

RECREATION CHOICES

FEBRUARY 2016

The Annex, Narma Mahenthiran							More on next page >
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	Ground Hog Day 2	3	4	5	6	
	10:00 Fitness by Physio 10:30 Creative Club (FSL) 11:00 Falls Prevention Class 11:40 Word of the Day (i) 1:15 FP Class (2nd) 2:00 Annex Derby (Horse Races) 3:00 Music & Tea 4:30 Arm Chair Travelers' Club 6:30 Videos:Top 10 Lists	10:00 Flexibility & Balance Exercises 11:00 Fit for Life Exercises 11:40 Breaking News (i) 2:00 Ground Hog Day Celebrations 3:00 Music & Tea 3:00 Jigsaw puzzles 4:00 Dakim Brain Fitness (CR) 6:30 Tuesday Travelogue	10:00 Weights Fitness 11:00 Fit for Life Exercises 11:40 Daily Chronicles (i) 1:15 FP Class (2nd) 2:00 Food Committee (PDR) 2:00 Annex Café 3:00 Music at Teatime 4:00 Happy Hour (FSL) 6:30 Planet Earth: Shallow Seas	10:00 Physio Group Exercises 10:30 Creative Club (FSL) 11:00 Falls Prevention Class 11:40 This day in History (i) 2:00 Recreation Meeting 3:00 Music & Tea 3:30 Arm Chair Traveler's Club 6:30 Documentary: Fresh Water	10:00 Fit for Life Exercises 10:00 -11:30 BUS: St. Lawrence Market 11:00 Falls Prevention 11:40 Breaking News (i) 1:15 FP (2nd Floor) 1:30 ACS: Mardi Gras Masks 3:00 Art Display & Tea 4:00 Word Games 4:30 Dakim Brain Fitness (CR)	10:30 Reading Club with Derya 11:30 Let's Chat (i) 2:00 Afternoon Bingo 3:00 Music & Tea 4:00 Card Games (FSL) 4:30 Word Search (FSL) 6:15 Faith Impact Ministry: Women's Group	
7	Chinese New Year 8	9	10	11	12	13	
11:00 Sunday Morning Stretches 11:30 Music Requests 2:00 Afternoon Trivia 3:00 Music & Tea 3:15 Spiritual Service by Soul Winner's Ministry 4:00 Card Games 4:45 Sunday at the Movies: "A Star is Born" (1954-Musical)	10:00 Fitness by Physio 10:00 -11:30 BUS: Scenic Drive & Ice Cream at Dairy Queen 11:00 FP Class 11:40 Word of the Day (i) 1:15 FP Class (2nd) 2:00 Chinese New Year Celebrations 3:00 Music & Tea 4:30 Arm Chair Travelers' Club	10:00 Flexibility & Balance Exercises (FSL) 11:00 Service by Grace Church-on-the-Hill 11:40 Breaking News (i) 2:00 Pancake Tuesday: Waffle Mania Party 3:00 Music & Tea 3:15 Town Hall Meeting 4:00 Jigsaw Puzzles 6:30 Tuesday Travelogue	10:00 Weights Fitness 11:00 Fit for Life Exercises 11:00 -2:30 BUS: Concert At 4 Seasons Centre & Lunch at Hot House Restaurant 1:15 FP Class (2nd) 2:00 Friendship Grams 3:00 Music at Teatime 3:30 Scrabble (FSL) 6:45 Music Appreciation with Joseph	10:00 Physio Group Exercises 10:30 Creative Club (FSL) 11:00 Falls Prevention Class 11:40 This day in History (i) 2:00 ACS: Art with Kim 3:00 Art Display & Tea 4:00 Arm Chair Traveler's Club 6:30 Documentary: Mountains	10:00 Fit for Life Exercises 11:00 Falls Prevention Class 11:40 Breaking News (i) 1:15 FP (2nd Floor) 2:00 Friendship Grams Exchange 2:30 Valentine's Day Party 3:00 Music & Tea 4:00 Word Search 4:30 Dakim Brain Fitness (CR)	11:00 Hymns by Trinity College Students 11:30 Let's Chat (i) 2:00 Chocolate Bingo 3:00 Music & Tea 4:00 Card Games (FSL) 4:30 Word Search (FSL) 6:00 TCM Movie Night: "Hooper" (Comedy—1978)	
Happy Valentines Day	Family Day 15	16	17	18	19	20	
