pm Bingo - SL 03:45pm Target Toss - AL 04:00pm Rev It Up Training - FR 04:00pm Personal Connections 07:15pm Entertainment by Caroline Rose on Vocals - MD	10:00am Coffee Chat - CS 10:00am Book Club - T 10:30am Aberdeen Fitness - AL 10:30am Rexall Presentation on Brain Health - ML 10:45am Billiards - GR 11:00am Inverness Fitness - IL 01:30pm St. Patty's Celebration - AL 01:30pm St. Patty's Celebration - AL 01:30pm Walk On! - FL 03:30pm Dog Time with Janice & Abbey - ML 04:00pm St. Paddy's Happy Hour with Entertainment by Bobby Gosse - ML 06:15pm Movie Night - T 06:30pm Brain Games - IL 07:00pm Card Games - AL	09:30am Lower Body Fitness - RR 10:30am Walk On! - AL 11:00am Walk On! - IL 11:15am Bus - Lunch at Muldoon's Pub 01:30pm Scrabble - ML 01:30pm Blue Sky Music - AL 02:30pm Blue Sky Music - IL 03:00pm Newsletter Club - RR 04:00pm Happy Hour - ML 06:15pm Movie Night - T 06:30pm Sing-a-Long Group "C" - IL 07:00pm Bingo Group "C" - AL	09:15am Walk On! - ML 09:30am Creative Fitness - AL 10:00am Noteworthy Topics - T 11:00am Creative Fitness - IL 01:00pm Card Bingo - GC 02:00pm Christian Fellowship - S 03:00pm Spectacular Games - GR 03:30pm Spectacular Games - GR 07:00pm Inverness Saturday Cinema - TR 07:00pm Aberdeen Saturday Cinema - TR	

