

BROOKSIDE COURT—RECREATION CHOICES

FEBRUARY 2016

Brookside Court, Recreation Director: Zahra Mawji, zahra.mawji@reveraliving.com

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	Groundhog Day 2	3	4	5	6
	10:00 Current Events - 2 10:30 Sit n Flex - 2 11:00 Bean Bag Toss - 1 11:30 Brain Games-1 1:00 Fall Prevention - 2 2:00 Fall Prevention - 1	10:00 News & Views - 2 10:30 Washer Toss - 2 11:00 Tennis Time - 1 11:30 Groundhog day Trivia- 1 1:30 Creative Crafts - AR 2:30 Pokeno! - 2 3:15 Bean Bag Baseball 3:45 Music Lounge - 2 4:30 Puzzle Time	10:00 Discussion Group-2 10:30 Food Committee Meeting - DR1 11:15 Yoga with Nadia -2 11:30 Bowling - 1 2:00 Sing a long with Ron Kopman - DR2 3:15 Guess Who - 2 3:30 Kick It! 4:15 Color My World - 2	10:00 Group Physio - 1 10:00 Current Events - 2 10:30 Group Physio - 2 10:45 Tic Tac Toe-1 11:15 Sensory Baking - 2 1:30 Ladder Ball - 1 2:15 Trivia - 1 3:00 Afternoon Social - 2 3:45 Comedy Classics 2 4:15 Keep up! - 2	10:00 News & Views-2 10:30 Chair Exercises-2 11:00 Chair Exercises-1 11:30 Brain Games-1 1:30 Brookside Movie Theatre-2 1:30 Friendly Visits 3:00 Afternoon Social 3:30 Ladder Ball-2 4:00 Laugh Lounge-2 6:00 Word Jumbles	10:00 News & Views-2 10:30 Sit to Be Fit-2 11:00 Sit & Stretch-1 11:30 Riddle Me This-1 1:30 Afternoon Movie-2 3:00 Afternoon Social 6:30 Feature Movie
Super Bowl 7	Chinese New Year 8	Mardi Gras 9	10	11	12	13
10:00 Tea & Chat - 2 11:00 Communion Service 1:30 Afternoon Movie - 1 3:00 Afternoon Social 4:00 Word Jumbles 6:00 Super Bowl - 1 & 2	10:00 Chinese Forecast-2 10:30 Moving to Music - 2 11:00 Stretch & Flex - 1 11:30 Current Events - 1 1:00 Fall Prevention - 2 2:00 Fall Prevention - 1 3:15 Afternoon Social - 2 4:00 Chinese New Year Word Puzzles	10:00 Group Physio - 1 10:00 Current Events - 2 10:30 Group Physio - 2 11:00 Ladder Ball-1 11:30 Sing-a-long Songs-2 1:30 Brain Games - 1 2:30 Laugh Lounge -1 3:30 Chair Exercises - 2 4:00 Word Games-2	10:00 Fact or Fiction - 2 10:30 Tennis Time - 2 11:15 Yoga with Nadia - 2 11:30 Jeopardy - 1 2:00 Wine & Cheese with the WestendersDR1 3:15 Hot Chocolate - 2 3:45 Washer Toss - 2 4:30 Color My World - 2 6:30 Feature Film - 2	10:00 Group Physio - 1 10:00 Current Events - 2 10:30 Group Physio - 2 10:45 Baking Group AR 11:30 Bowling - 1 1:30 Sensory Baking - 2 2:00 Moving to Music- 2 2:30 Baked Good Social1 3:15 Comedy Classics 2 3:45 Ladder Ball - 2	10:00 News & Views-DR2 10:30 United Church Service - DR2 11:15 Tennis Time - 1 1:30 Shopping Trip 2:00 Moving to Music - 2 2:30 Filmy Trivia - 1 3:00 Jell-O Social-2 3:30 Tic Tac Toe - 2 3:45 Music Lounge	10:00 News & Views - 2 10:30 Balls & Balance - 2 11:00 Chair Exercises - 1 11:30 Valentine Trivia - 1 2:00 Word Scramble 3:00 Afternoon Social 6:30 Feature Movie - 2
Valentine's Day 14	Family Day 15	16	17	18	19	20
10:00 Tea & Chat - 2 11:00 Communion Service 2:00 Valentine Celebration with Wendy—DR2 3:00 Afternoon Social 4:00 Word Jumbles 6:30 Feature Movie - 2	2:00 Family Day Celebrations with Joe Thomson - 2 6:00 Feature Movie - 2	10:00 Group Physio - 1 10:15 Current Events - 2 10:30 Group Physio - 2 10:45 Bowling - 1 11:15 Creative Crafts - AR 1:30 Moving to Music -2 2:00 Great Inventors - 1 2:30 Kick it! - 1 3:15 Jeopardy - 2 4:30 Puzzle Time	10:00 Current Events - 2 10:30 Balls & Balance - 2 11:15 Yoga with Nadia - 2 11:30 Stretch & Flex - 1 2:00 Chocolate Social with Gerry Chaput 3:15 Deal or No Deal - 2 3:45 Compliment Toss- 2 4:30 Color My World - 2 6:30 Feature Film - 1	10:00 Group Physio - 1 10:00 The World News - 2 10:30 Group Physio - 2 10:45 Baseball - 1 11:15 Science Experiment 1:30 Word Games - 1 2:00 Calendar Meeting-2 2:30 Bowling - 2 3:15 Bingo - 2 4:30 Music Lounge - 2	10:00 News & Views-2 10:30 Chair Exercises-2 11:00 Chair Exercises-1 11:30 Spotlight On...-1 1:30 Laugh Lounge-2 3:00 Afternoon Social 3:30 Amazing Internet Videos-2 6:00 Word Jumbles	10:00 News & Views-2 10:30 Sit to Be Fit-2 11:00 Sit & Stretch-1 11:30 Brain Games-1 11:30 Afternoon Movie-2 2:00 Afternoon Social 3:00 Feature Movie 6:30

