

KING GARDENS RECREATION CHOICES

MARCH 2016

KING GARDENS • Natalie Wong - Director of Recreation • Natalie.Wong@reveraliving.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
IMPORTANT DATES						
<p>March 13th – Don't forget to turn your clocks ahead 1 hour today!</p> <p>March 21st to 24th – “Spring Chicken” Week! Join us for a different event each day to kick off the Spring season and keep us feeling like a Spring Chick again!</p> <p>March 24th – Claudette’s Fashion Clothing Sale (11AM – 3PM - Main Lounge)</p> <p>March 21st – Hearing Aid Clinic – Please sign up at reception</p> <p>March 30th – Traditions Alive Clothing Sale (11 AM – 3PM in the Main Lounge)</p> <p><i>Tuck Shop Every Wednesday from 11:30 am – 12:30 pm (Main Lounge)</i></p>		<p>1</p> <p>11:00 6th Floor Block Party (6)</p> <p>1:15 Osteoporosis Education (G)</p> <p>1:30 Outing: Country Drive (FD)</p> <p>2:00 Tech Tutorials w/Shanyce (T)</p> <p>2:00 Osteoporosis Exercise (G)</p> <p>3:00 Bingo (B)</p> <p>4:00 iPad Travels: New Zealand (T)</p> <p>6:45 Euchre (B)</p> <p>7:00 Classic Movie Night (T)</p>	<p>2</p> <p>10:00 iPad Fun and Games: 4 Pictures 1 Word (T)</p> <p>1:15 Seated Yoga (G)</p> <p>2:00 Falls Prevention Class (G)</p> <p>2:00 Knitting Club (B)</p> <p>3:00 Making Pasta with Karen (An Interactive Cooking Demo) (B)</p> <p>3:00 Physiotherapy Exercise(G)</p> <p>6:45 Bingo with Heike (B)</p>	<p>3</p> <p>10:00 Therapy Dog Visits (L)</p> <p>10:00 ‘Keep Fit’ Gym Trip (75)</p> <p>1:15 Seated Tai Chi(G)</p> <p>1:30 Bridge (9)</p> <p>2:00 Falls Prevention Class (G)</p> <p>3:00 Physiotherapy Exercise(G)</p> <p>3:00 King’s Pub with Guitarist Peter Arthur (L)</p> <p>6:45 Euchre (B)</p>	<p>4</p> <p>10:00 Seated Exercise (G)</p> <p>10:45 Fruit Smoothies (B)</p> <p>11:00 Words Within A Word (B)</p> <p>12:00 Outing: Swiss Chalet (FD)</p> <p>2:00 Trivia Challenge (FD)</p> <p>2:00 Book Club Film “The Kite Runner” (T)</p> <p>6:45 Bingo (B)</p>	<p>5</p> <p>9:15 Seated Stretch (G)</p> <p>10:00 Word Puzzles (FD)</p> <p>10:00 Pump It Up (G)</p> <p>11:00 Billiards (T)</p> <p>11:00 Movement Matters (G)</p> <p>2:00 Scrabble (PS)</p> <p>3:00 Entertainment with Marlene (L)</p> <p>7:00 Blockbuster Movie Night: “Testament of Youth” (T)</p>
