

RECREATION CHOICES

FEBRUARY 2016

Birkdale Place Seniors Community—Martina Iwanchuk, Recreation Director

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:15 Group Physio Fit (F) 10:00 Stair Challenge 10:30 Knit & Chatter (FP) 1:00 Library Trip (O) 2:00 Our Daily Bread with Nancy (FP) 3:30 Armchair Traveler British Isles (CT) 3:30 Friendly 1:1 Visits 3:30 Game of Pool (SL) 6:30 Movie (CT)	9:15 Exercise Class (F) 10:15 Tai Chi (F) 12:00 Groundhog Trivia 1:00 Chicken Soup Stories (FP) 2:30 Easy Listening with Florin Clonta and his Saxophone 4:00 Therapy Dogs 6:15 Euchre (A) 6:30 Movie (CT)	9:15 Group Physio Fit (F) 10:00 Stair Challenge 10:30 Hymn & Chapel (CT) 2:00 Meditation (SL) 2:00 Osteo Exercises (F) 3:30 Big Crossword (FP) 6:30 25C BINGO (A) 6:30 Movie (CT)	Morning Lab Run (O) 9:15 Exercise Class (F) 10:15 Tai Chi (F) 10:30 Catholic Service (CT) 10:30 Knit & Chatter (FP) 11:00 Creative Color 3:00 Big Crossword (FP) 6:15 Bridge (A) 6:30 Movie (CT)	9:15 Group Physio Fit (F) 10:15 Shopping Trip "Sears" (O) 10:30 Anglican Communion 12:00 Quilting Bee (A) 2:00 Osteo Exercises (F) 2:00 Helping Hands 3:30 Birkdale Steeplechase 6:30 Movie (CT)	10:30 Pretty Polish (A) 1:00 Video Fitness (F) 3:00 Scrabble (A) 6:30 Movie (CT) 6:30 25C BINGO (A)
7	8	9	10	11	12	13
10:00 Worship with Joel Osteen TV Ministry (F) 1:30 Big Band Rehearsal (A) 3:00 Special Hot Cocoa in the Café (C) 4:00 Crokinole (A) 6:30 Movie (CT)	9:15 Group Physio Fit (F) 10:00 Stair Challenge 10:30 Knit & Chatter (FP) 1:00 Feeling Lucky? Casino Trip (O) 2:00 Our Daily Bread with Nancy (FP) 3:30 Armchair Traveler visits Scotland (CT) 3:30 Friendly 1:1 Visits 3:30 Game of Pool (SL) 6:30 Movie (CT)	9:15 Exercise Class (F) 10:15 Tai Chi (F) 12:00 Pancake Tuesday 1:00 Chicken Soup Stories (FP) 2:30 Mardi Gras Happy Hour / Sing Along with Don Cantwell 4:00 Therapy Dogs 6:15 Euchre (A) 6:30 Movie (CT)	9:15 Group Physio Fit (F) 10:00 Stair Challenge 10:30 Hymn & Chapel (CT) 2:00 Meditation (SL) 2:00 Osteo Exercises (F) 3:00 Heroes & Villains Celine Dion and Rene (FP) 6:30 25C BINGO (A) 6:30 Movie (CT)	Morning Lab Run (O) 9:15 Exercise Class (F) 10:15 Tai Chi (F) 10:30 Catholic Service (CT) 10:30 Knit & Chatter (FP) 11:00 Baking: Valentine Surprise 3:30 Entertainment with Mike Farentino (M) 6:15 Bridge (A) 6:30 Movie (CT)	9:15 Group Physio Fit (F) 10:00 Shopping Trip "Walmart" (O) 12:00 Quilting Bee (A) 1:00 John Van School's "Remembering Valentines" 2:00 Osteo Exercises (F) 2:00 Helping Hands 6:30 Movie (CT)	10:30 Pretty Polish (A) 1:00 Video Fitness (F) 3:00 Scrabble (A) 3:00 X Box Bowling 6:30 Movie (CT) 6:30 25C BINGO (A)
Valentine's Day 14	Family Day 15	16	17	18	19	20
