

# BROOKSIDE COURT—RECREATION CHOICES

FEBRUARY 2016

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

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