<p>6</p> <p>9:00 Catholic Mass (T)</p> <p>9:00 Therapy Dog Visits (L)</p> <p>10:00 Sunday Puzzle Challenge (Front Desk)</p> <p>2:00 Bullseye Darts Game (T)</p> <p>7:00 Planet Earth Series “Deserts” (T)</p>	<p>7</p> <p>9:15 Osteoporosis Education (G)</p> <p>10:00 Osteoporosis Exercise (G)</p> <p>10:30 Outing: McMichael Art Gallery & Lunch (FD)</p> <p>11:00 Java Music Club (B)</p> <p>1:30 Bridge (9)</p> <p>3:00 King’s Pub w/ Brad Boland (L)</p> <p>7:00 Cribbage (B)</p> <p>7:00 Rosary (G)</p>	<p>8</p> <p>11:00 Resident Meeting (T)</p> <p>1:15 Osteoporosis Education (G)</p> <p>2:00 Tech Tutorials w/Shanyce (T)</p> <p>2:00 Osteoporosis Exercise (G)</p> <p>3:00 Bingo (B)</p> <p>4:00 iPad Travels: Shanghai (T)</p> <p>6:45 Euchre (B)</p> <p>7:00 Classic Movie Night (T)</p>	<p>9</p> <p>10:30 Lianne Presents: “Myth and Media” (T)</p> <p>1:15 Seated Yoga (G)</p> <p>2:00 Falls Prevention Class (G)</p> <p>2:00 Knitting Club (B)</p> <p>3:00 Physiotherapy Exercise(G)</p> <p>3:00 Baking Homemade Mini Apple Crisp (B)</p> <p>6:45 Scrabble with Heike (B)</p>	<p>10</p> <p>10:00 Therapy Dog Visits (L)</p> <p>10:00 Book Club Meeting (T)</p> <p>1:15 Seated Tai Chi(G)</p> <p>1:30 Bridge (9)</p> <p>2:00 Falls Prevention Class (G)</p> <p>3:00 Physiotherapy Exercise(G)</p> <p>3:00 King’s Pub with Pianist Dan Clahane (L)</p> <p>6:45 Euchre (B)</p>	<p>11</p> <p>10:00 Seated Zumba (G)</p> <p>10:45 Fruit Smoothies (B)</p> <p>11:00 Words Within A Word (B)</p> <p>1:30 Outing: Rockwood Mall (FD)</p> <p>2:00 Trivia Challenge (FD)</p> <p>3:00 Biography Spotlight “Grace Kelly” (T)</p> <p>6:45 Bingo (B)</p>	<p>12</p> <p>9:15 Seated Stretch (G)</p> <p>10:00 Word Puzzles (FD)</p> <p>10:00 Pump It Up (G)</p> <p>11:00 Billiards (T)</p> <p>11:00 Movement Matters (G)</p> <p>2:00 Scrabble (PS)</p> <p>3:00 Afternoon Classical Piano Concert with Nicole (L)</p> <p>7:00 Blockbuster Movie Night: “Invictus” (T)</p>
<p>13 DAYLIGHT SAVINGS STARTS</p> <p>9:00 Catholic Mass (T)</p> <p>9:00 Therapy Dog Visits (L)</p> <p>10:00 Sunday Puzzle Challenge (Front Desk)</p> <p>2:00 Bullseye Darts Game (T)</p> <p>7:00 Planet Earth Series “Ice Worlds” (T)</p>	<p>14</p> <p>9:15 Osteoporosis Education (G)</p> <p>10:00 Osteoporosis Exercise (G)</p> <p>11:00 Calendar Meeting (T)</p> <p>11:00 Church Service with Dr. Rix – All Are Welcome! (G)</p> <p>1:30 Group Bridge (G)</p> <p>3:00 King’s Pub with Guitarist Kim Atkins (L)</p> <p>7:00 Cribbage (B)</p> <p>7:00 Rosary (G)</p>	<p>15</p> <p>11:00 7th Floor Block Party (7)</p> <p>1:15 Osteoporosis Education (G)</p> <p>2:00 Tech Tutorials w/Shanyce (T)</p> <p>2:00 Osteoporosis Exercise (G)</p> <p>3:00 Bingo (B)</p> <p>4:00 iPad Travels: Vietnam (T)</p> <p>6:45 Euchre (B)</p> <p>7:00 Classic Movie Night (T)</p>	<p>16</p> <p>10:00 iPad Fun and Games: Wheel of Fortune (T)</p> <p>1:15 