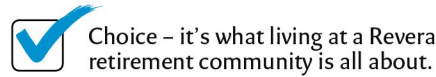


LYNWOOD PARK RECREATION CHOICES

MARCH 2016



Lynwood Park, Jennifer Meeks Ext. 2003

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Exercise Class - CR 10:00 Balance Class - CR 10:30 Cyber Senior's - AR 2:30 Sandbags - CR 3:30 Happy Half Hour & Tuck Shop - ML 7:15 Movie Night - AR "The Young Victoria"	8:30 Brain Games - ML 9:00 Beauty Salon 9:30 Dollarama/Freshco/ TD Bank 9:30 Exercise Class 10:00 Yoga with Carlos 10:30 Guest Speaker Ken Gordon - AR 2:15 Music with Tim - AR 2:30 BMO Visit - Mez 3:30 Happy Half Hour & Tuck Shop - ML 7:15 Sandbags - CR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Carlingwood Mall 9:30 Exercise Class - CR 10:00 Balance Class - CR 10:30 Word Games - AR 10:30 In-house Shopping with Maggie's Designs - ML 11:00 Catholic Mass - CR 2:30 Spelling - AR 3:30 Happy Half Hour & Tuck Shop - ML 7:30 Bingo - AR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Exercise Class - CR 9:30 Michaels/Value Village 10:00 Men & Mugs - ML 10:00 Busy Hands Crochet and Knitting - AR 2:30 Slow & Easy Bingo - AR 3:30 Happy Half Hour & Tuck Shop - ML 7:00 Bridge - CR	9:00 Beauty Salon - 4th Fl 9:30 Poker Walk - ML 10:30 Washer Toss - CR 2:30 Euchre, Scrabble, Crokinole & Games - AR 2:30 Learn Euchre - CR 3:30 Happy Half Hour & Tuck Shop - ML 7:15 Sing-along with Paul - AR
6	7	8	9	10	11	12
8:30 St Martin de Porres Catholic Church 10:30 Who am I? - ML 2:15 Movie Matinee - AR "A Beautiful Mind" 2:30 Hymn Sing - ML 7:15 Community Church Service - CR	8:30 Brain Games - ML 9:00 Dental Hygienist - DO 9:30 Exercise Class - CR 9:30 Shop Loblaws/RBC 2:00 Free Massages - AR 2:30 Trivia - CR 3:30 Happy Half Hour & Tuck Shop - ML 7:00 Bridge & Euchre - CR 7:30 Bingo - AR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Exercise Class - CR 10:00 Balance Class - CR 10:30 Fun & Music with Yvonne McLeod - AR 2:30 Sandbags - CR 3:30 Happy Half Hour & Tuck Shop - ML 7:30 Astronomer Gary Boyle on "Planets of our Solar System" - AR	8:30 Brain Games - ML 9:00 Beauty Salon 9:30 Exercise Class 10:00 Yoga with Carlos 10:30 News & Views - AR 11:00 United Church - CR 2:15 Music with Tim - AR 3:30 Happy Half Hour & Tuck Shop - ML 7:15 Sandbags - CR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Liturgy of the Word - CR 9:30 Exercise Class - CR 10:00 Balance Class - CR 10:00 David on Piano - ML 10:30 Word Games - AR 2:30 Spelling - AR 2:30 Swampwater Jazz Band - ML 3:30 Happy Half Hour & Tuck Shop - ML 7:30 Bingo - AR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Exercise Class - CR 10:00 Men & Mugs - ML 10:00 Busy Hands Crochet and Knitting - AR 10:30 Food Committee Meeting - CR 11:30 Lapointes's Lunch 2:30 Slow & Easy Bingo AR 3:30 Happy Half Hour & Tuck Shop - ML 7:00 Bridge - CR	9:00 Beauty Salon - 4th Fl 2:30 Euchre, Scrabble, Crokinole & Games - AR 3:30 Happy Half Hour & Tuck Shop - ML 7:15 Hymn Sing with Paul - AR
Daylight Savings 13	14	15	16	ST. PATS DAY 17	18	19
8:30 St Martin de Porres Catholic Church 10:30 Show and Tell - ML 2:30 Movie Matinee - AR "Phantom of the Opera" 7:30 Trekking the World to Ireland - AR	8:30 Brain Games - ML 9:30 Exercise Class - CR 9:30 Shop Loblaws/RBC 1:45 Shop Carlingwood 2:00 Free Massages - AR 2:30 Trivia - CR 3:30 Happy Half Hour & Tuck Shop - ML 7:00 Bridge & Euchre - CR 7:30 Bingo - AR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Exercise Class - CR 10:00 Balance Class - CR 10:30 Wii Bowling - AR 2:30 Sandbags - CR 3:30 Happy Half Hour & Tuck Shop - ML 8:00 TCM Movie Night - AR "The Stooge"	8:30 Brain Games - ML 9:00 Beauty Salon 9:30 Dollarama/Freshco/ TD Bank 9:30 Exercise Class 10:00 Yoga with Carlos 10:30 Hearfine Hearing Aid Cleaning - ML 2:15 Music with Tim - AR 3:30 Happy Half Hour & Tuck Shop - ML 7:15 Sandbags - CR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Liturgy of the Word - CR 9:30 Shoppers Drugmart 9:30 Exercise Class - CR 10:00 Balance Class - CR 2:30 Spelling - AR 2:30 Vintage Fiddlers - ML 3:30 Happy Half Hour & Tuck Shop - ML 7:00 Salvation Army - ML 7:30 Bingo - AR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Exercise Class - CR 9:30 Carlingwood Mall 10:00 Men & Mugs - ML 10:00 Busy Hands Crochet and Knitting - AR 2:30 Shamrock Horse Racing - ML 3:30 Happy Half Hour & Tuck Shop - ML 7:00 Bridge - CR	9:00 Beauty Salon - 4th Fl 9:30 Poker Walk - ML 10:30 Washer Toss - CR 2:00 Lila on Piano - ML 2:15 Euchre, Scrabble, Crokinole & Games - AR 2:15 Learn Euchre - CR 3:30 Happy Half Hour & Tuck Shop - ML 7:15 Sing-Along - AR

