Choice – it's what living at a Revera retirement community is all about.

TRAFALGAR LODGE RECREATION CHOICES

FEBRUARY 2016

revera Retirement Living

Trafalgar Lodge • Sarah St. Pierre, Recreational Director, sarah.st.pierre@reveraliving.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 Physio Exercise Class- PR 9:45 Short Stories - OR 10:00 Falls Prevention Class - PR 10:15 Coffee & Word Search - OR 11:00 Tai Chi – OR 11:00 Visits with Sarah - RR 2:00 Dollar Bingo - OR **3:30 Entertainer Alice Hwang Chinese New Year Show - OR** 7:00 Midsomer Murders TV Series - SL	**2 Ground Hog Day** 9:45 Rev It Up Exercises - OR 10:15 Coffee & Word Search - OR **10:30 Discussion Group - SL** **2:00 Carpet Bowling - SL** **3:00 Wiarton Willie`s 60th - OR** 3:45 Trafalgar Bar – OR 7:00 Movie 'Resident's Choice-SL	**3** 9:00 Physio Exercise Class- PR 9:45 Java Music Club - PD 10:00 Falls Prevention Class - PR 10:15 Cranium Crunches - OR 11:00 Tai Chi – OR 11:00 Music & Memories iPad Visit - RR **2:00 Sean: Chocolate from Tree to Treat–OR** 3:15 Crossword Challenge - OR 4:00 Wii Bowling - SL 7:00 BBC Series: Last Tango in Halifax-SL	**4** 9:45 Balloon Volleyball – OR 10:15 Coffee & Word Search - OR **10:15 Outing: Scenic Drive – FD** **12:00 Outing: Swiss Chalet - FD** 3:45 Brain Teasers - OR 4:15 Hole in One Challenge - OR 7:00 Drop-in Board Games - OR	**5** 9:45 Rev It Up Progressive – OR 10:15 Coffee & Chat – OR **10:45 Spiritual: Being Your Personal Best-OR** 2:00 Dollar Bingo - OR 3:30 Music & Videos - iPad - OR 3:45 Trafalgar Bar - OR 7:00 TV: Wheel of Fortune – SL	**6** 9:45 Volleyball - OR 2:00 Scrabble - OR 7:00 Saturday Night @ the Movies – SL
7 10:30 Sunday Mass - OR 2:00 WNED Programming 'Great Performances at the Met: *Les Contes d'Hoffmann'* - SL 7:00 Classic Film - SL	**8 Chinese New Year** 9:00 Physio Exercise Class- PR 9:45 Short Stories - OR 10:00 Falls Prevention Class - PR 10:15 Coffee & Word Search - OR 11:00 Tai Chi – OR 11:00 Visits with Sarah - RR 2:00 Dollar Bingo – OR **3:15 NFB: Canadian Short Films - OR** 7:00 Midsomer Murders TV Series - SL	**9 Mardi Gras** 9:45 Rev It Up Exercises - OR 10:15 Coffee & Mardi Gras Word Search - OR **10:30 Creative Arts Class - OR** **2:00 Mardi Gras Entertainment – OR** **3:15 Let's Talk: Mardi Gras - OR** 3:45 Trafalgar Bar - OR 7:00 Movie 'Resident's Choice-SL	**10** 9:00 Physio Exercise Class- PR 9:45 Java Music Club - PD 10:00 Falls Prevention Class - PR 10:15 Cranium Crunches - OR 11:00 Tai Chi – OR 11:00 Music & Memories iPad Visit - RR 2:00 Nickel Bingo - OR **3:00 Welcome Tea for Nadine - OR** 4:00 Wii Bowling - SL 7:00 BBC Series: Last Tango in Halifax-SL	**11** 9:45 Balloon Volleyball – OR 10:15 Coffee & Word Search - OR **10:15 Outing: Scenic Drive – FD** 2:00 You! Be the Judge - OR 3:45 Brain Teasers - OR **4:15 Doggy Visit - OR** 7:00 Drop-in Board Games - OR	**12** 9:45 Rev It Up Progressive - OR 10:15 Coffee & Chat – OR **10:45 Resident Monthly Meeting - OR** 2:00 Dollar Bingo - OR **3:00 Valentine's Tea & Entertainer Samuel Ronto on Violin - OR** 7:00 TV: Wheel of Fortune – SL	**13** 9:45 Volleyball - OR 2:00 Scrabble - OR 7:00 Saturday Night @ the Movies – SL