Seated Yoga (G)</p> <p>2:00 Falls Prevention Class (G)</p> <p>2:00 Knitting Club (B)</p> <p>3:00 Making Whoopie Pies with Karen (An Interactive Cooking Demo) (B)</p> <p>3:00 Physiotherapy Exercise(G)</p> <p>6:45 Bingo with Heike (B)</p>	<p>17 ST. PATRICK’S DAY</p> <p>10:00 Therapy Dog Visits (L)</p> <p>10:00 ‘Keep Fit’ Gym Trip (75)</p> <p>1:15 Seated Tai Chi(G)</p> <p>1:30 Bridge (9)</p> <p>2:00 Falls Prevention Class (G)</p> <p>2:30 St. John’s Anglican Church (6)</p> <p>3:00 Physiotherapy Exercise(G)</p> <p>3:00 St. Patrick’s Pub with Roy Pardy (L)</p> <p>6:45 Euchre (B)</p>	<p>18</p> <p>10:00 Seated Exercise (G)</p> <p>10:45 Fruit Smoothies (B)</p> <p>11:00 Words Within A Word (B)</p> <p>1:15 Outing: Jorgen Ballet Presents ‘Sleeping Beauty’ at Oakville Centre for Performing Arts (FD)</p> <p>2:00 Trivia Challenge (FD)</p> <p>3:00 Biography Spotlight “Carol Burnett” (T)</p> <p>6:45 Bingo (B)</p>	<p>19</p> <p>9:15 Seated Stretch (G)</p> <p>10:00 Word Puzzles (FD)</p> <p>10:00 Pump It Up (G)</p> <p>11:00 Billiards (T)</p> <p>11:00 Movement Matters (G)</p> <p>2:00 Scrabble (PS)</p> <p>7:00 Blockbuster Movie Night: “The Longest Ride” (T)</p>
<p>20 FIRST DAY OF SPRING</p> <p>9:00 Catholic Mass (T)</p> <p>9:00 Therapy Dog Visits (L)</p> <p>10:00 Sunday Puzzle Challenge (Front Desk)</p> <p>2:00 Bullseye Darts Game (T)</p> <p>7:00 Planet Earth Series “Great Plains” (T)</p>	<p>21</p> <p>9:15 Osteoporosis Education (G)</p> <p>10:00 Osteoporosis Exercise (G)</p> <p>9:30 Outing: Walmart (FD)</p> <p>11:00 Java Music Club (B)</p> <p>1:30 Bridge (9)</p> <p>3:00 ‘Spring Chicken’ Week Kickoff Party with Alice Hwang (L)</p> <p>7:00 Cribbage (B)</p> <p>7:00 Rosary (G)</p>	<p>22</p> <p>11:00 Resident Meeting (T)</p> <p>1:15 Osteoporosis Education (G)</p> <p>2:00 – 3:30 ‘Spring Chicken’ Mini Facials and Avon Sale (Exercise Room) – Please Sign Up at Reception</p> <p>2:00 Tech Tutorials w/Shanyce (T)</p> <p>2:00 Osteoporosis Exercise (G)</p> <p>3:00 Bingo (B)</p> <p>4:00 iPad Travels: Turkey (T)</p> <p>6:45 Euchre (B)</p> <p>7:00 Classic Movie Night (T)</p>	<p>23</p> <p>10:00 iPad Fun and Games: Exploring Google Earth (T)</p> <p>1:15 Seated Yoga (G)</p> <p>1:30-3:30 ‘Spring Chicken’ Chair Massages (Exercise Room) – Please Sign Up at Reception!