

RECREATION CHOICES

MARCH 2016

THE HEARTLAND, Bonnie Duffell Recreational Director

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		9:30 Flex and Balance 1 Rev it Up 10:15 Flex and Balance 2 Rev it Up 11:00 Choir Rev it up 2:15 Zumba Library 3:00 One Act Play Doctor Rev it Up 5:00 1:1 Visits 7:00 Color your World Rev it Up	10:15 Senior Fitness Rev it Up 11:00 Color Your World Rev it Up 1:15 Dollarama 3:15 Resident Forum Library 4:15 1:1 Visits 6:30 Crib and Bridge Bistro 7:00 Documentary Series Theatre	9:30 Chaplain Visit 10:15 Communion 10:30 Senior Fitness Rev it Up 11:00 Knottin School Visit Bistro 1:00 Aquasize 1:30 Heavenly Hands 2:30 WIFI Ipad Kick Off 4:15 One Act Plays—It's Hell Getting Old Rev it Up 7:00 Downton Abbey Series #1 Theatre	9:30 Ballersize 1 10:15 Ballersize 2 10:50 Blue Sky Music 11:00 Tuck Shop 1:15 Urban Poling 2:30 Music Hour with Carolyn Long Library 4:00 1:1 Visits 6:30 Popcorn and Movie	9:00 Crossword Puzzles 9:30 Coffee and Current Events Bistro 10:00 Yoga Rev it Up 2:30 OMA Presentation Library 3:30 Coffee and Chat Bistro 4:15 Bistro 7:00 1:1 visits Classic TV Series
6	7	8	9	PopcornLovers Day10	11	12
9:00 Fill in the Blank 9:45 Urban Poling 11:00 Penny Bingo Bistro 2:00 Church Service 3:30 Coffee and Chat Bistro 4:00 1:1 Visits	9:30 Sittersize 1 Rev it Up 10:15 Sittersize 2 Rev it Up 11:00 Handbells Rev it Up 2:15 Volley Ball Rev it Up 3:30 Ice Cream Social Bistro 4:30 1:1 Visits 6:30 Games Night Bistro	9:30 Flex and Balance 1 Rev it Up 10:15 Flex and Balance 2 Rev it Up 11:00 Choir Rev it up 2:15 New Age Kurling Bistro 3:30 Heads Up Bistro 5:00 1:1 Visits 7:00 Music with Reg Theroux Library	10:15 Senior Fitness Rev it Up 11:00 New Age Kurling Bistro 1:15 Walmart 1 2:00 Walmart 2 2:30 Junk Drawer Detective Bistro 4:15 25 Cent Bingo Library 6:30 Crib and Bridge Bistro 7:00 Documentary Series Theatre	9:30 Chaplain Visit 10:15 Communion 10:30 Senior Fitness Rev it Up 10:30 Bible Study 11:00 Knottin School Visit Bistro 1:15 Outing to Westmount School 1:30 Heavenly Hands 2:30 WIFI Ipad Program 4:15 One Act Play—It's Hell Getting Old 7:00 Family Ice Cream Social Bistro 7:00 Downton Abbey Series #2	9:30 Ballersize 1 10:15 Ballersize 2 11:00 New Age Kurling Bistro 1:00 Tuck Shop 1:15 Urban Poling 2:30 Music Hour with Mary Resek Library 4:00 1:1 Visits 6:30 Popcorn and Movie	9:00 Crossword Puzzles 9:30 Coffee and Current Events Bistro 10:00: Yoga Rev it Up 1:15 Urban Poling 2:30 Highwood Hillbillies Library 3:30 Coffee and Chat Bistro 7:00 Classic TV Series Theatre
13	Potato Chip Day14	15	16	17	18	19
9:00 Fill in the Blank 9:45 Urban Poling 11:00 Card Bingo Bistro 2:30 Easter Bonnet Decorating Rev it Up 3:30 Coffee and Chat 4:30 1:1 Visits	9:30 Sittersize 1 Rev it up 10:15 Sittersize 2 Rev it Up 11:00 Handbells Rev it Up 2:00 CNIB Coffee and Chat—Talking Books Bistro Library 3:30 Ice Cream Social 4:15 1:1 Visits 7:00 Games Night	9:30 Flex and Balance 1 Rev it Up 10:15 Flex and Balance 2 Rev it Up 11:00 Choir Rev it Up 2:15 New Age Kurling Bistro 3:30 Ipad Games Library 5:00 1:1 visits 7:00 Color Your World Rev it Up	10:15 Senior Fitness Rev it Up 11:00 Westmount Grade 6 Student Visit Bistro 1:15 Walmart 1 2:00 Walmart 2 2:30 Name The Irish Tune Bistro 4:15 25 Cent Bingo 6:30 Crib/Bridge 7:00 Documentary Series Theatre	9:30 Chaplain Visit 10:15 Communion 10:30 Senior Fitness Rev it Up 11:00 Irish Dancers Library 1:30 Heavenly Hands 2:30 WIFI Ipad Program 3:30 Beer Tasting in Bistro 7:00 Pub Night with Ron Mario Bistro	9:30 Ballersize 1 Rev it Up 10:15 Ballersize 2 Rev it Up 10:50 Blue Sky Music 11:00 Tuck Shop 1:15 Urban Poling 2:30 Horse Racing with Bill Webb 4:00 1:1 Visits 6:30 Popcorn and Movie	9:00 Crossword Puzzles 9:30 Coffee and Current Events 10:00 Yoga 1:15 Urban Poling 2:30 Student Piano Recital Library 4:15 1:1 Visits 7:00 Classic TV Series

