

# RECREATION CHOICES

FEBRUARY 2016

McKenzie Towne Retirement Residence						More on next page >
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>Groundhog Day 2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	09:30am Spectrum Yoga - AL 10:00am Walk On! - IL 11:15am Upper Body Fitness - RR 01:30pm Arts & Crafts - AL 01:15pm Whist - ML 02:30pm Arts & Crafts - IL 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	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 Bus Outing - Group "B" 02:00pm Chess Instruction - GC 02:15pm Piano For The Heart - AL 02:45pm Piano For The Heart - IL 03:30pm Piano For The Heart - SL 04:00pm Hold 'em Poker - RR 06:15pm Downton Abbey TV Series - T 07:00pm Knitting - AL Reflections - AL Reflections - IL	09:30am Cardio Fitness - SL 10:15am Card Bingo - IL 10:45am Walk On! - AL 11:15am Meditation - T 01:15pm Bus - Southcentre Mall 01:45pm Walk On! - IL 02:30pm Bingo - SL 03:45pm Exploring the Ipad - AL 04:00pm Rev It Up Training - FR 04:00pm Personal Connections 07:15pm Entertainment by Roli Mack on the Chapman Stick - MD	10:00am Coffee Chat - CS 10:30am Aberdeen Fitness - AL 11:00am Inverness Fitness - IL 10:45am Billiards - GR 01:15pm Bus Outing - Group "B" 01:30pm Walk On! - FL 02:00pm Cribbage - ML 03:30pm Reminisce - AL 03:30pm Dog Time with Janice & Abbey - ML 04:00pm Personal Connections 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 01:30pm Scrabble - ML 01:15pm Bus - 130th Ave Shops 01:30pm Blue Sky Music - AL 02:30pm Blue Sky Music - IL 03:00pm Helping Hands - RR 04:00pm Happy Hour - ML 06:15pm Movie Night - T 06:00pm Sing-a-Long Group "C" - IL 07:00pm Bingo Group "C" - AL	09:15am Walk On! - ML 09:30am Creative Fitness - AL 10:30am News and Views - ML 11:00am Creative Fitness - IL 01:15pm Card Bingo - GC 02:00pm Christian Fellowship - S 03:00pm Spectacular Games - GR 03:30pm Spectacular Games - GR 04:00pm Wii Games - T 07:00pm Inverness Saturday Cinema - TR 07:00pm Aberdeen Saturday Cinema - TR
<b>7</b>	<b>Chinese New Year 8</b>	<b>Mardi Gras &amp; Shrove Tues. 9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
09:30am Personal Connections - IL 10:00am Coffee Chat - IL 10:30am Coffee Chat - 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 04:30pm Super Bowl L: Carolina Panthers vs. Denver Broncos - T	Chocolate Coins & Fortunes 09:30am Gentle Yoga - T 10:00am Walk On! - IL 10:30am Walk On! - AL 11:15am Upper Body Fitness - RR 01:00pm Art Workshop with Norene - RR 01:15pm Whist - ML 02:00pm Bridge - GR 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	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 Bus Outing - Group "A" 02:00pm Chess Instruction - GC 02:15pm Piano For The Heart - AL 02:45pm Piano For The Heart - IL 03:30pm Piano For The Heart - SL 04:00pm Mardi Gras Happy Hour - ML 04:00pm Hold 'em Poker - ML 06:15pm Downton Abbey TV Series - T 06:30pm Knitting - AL 07:00pm 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 Bus - The View & Brew in Priddis 01:45pm Walk On! - IL 02:30pm Bingo - SL 02:30pm Exploring the Ipad - AL 04:00pm Rev It Up Training - FR 04:00pm Personal Connections 07:15pm Entertainment by Charlie D - MD	10:00am Coffee Chat - CS 10:30am The Two Altos - AL 10:30am The Two Altos - AL 10:45am Billiards - GR 12:00pm Gentlemen's Luncheon - RR 01:30pm Bus Outing - Group "A" 01:30pm Walk On! - FL 02:00pm Cribbage - ML 03:30pm Reminisce - AL 04:00pm Personal Connections 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 11:15pm Bus - Chinese Buffet Strathmore 01:30pm Scrabble - ML 01:30pm Blue Sky Music - AL 02:30pm Blue Sky Music - IL 03:00pm Helping Hands - RR 04:00pm Valentine's Happy Hour: Sharing Love Stories - ML 06:15pm Movie Night - T 06:00pm Sing-a-Long Group "C" - IL 07:00pm Bingo Group "C" - AL	09:15am Walk On! - ML 09:30am Creative Fitness - AL 10:30am News and Views - ML 11:00am Creative Fitness - IL 01:15pm Card Bingo - GC 02:00pm Bible Study - RR 03:00pm Spectacular Games - GR 03:30pm Spectacular Games - GR 04:00pm Wii Games - T 07:00pm Inverness Saturday Cinema - TR 07:00pm Aberdeen Saturday Cinema - TR
<b>Valentine's Day 14</b>	<b>Family Day 15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
09:30am Personal Connections - IL 10:00am Coffee Chat - IL 10:30am Coffee Chat - AL 11:00am Peaceful Mind - S 11:30am Valentine's Day Brunch with Entertainment by Jacqueline Louie - MD 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 01:30pm Arts & Crafts - AL 01:15pm Whist - ML 01:30pm Fitness Education - T 02:30pm Arts & Crafts - IL 02:00pm Bridge - GR 03:15pm Family Day Popcorn - ML 04:15pm Jeopardy - ML 06:00pm Movie Time - TR 06:15pm Heartland TV Series - T 06:30pm Card Bingo - AL	10:00am Coffee Chat - CS 10:15am Shuffleboard - GR 10:30am Aberdeen Fitness - AL 11:00am Inverness Fitness - IL 11:00am Holt Denture Clinic - T 11:00am Communion - S 11:00am Tech Tips - RR 01:15pm Grief Councilor Presentation - S 01:15pm Bus Outing - Group "B" 02:00pm Chess Instruction - GC 02:15pm Piano For The Heart - AL 02:45pm Piano For The Heart - IL 03:30pm Piano For The Heart - SL 04:00pm Hold 'em Poker - RR 06:15pm Downton Abbey TV Series - T 06:30pm Knitting - AL 07:00pm 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 Food Forum - S 01:45pm Walk On! - IL 02:30pm Bus - Walmart 02:30pm Bingo - SL 03:45pm Exploring the Ipad - AL 04:00pm Rev It Up Training - FR 04:00pm Personal Connections 07:15pm Entertainment by The Good Timers - MD	10:00am Coffee Chat - CS 10:30am Aberdeen Fitness - AL 10:30am Rexall Presentation on Heart Health - ML 11:00am Inverness Fitness - IL 10:45am Billiards - GR 01:15pm Bus Outing - Group "B" 01:30pm Walk On! - FL 02:00pm Cribbage - ML 03:30pm Reminisce - AL 03:30pm Dog Time with Janice & Abbey - ML 04:00pm Personal Connections 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 01:30pm Scrabble - ML 01:15pm Bus - Chinook Honey Farm 01:30pm Blue Sky Music - AL 02:30pm Blue Sky Music - IL 03:00pm Helping Hands - RR 04:00pm Happy Hour - ML 06:15pm Movie Night - T 06:00pm Sing-a-Long Group "C" - IL 07:00pm Bingo Group "C" - AL	09:15am Walk On! - ML 09:30am Creative Fitness - AL 10:30am News and Views - ML 11:00am Creative Fitness - IL 01:15pm Card Bingo - GC 02:00pm Christian Fellowship - S 03:00pm Spectacular Games - GR 03:30pm Spectacular Games - GR 04:00pm Wii Games - T 07:00pm Inverness Saturday Cinema - TR 07:00pm Aberdeen Saturday Cinema - TR