11:00 Sunday Morning Stretches 11:30 Music Requests 2:00 Valentine Afternoon Trivia 3:00 Music & Tea 3:15 Church Service by Good News Ministry Card Games 3:30 Sunday at the Movies "Sabrina" (Comedy—1954)	11:00 -2:30 BUS: Lunch at Old Spaghetti Factory 10:30 Creative Club (FSL) 11:00 Fit for Life Exercises 11:40 Word of the Day (i) 2:00 Black History Month Documentary 3:00 Music & Tea 6:30 Monday Night Movie: National Treasure: Book of Secrets	10:00 Flexibility & Balance Exercises 11:00 Fit for Life Exercises 11:40 Breaking News (i) 2:00 AES: Mixed Nuts Macaroons 3:00 Music & Tea 3:30 Jigsaw puzzles 4:00 Dakim Brain Fitness (CR) 6:30 Tuesday Travelogue	10:00 Weights Fitness 11:00 Fit for Life Exercises 11:40 Daily Chronicles (i) 1:15 Falls Prevention Class (2nd) 2:00 Annex Creative Series: Origami 3:00 Music at Teatime 3:30 Scrabble 4:00 Happy Hour (FSL) 6:30 Planet Earth: Snow Leopard	10:00 Physio Group Exercises 10:30 Creative Club (FSL) 11:00 Falls Prevention Class 11:40 This day in History (i) 2:00 "Getting to know You" 3:00 Music & Tea 3:30 Arm Chair Traveler's Club 6:30 Documentary: Jungles	10:00 Fit for Life Exercises 10:30 -2:30 BUS: Shopping at Cloverdale Mall 11:00 Falls Prevention 11:00 Breaking News (i) 11:40 FP (2nd Floor) 1:15 ACS: Celebration of African American Month Art Art Display & Tea 3:00 Word Games 4:30 Friday Night Movie	10:30 Reading Club with Derya 11:30 Let's Chat (i) 2:00 Afternoon Bingo 3:00 Music & Tea 4:00 Card Games (FSL) 4:30 Word Search (FSL) 6:00 TCM Movie Night: "Guess Who's Coming to Dinner" (Comedy-1967)	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
11:00 Sunday Morning Stretches 11:30 Music Requests 2:00 Afternoon Trivia 3:00 Music & Tea 3:15 Church Service by Good News Ministry Card Games 4:00 Sunday at the Movies: "The 4 Musketeers" (1975-Adventure)	10:00 Fitness by Physio 10:30 Creative Club (FSL) 11:00 Falls Prevention Class 11:40 Word of the Day (i) 1:15 FP Class (2nd) 2:00 AES: Pizza Bake-off 3:00 Music & Tea 4:30 Arm Chair Travelers' Club 6:30 Videos: Top 10 Lists	10:00 Flexibility & Balance Exercises 11:00 Fit for Life Exercises 11:40 Breaking News (i) 2:00 Yarn Lover's Club—Knit & Crochet 3:00 Music & Tea 3:30 Jigsaw puzzles 4:00 Dakim Brain Fitness (CR) 6:30 Tuesday Travelogue:	10:00 Weights Fitness 11:00 Fit for Life Exercises 11:40 Daily Chronicles (i) 1:15 Falls Prevention Class (2nd) 2:00 ADS: Treasured Objects 3:00 Music at Teatime Scrabble (FSL) 4:00 Planet Earth: Secrets of the Mayan Underworld 6:30	10:00 Physio Group Exercises 10:30 Creative Club (FSL) 11:00 Falls Prevention Class 11:40 This day in History (i) 2:00 Piano Concert with Shaya 3:00 Birthday Cake & Tea 3:30 Arm Chair Traveler's Club 6:30 Documentary	10:00 Fit for Life Exercises 11:00 Physio Exercises (FSL) 12:00-3:00: Fundraiser Bake Sale 1:15 FP Class (2nd) 3:00 Raffle Draw & Afternoon Tea 4:00 Word Search 4:30 Dakim Brain Fitness (CR) 7:00 Healing Sounds of Music by the Univ. of Toronto Students	10:30 Reading Club with Derya 11:30 Let's Chat (i) 2:00 Afternoon Bingo 3:00 Music & Tea 4:00 Card Games (FSL) 4:30 Word Search (FSL) 6:15 TCM Movie Night
28	29					
11:00 Sunday Morning Stretches 11:30 Music Requests 2:00 Afternoon Trivia 3:00 Music & Tea 3:15 Church Service by Good News Ministry Card Games 4:00 Sunday at the Movies	10:00 Fitness by Physio 10:30 Creative Club (FSL) 11:00 FP Class 11:40 Word of the Day (i) 1:15 FP Class (2nd) 2:00 Rice Crispy-Cupcake Day 3:00 Music & Tea 4:30 Arm Chair Travelers' Club 6:45 History of Popular Music by James					
				Program Legend	Room Legend	
				(i) iPad Program ACS Annex Creative Series ADS Annex Discussion Series AES Annex Edible Series ALS Annex Lecture Series FP Falls Prevention Class	All Programs take place in Annex Theatre unless specified 2nd 2nd Floor Common Room CR Computer Room FSL Fireside Lounge L Lobby PDR Private Dining Room	