10:00 Worship with Joel Osteen TV Ministry (F) 12:00 Sweetheart Lunch 1:30 Swing into Valentine's with the Don Singular Band (M) 3:00 Flavoured Coffee in the Café (C) 4:00 Crokinole (A) 6:30 Movie (CT)	9:15 Group Physio Fit (F) 10:30 Knit & Chatter (FP) 2:00 Our Daily Bread with Nancy (FP) 3:30 Armchair Traveler (CT) 3:30 Game of Pool (SL) 6:30 Movie (CT)	9:15 Exercise Class (F) 10:15 Tai Chi (F) 11:30 Chicken Soup Stories (FP) 12:15 "Trip In" Fish and Chips (M) 3:00 Musical BINGO (A) 4:00 Therapy Dogs 6:15 Euchre (A) 6:30 Movie (CT)	9:15 Group Physio Fit (F) 10:00 Stair Challenge 10:30 Hymn & Chapel (CT) 2:00 Meditation (SL) 2:00 Osteo Exercises (F) 3:00 Special DVD Concert Andre Rieu 6:30 25C BINGO (A) 6:30 Movie (CT)	Morning Lab Run (O) 9:15 Exercise Class (F) 10:15 Tai Chi (F) 10:30 Catholic Service (CT) 10:30 Knit & Chatter (FP) 3:00 New Residents Social (M) 6:15 Bridge (A) 6:30 Movie (CT)	9:15 Group Physio Fit (F) 10:00 Shopping Trip Walmart (O) 12:00 Quilting Bee (A) 2:00 Osteo Exercises (F) 2:00 Helping Hands 3:00 Birthday Party with Steve Angel (M) 6:30 Movie (CT)	10:30 Pretty Polish (A) 1:00 Video Fitness (F) 3:00 X Box Bowling 3:00 Scrabble (A) 6:30 Movie (CT) 6:30 25C BINGO (A)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
10:00 Worship with Joel Osteen TV Ministry (F) 1:30 Big Band Rehearsal (A) 3:00 Special Hot Cocoa in the Café (C) 4:00 Crokinole (A) 6:30 Movie (CT)	9:15 Group Physio Fit (F) 10:00 Stair Challenge 10:30 Knit & Chatter (FP) 2:00 Our Daily Bread with Nancy (FP) 3:30 Armchair Traveler Mystery Trip (CT) 3:30 Friendly 1:1 Visits 3:30 Game of Pool (SL) 6:30 Movie (CT)	9:15 Exercise Class (F) 10:15 Tai Chi (F) 11:30 Chicken Soup Stories (FP) 3:00 Happy Hour with the Sh-Boomers (M) Come SHHake it up 4:00 Therapy Dogs 6:15 Euchre (A) 6:30 Movie (CT)	9:15 Group Physio Fit (F) 10:00 Stair Challenge 10:00 The Dressing Room Winter Sale (A) 10:30 Hymn & Chapel (CT) 2:00 Meditation (SL) 2:00 Osteo Exercises (F) 3:00 Health Forum (FP) 6:30 25C BINGO (A) 6:30 Movie (CT)	Morning Lab Run (O) 9:15 Exercise Class (F) 10:15 Tai Chi (F) 10:30 Catholic Service (CT) 10:30 Knit & Chatter (FP) 11:00 Cooking Around the World (A) 1:00 Shoppers Drug Mart Seniors Day Trip (O) 3:00 Sing-Along (M) 6:15 Bridge (A) 6:30 Movie (CT)	8:00 Men's Breakfast Special Guest Speaker(A) 9:15 Group Physio Fit (F) 10:15 Shopping Trip (O) 12:00 Quilting Bee (A) 2:00 Osteo Exercises (F) 2:00 Helping Hands 6:30 Movie (CT)	10:30 Pretty Polish (A) 1:00 Video Fitness (F) 3:00 Scrabble (A) 3:00 Classics with Erin (M) 6:30 Movie (CT) 6:30 25C BINGO (A)
28	29					
10:00 Worship with Joel Osteen TV Ministry (F) 1:30 Big Band Rehearsal (A) 3:00 Flavoured Coffee in the Café (C) 4:00 Crokinole (A) 6:30 Movie (CT)	9:15 Group Physio Fit (F) 10:00 Stair Challenge 10:30 Knit & Chatter (FP) 11:00 Town Hall Meeting (A) 2:00 Our Daily Bread with Nancy (FP) 3:30 Armchair Traveler Warm it up in Mexico 3:30 Friendly 1:1 Visits 3:30 Game of Pool (SL) 6:30 Movie (CT)					
			Important Dates		Room Legend	
			Live Well Information Session 6:30 pm Tuesday February 2 February 8th and 29th: Foot Care Nurse is in Hairdresser is in every Tuesday and Thursday Valentine's Gourmet Luncheon on February 14!	Movies shown in the theater can also be viewed in your suites on Channel 398! Birkdale Place Information Channel:399 Please inform Reception/ Dining Staff as far in advance as possible if you will be having meal guests.	FP Fire Place Lounge M Main Dining Room CT Chapel/Theatre SL Men's Sports Lounge A Activity Room F Fitness Room C Café O Outing—Please sign up for this activity at Reception	