

RECREATION CHOICES

MARCH 2016

McKenzie Towne Retirement Residence							More on next page >
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1	2	3	4	5	
		<p>09:30am Kirkham Hearing Clinic - T</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 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>10:45am Meditation - T</p> <p>01:15pm Bus - Deerfoot Meadows Shopping</p> <p>02:00pm Walk On! - IL</p> <p>02:30pm Bingo - SL</p> <p>03:45pm Target Toss - AL</p> <p>04:00pm Rev It Up Training - FR</p> <p>04:00pm Personal Connections</p> <p>07:15pm Entertainment by Boyd Niccolls on Keyboard 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>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 & 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>	<p>09:30am Lower Body Fitness - RR</p> <p>10:30am Walk On! - AL</p> <p>11:00am Walk On! - IL</p> <p>01:15pm Bus - 130th Ave Shopping</p> <p>01:30pm Scrabble - ML</p> <p>01:30pm Blue Sky Music - AL</p> <p>02:30pm Blue Sky Music - 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 Christian Fellowship - S</p> <p>03:00pm Spectacular Games - GR</p> <p>03:30pm Spectacular Games - GR</p> <p>04:00pm Wii Bowling - T</p> <p>07:00pm Inverness Saturday Cinema - TR</p> <p>07:00pm Aberdeen Saturday Cinema - TR</p>	
6	7	International Women's Day 8	Staff Meeting 9	10	11	12	
<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>03:15pm Exploring the Ipad - SL</p>	<p>09:30am Gentle Yoga - T</p> <p>10:30am Walk On! - AL</p> <p>11:00am Elegant Options - FL</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 & Crafts - AL</p> <p>02:00pm Bridge - GR</p> <p>02:30pm Arts & Crafts - IL</p> <p>03:15pm Ice Cream Sundaes - 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 - RR</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>11:15am Meditation - T</p> <p>11:15am Bus - Karma Indian Buffet Lunch</p> <p>01:45pm Walk On! - IL</p> <p>02:30pm Bingo - SL</p> <p>03:45pm Exploring the Ipad - AL</p> <p>07:15pm Entertainment by The Waltzing Matildas - MD</p>	<p>10:00am Coffee Chat - CS</p> <p>10:00am Book Club - T</p> <p>10:30am The Two Altos - AL</p> <p>10:30am The Two Altos - AL</p> <p>10:45am Billiards - GR</p> <p>12:00pm Gentlemen's Luncheon - RR</p> <p>01:30pm Inverness Bus Outing</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 Walk On! - AL</p> <p>11:00am Walk On! - IL</p> <p>01:15pm Bus - Co-Op Home Health</p> <p>01:30pm Scrabble - ML</p> <p>01:30pm Blue Sky Music - AL</p> <p>02:30pm Blue Sky Music - 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>03:00pm Spectacular Games - GR</p> <p>03:30pm Spectacular Games - GR</p> <p>04:00pm Wii Bowling - T</p> <p>07:00pm Inverness Saturday Cinema - TR</p> <p>07:00pm Aberdeen Saturday Cinema - TR</p>	
Daylight Savings 13	14	15	16	St. Patrick's Day 17	18	19	
<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>03:15pm Exploring the Ipad - SL</p>	<p>09:30am Spectrum Yoga - IL</p> <p>10:30am Walk On! - AL</p> <p>11:15am Upper Body Fitness - RR</p> <p>01:00pm Art with Norene - RR</p> <p>01:15pm Whist - ML</p> <p>01:15pm Inverness Bus Outing</p> <p>02:00pm Bridge - GR</p> <p>03:15pm Ice Cream Sundaes - ML</p> <p>04:15pm Jeopardy - 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>11:00am Holt Denture Clinic - T</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 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>11:15am Meditation - T</p> <p>01:15pm Identity Theft & Fraud Affecting Seniors Presentation by Calgary Police Services - S</p> <p>01:45pm Walk On! - IL</p> <p>02:30pm Bingo - SL</p> <p>03:45pm Target Toss - AL</p> <p>04:00pm Rev It Up Training - FR</p> <p>04:00pm Personal Connections</p> <p>07:15pm Entertainment by Caroline Rose on 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>10:30am Rexall Presentation on Brain Health - ML</p> <p>10:45am Billiards - GR</p> <p>11:00am Inverness Fitness - IL</p> <p>01:30pm St. Patty's Celebration - AL</p> <p>01:30pm St. Patty's Celebration - AL</p> <p>01:30pm Walk On! - FL</p> <p>03:30pm Dog Time with Janice & Abbey - ML</p> <p>04:00pm St. Paddy's Happy Hour with Entertainment by Bobby Gosse - ML</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 Walk On! - AL</p> <p>11:00am Walk On! - IL</p> <p>11:15am Bus - Lunch at Muldoon's Pub</p> <p>01:30pm Scrabble - ML</p> <p>01:30pm Blue Sky Music - AL</p> <p>02:30pm Blue Sky Music - 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 Christian Fellowship - S</p> <p>03:00pm Spectacular Games - GR</p> <p>03:30pm Spectacular Games - GR</p> <p>07:00pm Inverness Saturday Cinema - TR</p> <p>07:00pm Aberdeen Saturday Cinema - TR</p>	

RECREATION CHOICES

MARCH 2016

McKenzie Towne Retirement Residence						More on next page >
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	Good Friday (stat) 25	26
<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 & Crafts - AL</p> <p>02:00pm Bridge - GR</p> <p>02:30pm Arts & 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>
27	Easter Monday (stat) 28	29	30	31		
<p>09:30am Personal Connections - IL</p> <p>10:00am Easter Tea & Chat - IL</p> <p>10:30am Easter Tea & 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 & Crafts - AL</p> <p>02:00pm Bridge - GR</p> <p>02:30pm Arts & 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 & 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>		
			Important Dates		Room Legend	
			<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 & Sutherland Calendar</p> <p>Blue - Aberdeen Calendar</p> <p>Green - Inverness Calendar</p> <p>Orange - Entire building welcome</p>