

# TRAFALGAR LODGE RECREATION CHOICES

MARCH 2016

Trafalgar Lodge • Nadine Parsons, Recreation Director

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>IMPORTANT DATES</b> Hair Salon • Wednesdays –LL Esthetician • Fridays –Spa		<b>1 Peanut Butter Lovers Day</b> 9:45 Rev It Up Exercises – OR <b>10:00 Peanut Butter Break- OR</b> 10:15 Coffee & Word Games- OR <b>10:30 Discussion Group: Snow Days-OR</b> <b>2:00 Carpet Bowling – SL</b> 3:15 Up To Ten- OR 4:00 Trafalgar Bar – OR 7:00 Movie 'Resident's Choice-SL	<b>2</b> 9:00 Physio Exercise Class- PR 10:00 Falls Prevention Class - PR 10:15 Coffee & Word Games- OR 11:00 Tai Chi – OR 11:00 1:1 Visits With Nadine <b>2:00 Sean: Irish Soda Farls - OR</b> 3:15 Crosswords- OR 4:00 Nickle Bingo- OR 7:00 Last Tango in Halifax-SL	<b>3</b> 9:45 Balloon Volleyball – OR 10:15 Coffee & Word Games- OR <b>10:15 Outing: Scenic Drive- FD</b> 2:00 Ladder Ball- OR 3:15 Rick Steves: Northern Ireland- OR 4:00 Java Music Club- OR 7:00 Drop-in Board Games - OR	<b>4</b> 9:45 Rev It Up Exercise – OR 10:15 Coffee & Word Games- OR 10:45 You Be The Judge- OR <b>12:00 Men's Pub Lunch- SL</b> 2:00 Dollar Bingo - OR 3:15 Word In A Word- OR 4:00 Trafalgar Bar - OR 7:00 TV: Wheel of Fortune – SL	<b>5</b> 9:45 Volleyball - OR 2:00 Scrabble - OR 7:00 Saturday Night @ the Movies – SL
<b>6</b> 10:30 Sunday Mass - OR 2:00 Movie Matinee: SL 7:00 Classic Film - SL	<b>7</b> 9:00 Physiotherapy Exercise- PR 10:00 Falls Prevention Class - PR 10:15 Coffee & Word Games- OR 11:00 Tai Chi – OR 11:00 1:1 Visits With Nadine - RR 2:00 Dollar Bingo - OR <b>3:30 Entertainer Kim Atkins - OR</b> 7:00 Midsomer Murders Series - SL	<b>8</b> 9:45 Rev It Up Exercises – OR 10:15 Coffee & Word Games- OR <b>10:30 Creative Arts Class - OR</b> 2:00 Washer Toss- OR <b>3:00 Tea Talk &amp; Trivia with Gabe-OR</b> 4:00 Trafalgar Bar - OR 7:00 Movie 'Resident's Choice-SL	<b>9</b> 9:00 Physio Exercise Class- PR 10:00 Falls Prevention Class - PR 10:15 Coffee & Word Games- OR 11:00 Tai Chi – OR 11:00 1:1 Visits With Nadine 2:00 Bean Bag Toss- OR 3:15 Crosswords- OR 4:00 Nickle Bingo- OR 7:00 Andre Rieu Music- SL	<b>10 Popcorn Lovers Day</b> 9:45 Balloon Volleyball – OR 10:15 Coffee & Word Games- OR <b>10:15 Outing: Scenic Drive – FD</b> 2:00 Ladder Ball- OR <b>3:00 Popcorn Break- OR</b> <b>4:15 Doggy Visit - OR</b> 7:00 Drop-in Board Games - OR	<b>11</b> 9:45 Rev It Up Exercise- OR 10:15 Coffee & Word Games- OR <b>10:45 Resident Monthly Meeting -OR</b> 2:00 Dollar Bingo - OR 3:15 Word In A Word- OR 4:00 Trafalgar Bar- OR 7:00 TV: Wheel of Fortune – SL	<b>12</b> 9:45 Volleyball - OR 2:00 Scrabble - OR 7:00 Saturday Night @ the Movies – SL
<b>13 Daylight Savings</b> 10:30 Sunday Mass - OR 2:00 Movie Matinee- SL <b>3:30 Faith Mission - OR</b> 7:00 Classic Film - SL	<b>14</b> 9:00 Physio Exercise Class- PR 10:00 Falls Prevention Class - PR 10:15 Coffee & Word Games- OR 11:00 Tai Chi – OR 11:00 1:1 Visits With Nadine - RR 2:00 Dollar Bingo - OR <b>3:30 Entertainer Alice Hwang - OR</b> 7:00 Midsomer Murders Series - SL	<b>15</b> 9:45 Rev It Up Exercises - OR 10:15 Coffee & Word Games- OR 10:45 Categories- OR <b>2:15 Yoga with Heather – OR</b> <b>3:30 Historical Presentation With Lianne: 'Meso America' - OR</b> 