</p> <p>2:00 Falls Prevention Class (G)</p> <p>2:00 Knitting Club (B)</p> <p>3:00 Physiotherapy Exercise(G)</p> <p>6:45 Scrabble with Heike (B)</p>	<p>24</p> <p>10:00 Therapy Dog Visits (L)</p> <p>10:00 ‘Spring Chicken’ Outing: Centennial Park Conservatory to see the Spring Flowers (FD)</p> <p>1:15 Seated Tai Chi(G)</p> <p>2:00 Falls Prevention Class (G)</p> <p>3:00 Physiotherapy Exercise(G)</p> <p>3:00 King’s Pub with Singer Gerry Larkin (L)</p> <p>6:45 Euchre (B)</p>	<p>25 GOOD FRIDAY</p> <p>10:00 Seated Zumba (G)</p> <p>10:45 Fruit Smoothies (B)</p> <p>11:00 Words Within A Word (B)</p> <p>2:00 Trivia Challenge (FD)</p> <p>3:00 Biography Spotlight “Marilyn Monroe” (T)</p> <p>6:45 Bingo (B)</p>	<p>26</p> <p>9:15 Seated Stretch (G)</p> <p>10:00 Word Puzzles (FD)</p> <p>10:00 Pump It Up (G)</p> <p>11:00 Billiards (T)</p> <p>11:00 Movement Matters (G)</p> <p>2:00 Scrabble (PS)</p> <p>7:00 Blockbuster Movie Night: “Ever After” (T)</p>
<p>27 HAPPY EASTER!</p> <p>9:00 Catholic Mass (T)</p> <p>9:00 Therapy Dog Visits (L)</p> <p>10:00 Sunday Puzzle Challenge (Front Desk)</p> <p>2:00 Bullseye Darts Game (T)</p> <p>7:00 Planet Earth Series “Jungles” (T)</p>	<p>28</p> <p>9:15 Osteoporosis Education (G)</p> <p>10:00 Osteoporosis Exercise (G)</p> <p>10:00 Outing: Lakeshore Drive (FD)</p> <p>11:00 Java Music Club (B)</p> <p>1:30 Bridge (9)</p> <p>3:00 March Birthday Party with Roy Pardy (L)</p> <p>7:00 Cribbage (B)</p> <p>7:00 Rosary (G)</p>	<p>29</p> <p>11:00 8th Floor Block Party (8)</p> <p>1:15 Osteoporosis Education (G)</p> <p>2:00 Tech Tutorials w/Shanyce (T)</p> <p>2:00 Osteoporosis Exercise (G)</p> <p>3:00 Bingo (B)</p> <p>4:00 iPad Travels: London (T)</p> <p>6:45 Euchre (B)</p> <p>7:00 Classic Movie Night (T)</p>	<p>30</p> <p>10:00 iPad Fun and Games: Trivia & Treats (T)</p> <p>1:15 Seated Yoga (G)</p> <p>2:00 Falls Prevention Class (G)</p> <p>2:00 Knitting Club (B)</p> <p>3:00 “Night at the Operetta” with Joseph Sharon (T)</p> <p>3:00 Physiotherapy Exercise(G)</p> <p>6:45 Tea Social with Heike (B)</p>	<p>31</p> <p>10:00 Therapy Dog Visits (L)</p> <p>10:00 ‘Keep Fit’ Gym Trip (75)</p> <p>11:00 Outing: Flamborough Casino and Lunch (FD)</p> <p>1:15 Seated Tai Chi(G)</p> <p>1:30 Bridge (9)</p> <p>2:00 Falls Prevention Class (G)</p> <p>3:00 Physiotherapy Exercise(G)</p> <p>3:00 King’s Pub (L)</p> <p>6:45 Euchre (B)</p>	<p>SPECIAL LUNCH</p> <p>Join us for an Irish Themed St. Patrick’s Day lunch on March 17, 2016!</p> <p>Regular Seating Times</p>	<p>ROOM LEGEND</p> <p>(G) – Galleria</p> <p>(B) – Bistro</p> <p>(T) – Theatre</p> <p>(L) – Main Floor Lounge</p> <p>(6) – 6th Floor Lounge</p> <p>(9) – 9th Floor Lounge</p> <p>(RR) – Resident Rooms</p> <p>(FD) – Front Desk</p> <p>(75) – 75 King St (Meet in Bistro)</p> <p>(PS) – Potting Shed</p>