

COLONEL BY-RECREATION CHOICES

MARCH 2016

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>IMPORTANT DATES</p> <p>Mar 8-Scotiabank (AR) 8:45 am Mar 8-International Women's Day Mar 10-Ottawa Public Library Mar 13-Daylight Saving Time Begins Mar 17-St. Patrick's Day Mar 25-Good Friday Mar 27-Easter</p>		<p>1</p> <p>9:00 Orientation to Rev it Up (FC) 9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 10:45 Memory Fitness (LL) 1:30 \$ Bingo \$ (LL) 3:00 Trivia (CA) 6:45 Musical DVD: <i>Oscar Peterson Trio, The Stuttgart Concert</i> (LL)</p>	<p>2</p> <p>9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 10:30 Urban Poling (Lib) 1:30 Colouring Corner (Lib) 3:00 Group Crosswords (LL) 6:30 Evening Music with Pam and Doug Champagne (Lob)</p>	<p>3</p> <p>9:00 A Game of Chess (Lib) 9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 11:00 Out for Lunch at KS on the Keys 1:30 Art with Bess (AR) 3:00 Cribbage (Lib) 6:45 Colonel By Choir (LL)</p>	<p>4</p> <p>9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 11:00 Food for Thought Meeting (Lib) 1:45 Special Presentation: <i>Pinhey's Point</i> (LL) 3:00 Social Hour (LL) 7:00 Evening Movie (LL)</p>	<p>5</p> <p>10:00 Scrabble (Lib) 10:30 Downton Tea Party (LL) 1:30 Bridge (Lib) 1:30 Bingo (LL) 7:00 Evening Movie (LL)</p>
<p>6</p> <p>10:00 Cribbage (Lib) 2:00 OLDS Club: <i>Call the Midwife</i> (LL) 3:00 Reading Corner (Lib) 7:00 Evening Movie (LL)</p>	<p>7</p> <p>9:15 Shopping at Billings Bridge 9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 10:45 Gigantic Crossword (LL) 1:30 Poetry Corner (LL) 3:00 Residents and Managers Meeting (DR) 6:45 Musical Armchair Travel: <i>Prague, A Musical Tour of the City's Past and Present</i> (LL)</p>	<p>8</p> <p>9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 10:45 Memory Fitness (LL) 2:00 International Women's Day - Guest Speakers Frances Itani (LL) 3:00 Trivia (CA)</p>	<p>9</p> <p>9:00-12:00 A Visit with Hazel McCallion (Lob) 9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 1:30 Pet Visits- Humane Society (Lob) 1:30 Current Events with Prof. Gerry Cammy (LL) 3:00 Group Crosswords (LL) 6:30 Evening Music with Noel (Lob)</p>	<p>10</p> <p>9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 10:45 Card Games (Lib) 1:30 Dessert and Coffee at Swiss Pastry 1:30 Art with Bess (AR) 3:00 Cribbage (Lib) 3:00 Book Club (LL) 6:45 Colonel By Choir (LL)</p>	<p>11</p> <p>9:00 Orientation to Rev it Up (FC) 9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 2:00 Monthly Birthday Party with The Chords (Lob) 3:00 Social Hour (LL) 7:00 Evening Movie (LL)</p>	<p>12</p> <p>10:00 Scrabble (Lib) 10:30 Downton Tea Party (LL) 1:30 Bridge (Lib) 1:30 Bingo (LL) 7:00 Evening Movie (LL)</p>
<p>13</p> <p>10:00 Cribbage (Lib) 1:30 Knitting Knook (LL) 3:00 Reading Corner (LL) 7:00 Evening Movie (LL)</p>	<p>14</p> <p>9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 10:45 Intermediate French (Lib) 1:45 Special Presentation: <i>Longwood Gardens</i> (LL) 3:00 Colouring Corner (Lib) 6:45 Evening Movie: <i>Waking Ned Devine</i> (LL)</p>	<p>15</p> <p>9:00 Orientation to Rev it Up (FC) 9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 10:45 Memory Fitness (LL) 1:45 Special Presentation: <i>Algonquin Park-Bears, Fox & Moose</i> (LL) 3:00 Trivia (CA) 6:45 Musical DVD: <i>Andre Rieu, Live in Dublin</i> (LL)</p>	<p>16</p> <p>9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 