

COLONEL BY-RECREATION CHOICES

FEBRUARY 2016

Colonel By • Mary Farrell, Recreation Director, Email: mary.farrell@reveraliving.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00 A Game of Chess (Lib) 9:30 Well Adult Class (LL) 10:00 Strength Class (LL) 1:30 Winterlude Drive and Beavertails 1:30 Armchair Travel: <i>Wild Hawaii</i> (LL) 3:00 An Audience with Evelyn Metcalfe (LL) 6:45 Astronomy Presentation: <i>Studying the Cosmos</i> (LL)	2 9:30 Well Adult Class (LL) 10:00 Strength Class (LL) 10:45 Memory Fitness (LL) 2:00 Presentation by Ottawa Public Health: <i>Sweet Dreams</i> (LL) 3:00 Trivia (CA) 6:45 Evening Movie (LL)	3 9:30 Well Adult Class (LL) 10:00 Strength Class (LL) 10:30 Urban Poling (Lib) 2:00 Meeting with Mary (LL) 3:00 Group Crosswords (LL) 6:30 Evening Music with Jean Guy on the Piano (LL)	4 9:30 Well Adult Class (LL) 10:00 Strength Class (LL) 11:00 Orientation to Rev it Up (FC) 1:30 Art with Bess (AR) 3:00 Cribbage (Lib) 6:45 Colonel By Choir (LL)	5 9:30 Well Adult Class (LL) 10:00 Strength Class (LL) 1:30 Afternoon Music with the Polished Brass Quintet (Lob) 3:00 Social Hour (LL) 7:00 Evening Movie (LL)	6 10:00 Scrabble (Lib) 10:30 Downton Tea Party (LL) 1:00 Bridge (Lib) 1:30 Bingo (LL) 7:00 Evening Movie (LL)
7 10:00 Cribbage (Lib) 2:00 OLDS Club: <i>Call the Midwife</i> (LL) 3:00 Reading Corner (Lib) Super Bowl Party (LL)	8 9:15 Shopping at Billings Bridge 9:30 Well Adult Class (LL) 10:00 Strength Class (LL) 1:30 Music Appreciation: <i>Argentina, The Greatest Songs Ever</i> (LL) 3:00 Residents/ Managers Meeting (DR) 6:45 Evening DVD: <i>Ireland's Wild River</i> (LL)	9 9:30 Well Adult Class (LL) 10:00 Strength Class (LL) 10:45 Memory Fitness (LL) 2:00 Mardi Gras Celebration with the Hot Spuds Dixieland Band (Lob) 3:15 Trivia (CA) 6:45 Musical DVD: <i>Tony Bennett-The Music Never Ends</i> (LL)	10 9:30 Well Adult Class (LL) 10:00 Strength Class (LL) 10:00 Anglican Church Service (Chap) 10:30 Urban Poling (Lib) 1:45 Chair Yoga (LL) 3:00 Group Crosswords (LL) 7:00 Ottawa Senators Hockey (LL)	11 9:30 Well Adult Class (LL) 10:00 Strength Class (LL) 11:00 Lunch at Mandarin Ogilvie 1:30 Art with Bess (AR) 3:00 Intermediate French (LL) 3:00 Cribbage (Lib) 6:45 Colonel By Choir (LL)	12 9:30 Well Adult Class (LL) 10:00 Strength Class (LL) 1:30 Valentine's Celebration with Simon Clarke (Lob) 3:00 Social Hour (LL) 7:00 Evening Movie (LL)	13 10:00 Scrabble (Lib) 10:30 Downton Tea Party (LL) 1:00 Bridge (Lib) 1:30 Bingo (LL) 7:00 Evening Movie (LL)