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Spring! 20	21	22	23	24	Good Friday 25	26
8:30 St Martin de Porres Catholic Church 10:30 Photos and Videos to make you laugh and go "Aww" - ML 2:30 Entertainment with Lawrence Marks - ML 7:15 Community Church Service - CR	8:30 Brain Games - ML 9:30 Exercise Class - CR 9:30 Shop Loblaws/RBC 2:15 Full Evacuation Drill 3:30 Happy Half Hour & Tuck Shop - ML 7:00 Bridge & Euchre - CR 7:30 Bingo - AR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Shop Kanata Super Walmart 9:30 Exercise Class - CR 10:00 Balance Class - CR 10:30 Armchair Travel to Ireland with Elaine Kenney - AR 2:30 Sandbags - CR 3:30 Happy Half Hour & Tuck Shop - ML 8:00 TCM Movie Night - AR "The Apartment"	8:30 Brain Games - ML 9:00 Beauty Salon 9:30 Exercise Class 10:00 Yoga with Carlos 10:30 Guest Speaker Laura Fantaisie - Canadian Cancer Society - ML 2:15 Music with Tim - AR 2:30 Happy Half Hour & Tuck Shop - ML 7:15 Sandbags - CR	8:30 Brain Games - ML 9:30 Beauty Salon - 4th Fl 9:30 Liturgy of the Word - CR 9:30 Hazeldean Mall 9:30 Exercise Class - CR 10:00 Balance Class - CR 10:30 Word Games - AR 2:30 Spelling - AR 3:30 Happy Half Hour & Tuck Shop - ML 7:30 Bingo - AR	8:30 Brain Games - ML 10:00 Men & Mugs - ML 10:00 Busy Hands Crochet and Knitting - AR 2:30 Daniel O'Donenell Video "Songs of Faith" - AR 3:30 Happy Half Hour & Tuck Shop - ML 7:00 Bridge - CR 7:30 Andre Rieu Video "100 Years of Strauss Waltzes" - AR	9:00 Beauty Salon - 4th Fl 10:00 Painting with Tracy - CR 2:15 Euchre, Scrabble, Crokinole & Games - AR 3:30 Happy Half Hour & Tuck Shop - ML 7:15 Hymn Sing with Paul - AR
Easter Sunday 27	Easter Monday 28	29	50/50 Draw Day 30	31		
8:30 St Martin de Porres Catholic Church 10:30 Easter Eggcitement Buy and egg for \$1.00 - ML 2:30 All Things British "The Best of Benny Hill" Video- AR 8:00 TCM Movie Night "Easter Parade" - AR	8:30 Brain Games - ML 9:30 Exercise Class - CR 9:30 Shop Loblaws/RBC 2:30 Jeopardy - CR 3:30 Happy Half Hour & Tuck Shop - ML 7:00 Bridge & Euchre - CR 7:30 Bingo - AR	8:30 Brain Games - ML 9:00 Beauty Salon - 4th Fl 9:30 Exercise Class - CR 10:00 Balance Class - CR 10:00 In-house Shopping with Beaded Elegance 10:30 Kazoo Klub with Yvonne McLeod - AR 2:30 Sandbags - CR 3:30 Happy Half Hour & Tuck Shop - ML 8:00 TCM Movie Night - AR "Lilith"	8:30 Brain Games - ML 9:00 Beauty Salon 9:30 Exercise Class 10:00 Yoga with Carlos 10:30 Lunch at Rideau Carleton Raceway 2:15 Music with Tim - AR 2:30 Monthly Birthday Party with Stanley Frank - ML 3:30 Happy Half Hour & Tuck Shop - ML 7:15 Sandbags - CR	8:30 Brain Games - ML 9:30 Beauty Salon - 4th Fl 9:30 Liturgy of the Word - CR 9:30 Shoppers Drugmart 9:30 Exercise Class - CR 10:00 Balance Class - CR 10:30 Word Games - AR 2:30 Resident Meeting - ML 3:30 Happy Half Hour & Tuck Shop - ML 7:30 Bingo - AR		
					Room Legend	
					ML Main Lobby AR Activity Room CR Craft Room MEZ 2nd Fl Mezzanine 4th Fl Beauty Salon DO Doctor's Office Bold Bus Outing—Meet in Main Lobby	