# RECREATION CHOICES

FEBRUARY 2016

McKenzie Towne Retirement Residence							More on next page >
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>21</b>	<b>22</b>	<b>Generations Day 23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	
<p>09:30am Personal Connections - IL</p> <p>10:00am Coffee Chat - IL</p> <p>10:30am Coffee Chat - 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>10:00am Walk On! - IL</p> <p>10:30am Walk On! - AL</p> <p>11:15am Upper Body Fitness - RR</p> <p>01:30pm Arts &amp; Crafts - AL</p> <p>01:15pm Whist - ML</p> <p>02:30pm Arts &amp; Crafts - IL</p> <p>02:00pm Bridge - GR</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>09:15am Pond "Power" Walk - FL</p> <p>10:15am Shuffleboard Tournament- GR</p> <p>10:30am Sing, Sit &amp; Dance - AL</p> <p>11:00am Sing, Sit &amp; Dance - IL</p> <p>11:00am Communion - S</p> <p>01:00pm Electric Karaoke - ML</p> <p>01:15pm Bus Outing - Group "A"</p> <p>02:00pm Chess Instruction - GC</p> <p>02:15pm Piano For The Heart - AL</p> <p>02:30pm Generations Trivia - ML</p> <p>02:45pm Piano For The Heart - IL</p> <p>03:30pm Piano For The Heart - SL</p> <p>04:00pm "Power Play" Casino - 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 Bus - Sobey's and Banks</p> <p>02:30pm Bingo - SL</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 Entertainment by Heather Brooks - MD</p>	<p>10:00am Coffee Chat - CS</p> <p>10:30am Aberdeen Fitness - AL</p> <p>11:00am Inverness Fitness - IL</p> <p>10:45am Billiards - GR</p> <p>12:00pm Ladies' Luncheon - RR</p> <p>01:30pm Bus Outing - Group "A"</p> <p>01:30pm Walk On! - FL</p> <p>02:00pm Cribbage - ML</p> <p>03:30pm Reminisce - AL</p> <p>04:00pm Personal Connections</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>01:30pm Scrabble - ML</p> <p>01:30pm Blue Sky Music - AL</p> <p>02:30pm Blue Sky Music - IL</p> <p>03:00pm Helping Hands - RR</p> <p>04:00pm Happy Hour - ML</p> <p>06:15pm Movie Night - T</p> <p>06:00pm 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>10:30am News and Views - ML</p> <p>11:00am Creative Fitness - IL</p> <p>01:15pm 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 Games - T</p> <p>07:00pm Inverness Saturday Cinema - TR</p> <p>07:00pm Aberdeen Saturday Cinema - TR</p>	
<b>28</b>	<b>Leap Year 29</b>						
<p>09:30am Personal Connections - IL</p> <p>10:00am Coffee Chat - IL</p> <p>10:30am Coffee Chat - 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 Spectrum Yoga - AL</p> <p>10:00am Walk On! - IL</p> <p>11:15am Upper Body Fitness - RR</p> <p>11:15am Bus - Saskatoon Berry Farm</p> <p>01:30pm Arts &amp; Crafts - AL</p> <p>01:15pm Whist - ML</p> <p>02:30pm Arts &amp; Crafts - IL</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>						
			<b>Important Dates</b>		<b>Room Legend</b>		
			<p>Kirkham Hearing Clinic • Feb 2</p> <p>Super Bowl L • Feb 7</p> <p>Valentine's Day Brunch•Feb 14</p> <p>Holt Denture Clinic • Feb 16</p> <p>Grief Councilor Presentation • Feb 16,</p> <p>Rexall Presentation • Feb 18</p> <p>Generations Day • Feb 23</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>	