14 10:00 Cribbage (Lib) 2:00 Afternoon Music with Lila at the Piano (Lob) 3:00 Reading Corner (Lib) 7:00 Evening Movie (LL)	15 9:30 Well Adult Class (LL) 10:00 Strength Class (LL) 1:30 \$Bingo \$ (LL) 3:00 TED Talks (LL) 6:45 Musical DVD: <i>Daniel O'Donnell-Can you Feel the Love</i> (LL)	16 9:30 Well Adult Class (LL) 10:00 Strength Class (LL) 10:45 Memory Fitness (LL) 1:30 Colouring Corner (Lib) 3:00 Trivia (CA) 6:45 Evening Movie (LL)	17 9:30 Well Adult Class (LL) 10:00 Strength Class (LL) 10:30 Urban Poling (Lib) 1:30 Poetry Corner (LL) 3:00 Group Crosswords (LL) 6:30 Evening Music with Stanley Frank (Lob)	18 9:00 A Game of Chess (Lib) 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)	19 9:30 Well Adult Class (LL) 10:00 Strength Class (LL) 11:00 Orientation to Rev it Up (FC) 2:00 Birthday Party with The Mellow Tones (Lob) 3:00 Social Hour (LL) 7:00 Evening Movie (LL)	20 10:00 Scrabble (Lib) 10:30 Downton Tea Party (LL) 1:00 Bridge (Lib) 1:30 Bingo (LL) 7:00 Evening Movie (LL)
21 10:00 Cribbage (Lib) 2:00 OLDS Club: <i>Call the Midwife</i> (LL) 3:00 Reading Corner (Lib) 7:00 Evening Movie (LL)	22 9:30 Well Adult Class (LL) 10:00 Strength Class (LL) 11:00 Food for Thought Meeting (Lib) 2:00 A Visit from Parrot Partner (LL) 3:00 Poetry Corner (LL) 3:00 Intermediate French (Lib) 6:45 Armchair Travel: <i>Splendors of the Spirit</i> (LL)	23 9:15 Shopping at Billings Bridge 9:30 Well Adult Class (LL) 10:00 Strength Class (LL) 10:45 Memory Fitness (LL) 2:00 A Visit with Storyteller Mary Cook: <i>Angels and Heroes of the Ottawa Valley</i> (LL) 3:00 Trivia (CA) 6:45 Evening Movie (LL)	24 9:30 Well Adult Class (LL) 10:00 Strength Class (LL) 10:00 United Church Service with Rev. Barry Goodwin (Chap) 1:45 Chair Yoga (LL) 3:00 Group Crosswords (LL) 6:30 Evening Music with Andre Gareau (Lob)	25 9:30 Well Adult Class (LL) 10:00 Strength Class (LL) 1:30 Afternoon Tea at Scone Witch 1:30 Art with Bess (AR) 3:00 Cribbage (Lib) 6:45 Colonel By Choir (LL)	26 9:30 Well Adult Class (LL) 10:00 Strength Class (LL) 1:30 Afternoon Music with Arlene Quinn (Lob) 3:00 Social Hour (LL) 7:00 Evening Movie (LL)	27 10:00 Scrabble (Lib) 10:30 Downton Tea Party (LL) 1:00 Bridge (Lib) 1:30 Bingo (LL) 7:00 Evening Movie (LL)
28 10:00 Cribbage (Lib) 1:30 Knitting Knook (Lib) 3:00 Reading Corner (Lib) 7:00 Evening Movie (LL)	29 9:30 Well Adult Class (LL) 10:00 Strength Class (LL) 1:45 City of Ottawa Presentation: <i>Come Swing with Me</i> (LL) 3:00 Poetry Corner (Lib) 4:30 Out for Dinner at The Baton Rouge 6:45 Evening Movie (LL)			IMPORTANT DATES Groundhog Day-Feb 2 Scotiabank (AR)- Feb. 9, 8:45 am Ottawa Public Library-Feb. 11 Valentine's Day-Feb. 14 Family Day-Feb. 15 Sunshine Gifts-Feb 26, 11:00-2:00		ROOM LEGEND AR-Activity Room CA-Cafe Chap-Chapel DR-Dining Room FC-Fitness Centre GA-Garden Lib-Library Lob-Lobby LL-Lookout Lounge SR-Sunroom