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	Good Friday 25	26
9:00 Fill in the Blank 9:45 Urban Poling 11:00 Penny Bingo Bistro 2:00 Church Service Library 3:30 Coffee and Chat Bistro 4:15 1:1 Visits	9:30 Sittersize 1 Rev it Up 10:15 Sittersize 2 Rev it Up 11:00 Wellness Presentation Theatre 2:30 Prem's Easter Wine and Cheese Bistro 4:30 1:1 Visits 7:00 Decorating Trees/ Color Your World Rev it Up	9:30 Flex and Balance 1 Rev it Up 10:15 Flex and Balance 2 Rev it Up 11:00 Choir 2:30 Zumba 3:30 Ice Cream Social Bistro 4:45 Supper Outing Roma's 7:00 Games Night Bistro	10:15 Senior Fitness Rev it Up 11:00 Loom Knitting 1:15 Walmart 1 2:00 Walmart 2 2:30 Easter Reminisce Bistro 4:15 25 cent Bingo 6:30 Crib/Bridge 7:00 Documentary Series	9:30 Chaplain Visit 10:00 Catholic Communion 10:15 Senior Fitness 10:30 Bible Study 11:00 Knottin School Visit Bistro 1:30 Heavenly Hands 2:00 Country Drive/Coffee 2:30 WIFI Ipad Program Library 4:15 One Act Play—It's Hell getting Old Crib Bistro 6:30 Downton Abbey #3 7:00	9:30 Ballersize 1 10:15 Ballersize 2 11:00 Tuck Shop 11:00 Egg-ceptional Egg Hunt 2:30 Egg Knocking Game 4:15 1:1 Visits	9:00 Crossword Puzzles 9:30 Coffee and Current Events Bistro 10:00 Urban Poling 1:15 Movie Okotoks Cinema and Tim Horton's treat 4:30 1:1 Visits 7:00 Classic TV Series
Easter Sunday 27	28	29	30	31		
9:00 Fill in the Blank 9:45 Urban Poling 11:00 Easter Brunch 2:30 Heartland Choir and Handbells Easter Performance 4:30 1:1 Visits	9:30 Sittersize 1 Rev it Up 10:15 Sittersize 2 Rev it Up 11:00 Handbells Rev it Up 3:00 Welcome to New Residents 3:30 Ice Cream Parlor Bistro 4:30 1:1 Visits 7:00 Games Night Bistro	9:30 Flex and Balance 1 Rev it Up 10:15 Flex and Balance 2 Rev it Up 11:00 Choir Rev it up 2:15 New Age Kurling Bistro 3:30 One Act Plays Doctor, Doctor Rev it Up 5:30 1:1 Visits 7:00 Color Your World	10:15 Senior Fitness Rev it Up 11:00 New Age Kurling Bistro 1:15 Dollarama 3:15 Resident Forum Library 4:15 1:1 Visits 6:30 Crib/Bridge Bistro 7:00 Documentary Series Theatre	9:30 Chaplain Visits 10:00 Catholic Communion 10:15 Senior Fitness 11:00 Knottin School Visit 1:30 Heavenly Hands Rev it Up 2:30 WIFI Ipad Program 4:00 One Act Plays Dead Cat Rev it Up 7:00 Downton Abbey #4 Theatre		