

TRAFALGAR LODGE RECREATION CHOICES

MARCH 2016

Trafalgar Lodge • Nadine Parsons, Recreation Director

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