10:00 Anglican Church Service (Chap) 10:30 Urban Poling (Lib) 1:30 Afternoon Music with Shout Sister Choir (Lob) 3:00 Group Crosswords (LL) 4:00 Food for Thought Meeting (Lib) 6:30 TED Talks (LL)</p>	<p>17</p> <p>9:15 Shopping at Carlingwood 9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 10:00 Strength Class (LL) 2:00 St. Patrick's Day Party with the Magnolia Rhythm Kings (Lob) 3:00 Cribbage (Lib) 6:45 Colonel By Choir (LL)</p>	<p>18</p> <p>9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 1:30 Afternoon Music with Suzanne and Jean Guy (Lob) 3:00 Social Hour (LL) 7:00 Evening Movie (LL)</p>	<p>19</p> <p>10:00 Scrabble (Lib) 10:30 Downton Tea Party (LL) 1:30 Bridge (Lib) 1:30 Bingo (LL) 7:00 Evening Movie (LL)</p>
<p>20</p> <p>10:00 Cribbage (Lib) 2:00 OLDS Club: <i>Call the Midwife</i> (LL) 3:00 Reading Corner (Lib) 7:00 Evening Movie (LL)</p>	<p>21</p> <p>9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 11:00 Out for Lunch at Red Lobster 1:30 Music Appreciation: <i>Ralph Vaughn Williams</i> (LL) 2:30 Kick off to Spring with an Ice Cream Float (AR) 3:00 Reading of Stuart McLean Stories (Lib) 6:45 Travel with Elaine: <i>Dublin</i> (LL)</p>	<p>22</p> <p>9:00 Orientation to Rev it Up (FC) 9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 10:45 Memory Fitness (LL) 1:30 Ipad Games (LL) 3:00 Trivia (CA) 6:45 Musical DVD: <i>The High Kings, Live in Dublin</i> (LL)</p>	<p>23</p> <p>9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 10:00 United Church Service with Rev. Stanley Hanna (Chap) 10:30 Urban Poling (Lib) 1:30 Speaker Series #1-Longtem Financial Planning for Retirement (LL) 3:00 Group Crosswords (LL) 6:45 Evening Music with Stuart MacKinnon-Eastertide (Lob)</p>	<p>24</p> <p>9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 1:30 Art with Bess (AR) 2:30 Laughter Yoga (LL) 3:00 Cribbage (Lib) 6:45 Colonel By Choir (LL)</p>	<p>25</p> <p>1:30 Afternoon Music with Allan Ryan at the Piano (Lob) 3:00 Social Hour (LL) 7:00 Evening Movie (LL)</p>	<p>26</p> <p>10:00 Scrabble (Lib) 10:30 Downton Tea Party (LL) 1:30 Bridge (Lib) 1:30 Bingo (LL) 7:00 Evening Movie (LL)</p>
<p>27</p> <p>10:00 Cribbage (Lib) 1:30 Knitting Knook (Lib) 2:00 Afternoon Music with Saxophonist Dmitry Egunov (Lob) 3:00 Reading Corner (Lib) 7:00 Evening Movie (LL)</p>	<p>28</p> <p>9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 10:45 Card Games (Lib) 1:15 Shopping at Billings Bridge 1:30 Poetry Corner (LL) 3:00 TED Talks (LL) 6:45 Armchair Travel: <i>Ireland, Breathtaking Views of the Emerald Isle</i> (LL)</p>	<p>29</p> <p>9:00 Orientation to Rev it Up (FC) 9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 10:45 Memory Fitness (LL) 1:30 Speaker Series #2- Health and Wellness as it Pertains to your Retirement (LL) 3:00 Trivia (CA) 6:45 Film Club: <i>Brooklyn</i> (LL)</p>	<p>30</p> <p>9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 10:30 Urban Poling (Lib) 1:30 Colouring Corner (Lib) 3:00 Group Crosswords (LL) 6:30 Evening Music with Yvon Vezeau at the Piano (Lob)</p>	<p>31</p> <p>9:00 A Game of Chess (Lib) 9:30 Well-Adult Class (LL) 10:00 Strength Class (LL) 10:45 Name 10 (LL) 1:30 Art with Bess (AR) 2:30 Intermediate French 3:00 Cribbage (Lib) 6:45 Colonel By Choir (LL)</p>		<p>ROOM LEGEND</p> <p>AR-Activity Room CA-Cafe Chap-Chapel DR-Dining Room FC-Fitness Centre GA-Garden Lib-Library Lob-Lobby LL-Lookout Lounge SR-Sunroom</p>