

# RECREATION CHOICES

FEBRUARY 2016

## Windsor Park , Karyl King, Recreation Manager

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Room Legend</b>	<b>1</b>	<b>2</b>	<b>Happy BDay Sylvia 3</b>	<b>4</b>	<b>5</b>	<b>6</b>
(AR) - Activity Room (B) - Bar (CH) - Chapel (L) - Lobby (LI) - Library (SR2) Sunroom 2 -	9:30 Wake up & Stretch 10:00 Jeopardy TH 10:30 Learn to Play Euchre 11:00 Rosary CH 11:00 Tai Chi SR2 2:15 Euchre SR2 2:15 Movie of the Day 2:30 Sensational Sundaes AR 3:30 Social Hour B	9:00 Exercise Class AR 9:30 Exercise Class AR 9:15 Shopping 10:00 Walking Club L 11:00 Board Games AR 2:15 Bridge SR2 2:15 Memory Game AR 2:15 Movie of the Day 3:30 Games AR 7:15 Bingo AR	9:30 Wake up & Stretch 10:00 Walking Club L 10:30 Guess the Phrase 11:00 Bango AR 2:15 Intermediate Bridge SR2 2:15 Mental Aerobics AR 2:15 Movie of the Day 3:30 Paint & Polish Nails 7:15 Travel with Len	9:00 Exercise Class AR 9:30 Exercise Class AR 10:00 Walking Club L 11:00 O.K.O. AR 11:00 Catholic Mass CH 2:15 Sandbags AR 2:15 Euchre SR2 2:15 Movie of the Day 3:30 Social Hour B 7:15 Doug & Pam Champagne L	9:30 Wake up & Stretch 10:30 Hava Java B 11:00 Protestant Service 2:00 Crafts AR 2:15 Movie of the Day 3:00 Bingo AR 7:15 Movie: "The Valley Of Vanishing Men"	10:00 Art Class AR 10:30 Social Stitchery SR2 2:15 Bridge for All SR2 2:15 Scheduled Movie 7:15 Bingo AR
<b>7</b>	<b>Happy BDay Maureen 8</b>	<b>9</b>	<b>Happy BDay Claude 10</b>	<b>Happy BDay Melita 11</b>	<b>Happy BDay Margaret 12</b>	<b>13</b>
10:00 Catholic Mass in French TH 2:15 Scheduled Movie 2:30 Sandbags AR	9:30 Wake up & Stretch 10:15 Wheel of Fortune 10:30 Learn to Play Euchre 11:00 Rosary CH 11:00 Tai Chi SR2 2:00 Gloucester Songsters AR 2:15 Euchre SR2 2:15 Movie of the Day 3:30 Social Hour B 7:00 Scrabble AR	9:00 Exercise Class AR 9:30 Exercise Class AR 9:15 Shopping 10:00 Walking Club L 11:00 Board Games AR 2:15 Pancake Toss L 2:15 Bridge SR2 2:15 Memory Game AR 2:15 Movie of the Day 3:30 Games AR 7:15 Bingo AR	9:30 Wake up & Stretch 10:00 Walking Club L 10:30 Guess the Phrase 11:00 Bango AR 2:15 Intermediate Bridge 2:15 Mental Aerobics AR 2:15 Movie of the Day 3:30 Paint & Polish Nails 7:15 Travel with Len	9:00 Exercise Class AR 9:30 Exercise Class AR 10:00 Walking Club L 10:30 Mystery Drive 10:30 Anglican Service CH 11:00 O.K.O. AR 11:15 Ottawa Therapy Dog 2:15 Euchre SR2 2:15 Sandbags AR 2:15 Movie of the Day 3:30 Social Hour B 5:15 Therapeutic Pets L	9:30 Wake up & Stretch 10:30 Hava Java B 11:00 Sunshine Gifts L 2:00 Crafts AR 2:15 Movie of the Day 3:00 Bingo AR 7:15 Movie: "The Valley Of Vanishing Men"	10:30 Social Stitchery SR2 2:15 Bridge for All SR2 2:15 Scheduled Movie 7:15 Bingo AR
<b>Valentine's Day 14</b>	<b>FAMILY DAY 15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>Happy BDay Melita 19</b>	<b>20</b>
10:00 Catholic Mass in French TH 2:15 Scheduled Movie 2:30 Sandbags AR	10:30 Learn to Play Euchre 11:00 Rosary CH 11:00 Tai Chi SR2 2:15 Euchre SR2 2:15 Movie of the Day	9:00 Exercise Class AR 9:30 Exercise Class AR 9:15 Shopping 10:00 Walking Club L 11:00 Board Games AR 2:15 Bridge SR2 2:15 Birthday Celebrations AR 2:15 Movie of the Day 3:30 Games AR 7:15 Bingo AR	9:30 Wake up & Stretch 10:00 Walking Club L 10:30 Guess the Phrase 11:00 Bango AR 2:15 Intermediate Bridge 2:15 Mental Aerobics AR 2:15 Movie of the Day 3:30 Paint & Polish Nails	9:00 Exercise Class AR 9:30 Exercise Class AR 10:00 Walking Club L 10:00 Catholic Mass CH 11:00 O.K.O. AR 2:15 Sandbags AR 2:15 Euchre SR2 2:15 Movie of the Day 3:30 Social Hour B 5:30 Pizza & Movie Night AR	9:30 Wake up & Stretch 10:30 Hava Java (B) 11:00 Protestant Service 2:00 Crafts (AR) 2:15 Movie of the Day 3:00 Bingo AR 7:15 Movie: "The Valley Of Vanishing Men"	10:00 Art Class AR 10:30 Social Stitchery SR2 2:15 Travel with Len 2:15 Bridge for All SR2 7:15 Bingo AR