14 Valentine's Day 10:30 Sunday Mass - OR 2:00 WNED Programming *'Great Performances at the Met: The Merry Widow' – SL* **3:30 Faith Mission - OR** 7:00 Classic Film - SL	**15 Family Day** 9:45 Balloon Volleyball - OR 10:15 Coffee & Word Search - OR 2:00 Movie Matinee - SL 3:00 Afternoon Tea & Talk - OR 7:00 Midsomer Murders TV Series - SL	**16** 9:45 Rev It Up Exercises - OR 10:15 Coffee & Word Search - OR 10:45 Who am I? - OR **2:15 Yoga with Heather – OR** **3:30 Historical Presentation w/ Lianne 'Beijing' - OR** 7:00 Movie 'Resident's Choice-SL	**17** 9:00 Physio Exercise Class- PR 9:45 Java Music Club - PD 10:00 Falls Prevention Class - PR 10:15 Cranium Crunches - OR 11:00 Tai Chi – OR 11:00 Music & Memories iPad Visit - RR 2:00 Nickel Bingo - OR 3:15 Crossword Challenge - OR 4:00 Washer Toss - OR 7:00 BBC Series: Last Tango in Halifax-SL	**18** 9:45 Balloon Volleyball – OR 10:15 Coffee & Word Search - OR **10:15 Outing: Dollarama – FD** **2:00 Scenic Drive - FD** 4:00 Ladder Ball - OR 7:00 Drop-in Board Games - OR	**19** 9:45 Balloon Volleyball – OR 10:15 Coffee & Chat – OR **10:45 Funny By Accident - OR** 2:00 Dollar Bingo - OR 3:45 Trafalgar Bar - OR 7:00 TV: Wheel of Fortune – SL	**20** 9:45 Volleyball - OR 2:00 Scrabble - OR 7:00 Saturday Night @ the Movies – SL
21 10:30 Sunday Mass - OR 2:00 WNED Programming 'Great Performances at the Met: *Iolanta/Bluebird's Castle'* - SL 7:00 Classic Film - SL	**22** 9:00 Physio Exercise Class- PR 10:00 Falls Prevention Class - PR 10:15 Coffee & Word Search - OR 11:00 Tai Chi – OR 2:00 Dollar Bingo - OR **3:00 Celebrity Social & Pre-Oscar Show with Entertainer Jay Franco - OR** 7:00 Midsomer Murders TV Series - SL	**23** 9:45 Rev It Up Exercises - OR 10:15 Coffee & Word Search - OR 10:45 Who am I? - OR **2:15 Yoga with Heather – OR** 3:00 Tea, Talk & Trivia w/ Gabe - OR 3:45 Trafalgar Bar – OR 7:00 Movie 'Resident's Choice-SL	**24** 9:00 Physio Exercise Class- PR 9:45 Java Music Club - PD 10:00 Falls Prevention Class - PR 10:15 Cranium Crunches - OR 11:00 Tai Chi – OR 11:00 Music & Memories iPad Visit - RR 2:00 Nickel Bingo - OR 3:15 Crossword Challenge - OR 4:00 Washer Toss - OR 7:00 BBC Series: Last Tango in Halifax-SL	**25** 9:45 Balloon Volleyball – OR 10:15 Coffee & Word Search - OR **10:15 Outing: Shoppers Drug Mart - FD** **11:30 Outing: Lunch & Shopping @ Dutch Mill Country Market - FD** 4:00 Ladder Ball - OR 7:00 Drop-in Board Games - OR	**26** 9:45 Rev It Up Progressive – OR 10:15 Coffee & Chat – OR **10:45 The Accidental Tourist - OR** 2:00 Dollar Bingo - OR 3:30 Music & Videos - iPad - OR 3:45 Trafalgar Bar - OR 7:00 TV: Wheel of Fortune – SL	**27** 9:45 Volleyball - OR 2:00 Scrabble - OR **3:00 Suite Melody Care: Leslie on Piano & Violin - OR** 7:00 Saturday Night @ the Movies – SL
28 10:30 Sunday Mass - OR 2:00 Movie Matinee - SL **7:00 Oscars Opening Ceremony: Live from Red Carpet - SL**	**29 Leap Year Day** 9:00 Physio Exercise Class- PR **9:45 Let's Talk: Leap Year - OR** 10:00 Falls Prevention Class - PR 10:15 Coffee & Word Search - OR 11:00 Tai Chi – OR 2:00 Dollar Bingo - OR **3:00 Birthday Tea - OR** **3:30 Entertainer Dan Clahane - OR** 7:00 Midsomer Murders TV Series - SL			**IMPORTANT DATES** Esthetician • Fridays –Spa		**ROOM LEGEND** **OR - Oak Room** **SL - Skylight Lounge** **PR - Physio Room** **FD - Meet @ the Front Desk** **RR - Resident Rooms** **PD - Private Dining Room** **P - Patio**