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
10:00 Tea & Chat – 2 11:00 Communion Service 1:30 Afternoon Movie - 1 3:00 Afternoon Social 4:00 Word Jumbles 6:30 Feature Movie - 2	10:00 Current Events - 2 10:30 Balls & Balance—2 11:00 Bowling - 1 11:30 Word Games - 1 1:00 Fall Prevention - 2 2:00 Fall Prevention - 1 3:15 Afternoon Social - 2	10:00 Group Physio - 1 10:00 Current Events - 2 10:30 Group Physio - 2 10:30 Heart Warming Stories-1 11:00 Brain Games - 1 11:30 Laugh Lounge –1 1:30 Jeopardy - 2 2:30 Poetry Corner - 2 3:30 Music Lounge-2	10:00 Fact or Fiction - 2 10:30 Stretch n Flex - 2 11:15 Yoga with Nadia - 2 11:30 Tennis Time - 1 2:00 Music with Phil James - 2 3:00 Afternoon Social - 2 4:00 Bean Bag Baseball 6:00 Home Maker’s Corner - 2	10:00 Group Physio - 1 10:00 Current Events - 2 10:30 Group Physio - 2 10:30 Shopping Trip to Shoppers Drug Mart 1:15 Tennis Time—2 2:00 Anglican Church Service - DR2 3:15 Comedy Classics 2 3:45 Glamour Nails	10:00 Current Events - 2 10:30 Tennis Time - 2 11:00 Chair Exercises - 1 11:30 Dare to Compare - 1 1:30 Bingo - AR 2:30 Celebrations 3:15 Birthday Social - 1 3:45 Music Lounge – 2 6:00 Word Jumbles	10:00 News & Views - 2 10:30 Balls & Balance – 2 11:15 Lunch Group Prep 12:15 Lunch Group AR1 2:00 Word Jumbles 3:00 Afternoon Social 6:30 Feature Movie - 2
28	29					
10:00 Tea & Chat – 2 11:00 Communion Service 1:30 Afternoon Movie - 1 3:00 Afternoon Socail 4:00 Word Jumbles 6:30 Feature Movie - 2	10:00 Current Events - 2 10:30 Washer Toss - 2 11:00 Chair Exercises - 1 11:30 Brain Games-1 1:00 Fall Prevention - 2 2:00 Fall Prevention - 1 3:00 Afternoon Social-2					
			Important Dates		Room Legend	
			Feb 3 Clothing & Jewelry Sale - at 10:30 AM Feb 4 Hearing Clinic at 2:30 PM Feb 4 Arbonne Sale (Hilltop) Feb10 Gift Basket Sale Feb12 Shopping Trip to Hillcrest mall Feb26 Shopping to Shoppers Drug Mart		1 First Floor Lounge 2 Second Floor Lounge DR1 First Floor Dining DR2 Second Floor Dining AR Activity Room	