

**Alta Vista • Cheryl-Ann Conley, Recreational Director, Email: Cheryl.conley@reveraliving.com**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1 Peanut Butter Lover's Day</b> <b>09:30am</b> Shopping Walmart <b>10:00am</b> Daily Chronicles (ML) <b>10:00am</b> WG Circle ( C ) <b>11:00am</b> Scrapbook Meeting (A) <b>11:30am</b> Genealogy Meeting (A) <b>2:00pm Entertainment</b> "Len Goldfarb" (ML) <b>4:00pm</b> Games Hour (A)	<b>2</b> <b>09:30am</b> Exercise Class <b>10:15am</b> Exercise Class <b>10:00am</b> Daily Chronicles (ML) <b>11:15am</b> Tea Social (ML) <b>2:30pm</b> Bingo (A) <b>3:30pm</b> Creative Colouring (AR) <b>7:30pm</b> Discussion Group (2 <sup>nd</sup> FI)	<b>3</b> <b>09:30am</b> Tim Hortons <b>10:00am</b> Daily Chronicles (ML) <b>11:00am</b> Pet Therapy (ML) <b>2:00pm</b> Bean Bag Toss (ML) <b>2:30pm</b> Bridge (L) <b>3:00pm</b> Social Hour (2 <sup>nd</sup> FI) <b>4:00pm</b> Yahtzee/Cribbage (A) <b>7:00pm</b> Dog Therapy (ML)	<b>4 Vendor on Site</b> <b>09:30am</b> Exercise Class <b>10:15am</b> Exercise Class <b>10:00am</b> Pam's Travel (ML) <b>10:00am</b> Daily Chronicles (ML) <b>11:00am</b> Games Hour (A) <b>11:00am</b> Knitting Club (A) <b>2:15pm</b> Memory Fitness (A) <b>3:30pm</b> Bingo (A)	<b>5 Exercise</b> <b>09:30am</b> Exercise Class Anne <b>10:00am</b> Daily Chronicles (ML) <b>11:00am</b> Games Hour (A) <b>02:30pm</b> Art Class (A) <b>02:30pm</b> Bridge (L) <b>3:00pm</b> Social Hour (2 <sup>n</sup> ) <b>7:30pm</b> Movie (2 <sup>nd</sup> FI)
<b>6</b> <b>8:45am</b> Church Shuttle Begins <b>10:00am</b> Daily Chronicles (ML) <b>11:00am</b> Games Hour (A) <b>12:00pm</b> Church Shuttle Ends <b>2:30pm</b> Bingo (A) <b>7:30pm</b> Movie (2 <sup>nd</sup> FI)	<b>7 Casino Night</b> <b>09:30am</b> Exercise Class <b>10:15am</b> Exercise Class <b>9:45am</b> Catholic Mass (2ndFI) <b>10:00am</b> Daily Chronicles (ML) <b>2:30pm</b> Bingo (A) <b>3:30pm</b> Crafty Creations (AR) <b>4:30pm</b> Rideau Carleton Slots (Sign up at reception, max 10)	<b>8 International Women Day</b> <b>09:30am</b> Shopping Billings Bridge <b>10:00am</b> Daily Chronicles (ML) <b>10:45am</b> Knitting club meeting (A) <b>12:00pm</b> Lunch Social (2 <sup>nd</sup> FI) <b>2:00pm Entertainment</b> "Ladies of the Day" (ML) <b>3:00pm</b> Scrpabooking (A) <b>4:00pm</b> Games Hour (A)	<b>9</b> <b>09:30am</b> Exercise Class <b>10:15am</b> Exercise Class <b>10:00am</b> Daily Chronicles (ML) <b>11:15am</b> Tea Social (ML) <b>2:30pm</b> Bingo (A) <b>3:30pm</b> Creative Colouring (AR) <b>7:30pm</b> Discussion Group (2 <sup>nd</sup> FI)	<b>10 Canadian War Museum</b> <b>09:30am</b> Canadian War Museum (sign up at reception) <b>10:30am</b> Anglican Church ( C ) <b>2:00pm Entertainment</b> "Arlene Quinn" (ML) <b>3:00pm</b> Social Hour (2 <sup>nd</sup> FI) <b>4:00pm</b> Yahtzee/Cribbage (A) <b>7:00pm</b> Dog Therapy (ML)	<b>11 Activity Meeting</b> <b>09:30am</b> Exercise Class <b>10:15am</b> Exercise Class <b>10:00am</b> Daily Chronicles (ML) <b>11:00am</b> Games Hour (A) <b>11:00am</b> Knitting Club (A) <b>2:30pm</b> Bingo (A) <b>7:30pm</b> Movie (2 <sup>nd</sup> FI)	<b>12 Chair Yoga</b> <b>09:30am</b> Chair Yoga (A) <b>10:00am</b> Daily Chronicles (ML) <b>11:00am</b> Games Hour (A) <b>02:00pm Entertainment</b> "Old Time Country" (ML) <b>3:00pm</b> Social Hour (2 <sup>n</sup> ) <b>7:30pm</b> Movie (2 <sup>nd</sup> FI)
