

RIVERBEND RECREATION CHOICES

FEBRUARY 2016

Riverbend by Revera • Sonya Charchun, Recreational Director, Email:sonya.charchun@reveraliving.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:00am Coffee with Sonya-BR 01:00am Knitting Club –BR 01:30pm Stretch&Dance -FR 02:00pm Music with Bella-MF 03:30pm Crosswords -CR 06:30pm Bridge—FR	2 Ground Hogs Day 10:00am Exercise Class –FR 11:00am Word Find-BR 01:00pm Bus to Southgate 01:30pm Riverbend Square 03:30pm Crosswords—CR 06:30pm Bingo-FR	3 10:00am Current Events –BR 01:30pm Exercise Class –FR 02:30pm Ice Cream Social-BR 03:00pm Under or Over-BR 03:30pm Crosswords—CR 07:00pm Pub Night: Opus 3-MD	4 10:00am Stretch&Breathe –FR 10:30am Word Find-BR 01:00pm Art Workshop-MR 02:30pm Resident Info Mtg-MR 03:30pm Crosswords-CR 06:30pm Cribbage—FR	5 10:00pm Exercise Class –FR 10:30pm Current Events-3 rd East 11:00am BP &Weigh-In-MR 01:30pm Baking on 3 rd E 02:00pm Rexall Pharmacy Information Session-BR 06:30pm Thirty one –MR	6 09:00am Sudoku-BR 01:00pm Scrabble-BR 02:00pm Matinee Movie-BR “Running on empty”-1958 05:30pm Hockey Night-BR 07:00pm Lawrence Welk-MR
7 9-8 Fitness Room Open-S-S 10:00am Catholic Communion-MR 03:00pm Board Games with Nicole 07:00 pm Interdenominational Church Service-MR	8 Chinese New Year 11:00am Walking Gp--CR 01:00am Knitting Club –BR 01:15pm Brain Gym –FR 01:30 am Stretch&Dance -FR 02:00pm Lawn Bowling-FR 03:00pm Food Advisory Mtg-MR 03:30pm Crosswords -CR 06:30pm Bridge—FR	9 Shrove Tuesday 10:00am Exercise Class –FR 11:00am Word Find-BR 11:30 am Fat Tuesday and Pancake Lunch 01:00pm Bus to Walmart 01:30pm Riverbend Square 03:30pm Crosswords—CR 06:30 pm Bingo-FR	10 Ash Wednesday 10:00am Current Events –BR 01:30pm Exercise Class –FR 02:30pm Ice Cream Social-BR 03:00pm Password-BR 03:30pm Crosswords—CR 07:00pm Pub Night: Bernie and Millie-MDR	11 10:0am Stretch&Breathe –FR 10:30apm Word Find-BR 11:00am Lunch outing to Pear River 03:00pm Crosswords-CR 06:30pm Cribbage—FR	12 10:00am Exercise Class –FR 10:30am Current Events–3 rd E 12:00pm Birthday Lunch-PDR 01:30pm Baking on 3 rd E 02:00pm Pub Trivia-BR 02:30pm Charades-BR 06:30pm Thirty one –MR	13 09:00am Sudoku-BR 01:00pm Scrabble-BR 02:00pm Sing with Maureen- 02:00pm Matinee Movie-BR “Best Friend”-1982 05:30pm Hockey Night-BR 07:00pm Lawrence Welk-MR
14 Valentines Day 9-8 Fitness Room Open-S-S 10:00am Catholic Communion-MR 07:00 pm Interdenominational Church Service-MR	15 Family Day/Flag Day 11:00am Walking Gp--MF 01:00am Knitting Club –BR 06:30pm Bridge—FR	16 10:00am Exercise Class –FR 11:00am Word Find-BR 01:00pm Bus to Southgate 01:30pm Riverbend Square 03:30pm Crosswords—CR 06:30pm Bingo-FR	17 10:00am Current Events –BR 01:30pm Exercise Class –FR 02:30pm Ice Cream Social-BR 03:00pm Where are We-BR 03:30pm Crosswords—CR 07:00pm Pub Night: The Britz-	18 10:0am Stretch&Breathe –FR 10:30apm Word Find-BR 01:00pm Bus outing to Ice Sculptures 03:00pm Crosswords-CR 06:30pm Cribbage—FR	19 10:00am Exercise Class –FR 10:30am Current Events–3 rd E 01:30pm Baking on 3 rd E 02:00pm Birthday Party-MR 02:30pm Name that Tune-MR 06:30pm Thirty one –MR	20 09:00am Sudoku-BR 01:00pm Scrabble-BR 02:00pm Matinee Movie-BR “Father of the Bride”-1950 05:30pm Hockey Night-BR 07:00pm Lawrence Welk-MR
21 9-8 Fitness Room Open-S-S 10:00am Catholic Communion-MR 03:00pm Board Games with Nicole 07:00 pm Interdenominational Church Service-MR	22 11:00am Coffee with Sonya-BR 01:00am Knitting Club –BR 01:15pm Brain Gym –FR 01:30 pm Stretch&Dance-FR 02:00pm Bean Bag Toss-MF 03:30pm Crosswords -CR 06:30pm Bridge—FR	23 10:00am Exercise Class –FR 11:00am Word Find-BR 01:00pm Bus to Walmart 01:30pm Riverbend Square 03:30pm Crosswords—CR 06:30 pm Bingo-FR	24 10:00am Current Events –BR 01:30pm Exercise Class –FR 02:00pm Catholic Church-MR 02:30pm Ice Cream Social-BR 03:00pm Liars Club-BR 03:30pm Crosswords—CR 07:00pm Pub Night: Polynesian The Hawaiian Treasures-MDR	25 10:0am Stretch&Breathe –FR 10:30apm Word Find-BR 01:00pm Bus outing to Edmonton IMAX 03:00pm Crosswords-CR 06:30pm Cribbage—FR	26 10:00am Exercise Class –FR 10:30am Current Events–3 rd E 01:30pm Dancing with Deb-3 rd 02:00pm Charades-BR 02:30pm Pub Trivia-BR 06:30pm Thirty one –MR	27 09:00am Sudoku-BR 01:00pm Scrabble-BR 02:00pm Sing with Maureen-MF 02:00pm Matinee Movie-BR “Ganhdi”-1982 05:30pm Hockey Night-BR 07:00pm Lawrence Welk-MR
28 9-8 Fitness Room Open-S-S 10:00am Catholic Communion-MR 03:00pm Board Games with Nicole 07:00 pm Interdenominational Church Service-MR	29 11:00am Walking Gp--CR 01:00am Knitting Club –BR 01:15pm Brain Gym –FR 01:30 pm Stretch&BDance-FR 02:00pm Sing with Norman-MF 03:30pm Crosswords -CR 06:30pm Bridge—FR			IMPORTANT DATES Nutman-February 2 nd BP &Weigh-In –February 5 th Chiropodist-February 23 rd		ROOM LEGEND MF-Main Foyer MD-Main Dining Room BR- Bistro CR-Craft Room MR-Mélange Room FR-Fitness Room 3 rd E-3 rd Floor Dining Room