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>21</b>	<b>22</b>	<b>Happy BDay Klara 23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
10:00 Catholic Mass in French <b>TH</b> 2:15 Scheduled Movie 2:30 Sandbags <b>AR</b>	9:30 Wake up & Stretch 10:00 Jeopardy <b>TH</b> 10:30 Learn to Play Euchre <b>AR</b> 11:00 Rosary <b>CH</b> 11:00 Tai Chi <b>SR2</b> 2:15 Euchre <b>SR2</b> 2:15 Movie of the Day 2:15 "Let's Talk" <b>LI</b> 3:30 Social Hour <b>B</b> 7:00 Scrabble <b>AR</b>	9:00 Exercise Class <b>AR</b> 9:30 Exercise Class <b>AR</b> 9:15 Shopping 10:00 Walking Club <b>L</b> 11:00 Board Games <b>AR</b> 2:15 Bridge <b>SR2</b> 2:15 Stanley Frank <b>AR</b> 2:15 Movie of the Day 3:30 Games <b>AR</b> 7:15 Bingo <b>AR</b>	9:30 Wake up & Stretch 10:00 Walking Club <b>L</b> 10:30 Guess the Phrase <b>R</b> 11:00 Bango <b>AR</b> 2:15 Intermediate Bridge <b>SR2</b> 2:15 <b>SPEAK-OUT TH</b> 7:15 Travel with Len	9:00 Exercise Class <b>AR</b> 9:30 Exercise Class <b>AR</b> 9:15 Shopping 10:00 Catholic Mass <b>CH</b> 10:00 Walking Club <b>L</b> 11:00 O.K.O. <b>AR</b> 2:15 Bridge <b>SR2</b> 2:15 Sandbags <b>AR</b> 2:15 Movie of the Day 3:30 Social Hour <b>B</b> 5:15 Therapeutic Pets <b>L</b>	9:30 Wake up & Stretch 10:30 Hava Java <b>B</b> 2:00 Crafts <b>AR</b> 2:15 Movie of the Day 3:00 Bingo <b>AR</b>	10:30 Social Stitchery <b>SR2</b> 2:15 Bridge for All <b>SR2</b> 2:15 Scheduled Movie 7:15 Bingo <b>AR</b>
<b>28</b>	<b>National Cupcake Day 29</b>					
10:00 Catholic Mass in French <b>TH</b> 2:15 Scheduled Movie 2:30 Sandbags <b>AR</b>	9:30 Wake up & Stretch 10:00 Wheel of Fortune <b>TH</b> 10:30 Learn to Play Euchre <b>AR</b> 11:00 Rosary <b>CH</b> 11:00 Tai Chi <b>SR2</b> 2:15 Cupcake Decorating 2:15 Euchre <b>SR2</b> 2:15 Movie of the Day 2:15 "Let's Talk" <b>LI</b> 3:30 Social Hour <b>B</b> 6:30 Ottawa Humane Society <b>L</b>					
						<b>Important Dates</b>
						2:00 Food Committee February 3 2:15 Speak-out February 24