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MARCH 2016

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

McKenzie Towne Retirement Residence						More on next page >
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>Good Friday (stat) 25</b>	<b>26</b>
<p>09:30am Personal Connections - IL</p> <p>10:00am Rhythm Circle - IL</p> <p>10:30am Rhythm Circle - AL</p> <p>11:00am Peaceful Mind - S</p> <p>01:30pm Bowling - AL</p> <p>02:00pm Coffee Chat - CS</p> <p>02:15pm Ice Cream Sundaes - IL</p> <p>02:45pm Ice Cream Sundaes - AL</p> <p>03:00pm Birthday Bash - GC</p>	<p>09:30am Gentle Yoga - T</p> <p>10:30am Walk On! - AL</p> <p>11:15am Walk On! - IL</p> <p>11:15am Upper Body Fitness - RR</p> <p>01:15pm Whist - ML</p> <p>01:15pm Bus - Southcentre Mall</p> <p>01:30pm Arts &amp; Crafts - AL</p> <p>02:00pm Bridge - GR</p> <p>02:30pm Arts &amp; Crafts - IL</p> <p>03:15pm Popcorn Treats - ML</p> <p>04:15pm Buzz Words - ML</p> <p>06:00pm Movie Time - TR</p> <p>06:15pm Heartland TV Series - T</p> <p>06:30pm Card Bingo - IL</p> <p>07:00pm Movie Time - IL</p>	<p>10:00am Coffee Chat - CS</p> <p>10:15am Shuffleboard - GR</p> <p>10:30am Aberdeen Fitness - AL</p> <p>11:00am Inverness Fitness - IL</p> <p>11:00am Communion - S</p> <p>11:00am Tech Tips - RR</p> <p>01:15pm Aberdeen Bus Outing</p> <p>01:30pm Cribbage - ML</p> <p>02:00pm Chess Instruction - ML</p> <p>02:15pm Piano For The Heart - SL</p> <p>03:00pm Piano For The Heart - IL</p> <p>03:00pm Piano For The Heart - IL</p> <p>04:00pm Hold 'em Poker - ML</p> <p>06:15pm Downton Abbey TV Series - T</p> <p>06:30pm Reflections - AL</p> <p>07:15pm Reflections - IL</p>	<p>09:30am Cardio Fitness - SL</p> <p>10:15am Card Bingo - IL</p> <p>10:45am Walk On! - AL</p> <p>11:00am Himalayan Crafts - FL</p> <p>11:15am Meditation - T</p> <p>01:15pm Food Forum - S</p> <p>01:30pm Blue Sky Music - AL</p> <p>02:30pm Blue Sky Music - IL</p> <p>02:30pm Bus - Sobeys and Banks</p> <p>02:30pm Bingo - SL</p> <p>04:00pm Rev It Up Training - FR</p> <p>04:00pm Personal Connections</p> <p>07:15pm Entertainment by Faye Jones on Guitar and Vocals - MD</p>	<p>10:00am Coffee Chat - CS</p> <p>10:00am Book Club - T</p> <p>10:30am Aberdeen Fitness - AL</p> <p>10:45am Billiards - GR</p> <p>11:00am Inverness Fitness - IL</p> <p>12:00pm Ladies' Luncheon - RR</p> <p>01:30pm Walk On! - FL</p> <p>03:30pm Reminisce - AL</p> <p>04:00pm Hold 'em Poker - RR</p> <p>06:15pm Movie Night - T</p> <p>06:30pm Brain Games - IL</p> <p>07:00pm Card Games - AL</p>	<p>09:30am Lower Body Fitness - RR</p> <p>10:30am Exploring the Ipad - AL</p> <p>11:00am Exploring the Ipad - IL</p> <p>01:30pm Scrabble - ML</p> <p>01:30pm Walk On! - AL</p> <p>02:30pm Walk On! - IL</p> <p>03:00pm Newsletter Club - RR</p> <p>04:00pm Happy Hour - ML</p> <p>06:15pm Movie Night - T</p> <p>06:30pm Sing-a-Long Group "C" - IL</p> <p>07:00pm Bingo Group "C" - AL</p>	<p>09:15am Walk On! - ML</p> <p>09:30am Creative Fitness - AL</p> <p>10:00am Noteworthy Topics - T</p> <p>11:00am Creative Fitness - IL</p> <p>01:00pm Card Bingo - GC</p> <p>02:00pm Bible Study - RR</p> <p>02:00pm Spectacular Easter Games - GR</p> <p>03:00pm Spectacular Easter Games - GR</p> <p>04:00pm Bowling - T</p> <p>07:00pm Inverness Saturday Cinema - TR</p> <p>07:00pm Aberdeen Saturday Cinema - TR</p>
<b>27</b>	<b>Easter Monday (stat) 28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
<p>09:30am Personal Connections - IL</p> <p>10:00am Easter Tea &amp; Chat - IL</p> <p>10:30am Easter Tea &amp; Chat - AL</p> <p>11:00am Peaceful Mind - S</p> <p>11:30am Easter Brunch with Entertainment by Lynn Walker - MD</p> <p>01:30pm Bowling - AL</p> <p>02:00pm Coffee Chat - CS</p> <p>02:15pm Ice Cream Sundaes - IL</p> <p>02:45pm Ice Cream Sundaes - AL</p> <p>03:00pm Exploring the Ipad - SL</p>	<p>09:30am Spectrum Yoga - AL</p> <p>11:15am Walk On! - IL</p> <p>11:15am Upper Body Fitness - RR</p> <p>01:15pm Whist - ML</p> <p>01:30pm Arts &amp; Crafts - AL</p> <p>02:00pm Bridge - GR</p> <p>02:30pm Arts &amp; Crafts - IL</p> <p>03:00pm Easter Egg Hunt - ML</p> <p>06:00pm Movie Time - TR</p> <p>06:15pm Heartland TV Series - T</p> <p>06:30pm Card Bingo - AL</p> <p>07:00pm Movie Time - AL</p>	<p>10:00am Coffee Chat - CS</p> <p>10:15am Shuffleboard - GR</p> <p>10:30am Aberdeen Fitness - AL</p> <p>11:00am Inverness Fitness - IL</p> <p>11:00am Communion - S</p> <p>11:00am Tech Tips - RR</p> <p>01:15pm Aberdeen Bus Outing</p> <p>01:30pm Cribbage - ML</p> <p>02:00pm Chess Instruction - ML</p> <p>02:15pm Piano For The Heart - SL</p> <p>03:00pm Piano For The Heart - AL</p> <p>03:00pm Piano For The Heart - AL</p> <p>04:00pm Hold 'em Poker - RR</p> <p>06:15pm Downton Abbey TV Series - T</p> <p>06:30pm Birthday Bash with music by Bobby Gosse - AL</p> <p>06:30pm Birthday Bash with music by Bobby Gosse - AL</p>	<p>09:30am Cardio Fitness - SL</p> <p>10:15am Card Bingo - IL</p> <p>10:45am Walk On! - AL</p> <p>11:15am Meditation - T</p> <p>01:15pm Resident Forum - S</p> <p>01:45pm Walk On! - IL</p> <p>02:30pm Bingo - SL</p> <p>02:30pm Bus - Walmart</p> <p>03:45pm Exploring the Ipad - AL</p> <p>04:00pm Rev It Up Training - FR</p> <p>04:00pm Personal Connections</p> <p>07:15pm Special Entertainment</p>	<p>10:00am Coffee Chat - CS</p> <p>10:00am Book Club - T</p> <p>10:30am Aberdeen Fitness - AL</p> <p>10:45am Billiards - GR</p> <p>11:00am Inverness Fitness - IL</p> <p>01:15pm Inverness Bus Outing</p> <p>01:30pm Walk On! - FL</p> <p>03:30pm Reminisce - AL</p> <p>03:30pm Dog Time with Janice &amp; Abbey - ML</p> <p>04:00pm Hold 'em Poker - RR</p> <p>06:15pm Movie Night - T</p> <p>06:30pm Brain Games - IL</p> <p>07:00pm Card Games - AL</p>		
			<b>Important Dates</b>		<b>Room Legend</b>	
			<p>Kirkham Hearing Clinic • Mar 1</p> <p>Elegant Options • Mar 7</p> <p>Daylight Savings • Mar 13</p> <p>Holt Denture Clinic • Mar 15</p> <p>St. Patrick's Day • Mar 17</p> <p>Rexall Presentation • Mar 17</p> <p>Himalayan Crafts • Mar 23</p> <p>Good Friday • Mar 25</p> <p>Easter Brunch • Mar 27</p> <p>Easter Monday • Mar 28</p>		<p>ML - Main Lounge, 1st Floor</p> <p>CS - Coffee Shop, 1st Floor</p> <p>GC - Garden Café, 1st Floor</p> <p>MD - Main Dining Room, 1st Floor</p> <p>FL - Front Lobby, 1st Floor</p> <p>L - Library, 1st Floor</p> <p>T - Theatre, 1st Floor</p> <p>RR - Recreation Room, 1st Floor</p> <p>FR - Fitness Room, 2nd Floor</p> <p>GR - Games Room, 2nd Floor</p> <p>S - Sanctuary, 3rd Floor</p> <p>SL - Sutherland Lounge, 3rd Floor</p> <p>AL - Dining Lounge, Aberdeen</p> <p>IL - Dining Lounge, Inverness</p> <p>TR - Theater Room, SLU</p>	<p>Black - Independent &amp; Sutherland Calendar</p> <p>Blue - Aberdeen Calendar</p> <p>Green - Inverness Calendar</p> <p>Orange - Entire building welcome</p>