7:00 Movie 'Resident's Choice-SL	<b>16</b> 9:00 Physio Exercise Class- PR 10:00 Falls Prevention Class - PR 10:15 Coffee & Word Games- OR 11:00 Tai Chi – OR 11:00 1:1 Visits With Nadine 2:00 Bean Bag Toss- OR 3:15 Crosswords- OR 4:00 Nickle Bingo- OR 7:00 Wii Bowling- SL	<b>17 St. Patrick's Day</b> 9:45 Balloon Volleyball – OR 10:15 Coffee & Word Games- OR <b>10:15 Outing: Scenic Drive- FD</b> 2:00 Ladder Ball- OR <b>3:30 St. Patrick's Day Celebration with Ian Weir - OR</b> 7:00 Drop-in Board Games - OR	<b>18</b> 9:45 Rev It Up Exercise– OR 10:15 Coffee & Word Games- OR 10:45 Music & Videos- OR 2:00 Dollar Bingo - OR 3:15 Word In A Word- OR 4:00 Trafalgar Bar - OR 7:00 TV: Wheel of Fortune – SL	<b>19</b> 9:45 Volleyball - OR 2:00 Scrabble - OR 7:00 Saturday Night @ the Movies – SL
<b>20 Spring Begins</b> 10:30 Sunday Mass - OR 2:00 Movie Matinee- SL 7:00 Classic Film - SL	<b>21</b> 9:00 Physio Exercise Class- PR 10:00 Falls Prevention Class - PR 10:15 Coffee & Word Games- OR 11:00 Tai Chi – OR 11:00 1:1 Visits With Nadine - RR 2:00 Dollar Bingo – OR <b>3:30 Spring Social With Steve Angel - OR</b> 7:00 Midsomer Murders Series - SL	<b>22</b> 9:45 Rev It Up Exercises - OR 10:15 Coffee & Word Games- OR 10:45 Categories- OR <b>2:15 Yoga with Heather – OR</b> 3:15 Up To Ten- OR 4:00 Trafalgar Bar – OR 7:00 Movie 'Resident's Choice-SL	<b>23</b> 9:00 Physio Exercise Class- PR 10:00 Falls Prevention Class - PR 10:15 Coffee & Word Games- OR 11:00 Tai Chi – OR 11:00 1:1 Visits With Nadine 2:00 Bean Bag Toss- OR 3:15 Crosswords- OR 4:00 Nickle Bingo- OR 7:00 Andre Rieu Music- SL	<b>24</b> 9:45 Balloon Volleyball – OR 10:15 Coffee & Word Games- OR <b>10:15 Outing: Scenic Drive- FD</b> 2:00 Ladder Ball- OR 3:15 Rick Steves: Southern Ireland-OR 4:00 Java Music Club- OR 7:00 Drop-in Board Games - OR	<b>25 Good Friday</b> 9:45 Balloon Volleyball- OR 10:15 Coffee & Word Games- OR <b>3:00 Good Friday Church Service- OR</b> 7:00 TV: Wheel of Fortune – SL	<b>26</b> 9:45 Volleyball - OR 2:00 Scrabble - OR <b>3:00 Suite Melody Care: Phoebe on Piano – OR</b> 7:00 Saturday Night @ the Movies – SL
<b>27 Easter</b> 10:30 Sunday Mass - OR 2:00 Movie Matinee- SL 7:00 Classic Film - SL	<b>28</b> 9:00 Physio Exercise Class- PR 10:00 Falls Prevention Class - PR 10:15 Coffee & Word Search - OR 11:00 Tai Chi – OR 11:00 1:1 Visits With Nadine- RR 2:00 Dollar Bingo - OR <b>3:30 Birthday Entertainer Peter Arthur - OR</b> 7:00 Midsomer Murders Series - SL	<b>29</b> 9:45 Rev It Up Exercises - OR 10:15 Coffee & Word Games- OR 10:45 Categories- OR 2:00 Washer Toss- SL 3:15 Up To Ten- OR 4:00 Trafalgar Bar – OR 7:00 Movie 'Resident's Choice-SL	<b>30</b> 9:00 Physio Exercise Class- PR 10:00 Falls Prevention Class - PR 10:15 Coffee & Word Games- OR 11:00 Tai Chi – OR 11:00 1:1 Visits With Nadine 2:00 Bean Bag Toss- OR 3:15 Crosswords- OR 4:00 Nickle Bingo- OR 7:00 Wii Bowling- SL	<b>31</b> 9:45 Balloon Volleyball- Or 10:15 Coffee & Word Games- OR <b>10:15 Scenic Drive- FD</b> <b>2:00 Shoppers Drug Mart- FD</b> 4:00 Java Music Club- OR 7:00 Drop- In Board Games- OR		<b>ROOM LEGEND</b> OR - Oak Room SL - Skylight Lounge PR - Physio Room FD - Meet @ the Front Desk RR - Resident Rooms PD - Private Dining Room P - Patio