<b>13</b> <b>8:45am</b> Church Shuttle Begins <b>10:00am</b> Daily Chronicles (ML) <b>11:00am</b> Games Hour (A) <b>12:00pm</b> Church Shuttle Ends <b>2:30pm</b> Bingo (A) <b>7:30pm</b> Movie (2 <sup>nd</sup> FI)	<b>14 National Potato Chip Day</b> <b>09:30am</b> Exercise Class <b>10:15am</b> Exercise Class <b>9:45am</b> Catholic Mass (2ndFI) <b>10:00am</b> Daily Chronicles (ML) <b>2:30pm</b> Bingo (A) <b>3:00pm</b> Potato Chip Social (ML) <b>4:30pm</b> Mandarin Restaurant (Sign up at reception, max10)	<b>15 Walker Clinic</b> <b>09:30am</b> Shopping Carlingwood <b>10:00am</b> Daily Chronicles (ML) <b>10:00am</b> Walker Clinic (L) <b>2:00pm Entertainment</b> "Musical Memories" (ML) <b>3:00pm</b> High Tea (2 <sup>nd</sup> FI) <b>4:00pm</b> Games Hour (A)	<b>16</b> <b>09:30am</b> Exercise Class <b>10:15am</b> Exercise Class <b>10:00am</b> Daily Chronicles (ML) <b>11:15am</b> Tea Social (ML) <b>2:30pm</b> Bingo (A) <b>3:30pm</b> Creative Colouring (AR) <b>7:30pm</b> Discussion Group (2 <sup>nd</sup> FI)	<b>17 St Patrick's Day</b> <b>10:30am</b> United Church (2 <sup>nd</sup> FI) <b>11:30am</b> Red Dot Restaurant <b>2:00pm Entertainment</b> "Sunny Side" (ML) <b>02:30pm</b> Bridge (L) <b>3:00pm</b> Social Hour (2 <sup>nd</sup> FI) <b>4:00pm</b> Yahtzee/Cribbage (A) <b>7:00pm</b> Dog Therapy (ML)	<b>18</b> <b>09:30am</b> Exercise Class <b>10:15am</b> Exercise Class <b>10:00am</b> Daily Chronicles (ML) <b>11:00am</b> Games Hour (A) <b>11:00am</b> Knitting Club (A) <b>2:15pm</b> Memory Fitness (A) <b>3:30pm</b> Bingo (A) <b>7:30pm</b> Movie (2 <sup>nd</sup> FI)	<b>19 Exercise</b> <b>09:30am</b> Exercise Class Anne <b>10:00am</b> Daily Chronicles (ML) <b>11:00am</b> Games Hour (A) <b>02:30pm</b> Art Class (A) <b>02:30pm</b> Bridge (L) <b>3:00pm</b> Social Hour (2 <sup>n</sup> ) <b>7:30pm</b> Movie (2 <sup>nd</sup> FI)
<b>20</b> <b>8:45am</b> Church Shuttle Begins <b>10:00am</b> Daily Chronicles (ML) <b>11:00am</b> Games Hour (A) <b>12:00pm</b> Church Shuttle Ends <b>2:30pm</b> Bingo (A) <b>7:30pm</b> Movie (2 <sup>nd</sup> FI)	<b>21 Dinner with Cheryl</b> <b>09:30am</b> Exercise Class <b>10:15am</b> Exercise Class <b>9:45am</b> Catholic Mass (2ndFI) <b>10:00am</b> Daily Chronicles (ML) <b>2:30pm</b> Bingo (A) <b>3:30pm</b> Crafty Creations (AR) <b>6:00pm</b> Dinner with Cheryl (AR)	<b>22</b> <b>09:30am</b> Shopping Billings Bridge <b>10:00am</b> Daily Chronicles (ML) <b>10:30am</b> Genealogy (A) <b>12:00pm</b> Lunch Social (2 <sup>nd</sup> FI) <b>02:30pm</b> Scrpabooking (A) <b>4:00pm</b> Games Hour (A)	<b>23</b> <b>09:30am</b> Exercise Class <b>10:15am</b> Exercise Class <b>10:00am</b> Daily Chronicles (ML) <b>11:15am</b> Tea Social (ML) <b>2:30pm</b> Bingo (A) <b>3:30pm</b> Creative Colouring (AR) <b>7:30pm</b> Discussion Group (2 <sup>nd</sup> FI)	<b>24</b> <b>10:30am</b> Sugar Bush Sign up at reception <b>10:00am</b> Daily Chronicles (ML) <b>02:30pm</b> Bridge (L) <b>3:00pm</b> Social Hour (2 <sup>nd</sup> FI) <b>4:00pm</b> Yahtzee/Cribbage (A) <b>7:00pm</b> Dog Therapy (ML)	<b>25 Good Friday</b> <b>10:00am</b> Daily Chronicles (ML) <b>11:00am</b> Games Hour (A) <b>11:00am</b> Knitting Club (A) <b>7:30pm</b> Movie (2 <sup>nd</sup> FI)	<b>26 Chair Yoga</b> <b>09:30am</b> Chair Yoga (A) <b>10:00am</b> Daily Chronicles (ML) <b>11:00am</b> Games Hour (A) <b>02:30pm</b> Bridge (L) <b>3:00pm</b> Social Hour (2 <sup>n</sup> ) <b>7:30pm</b> Movie (2 <sup>nd</sup> FI)
<b>27 Easter Sunday</b> <b>8:45am</b> Church Shuttle Begins <b>10:00am</b> Daily Chronicles (ML) <b>11:00am</b> Games Hour (A) <b>12:00pm</b> Church Shuttle Ends <b>2:30pm</b> Bingo (A) <b>7:30pm</b> Movie (2 <sup>nd</sup> FI)	<b>28 Easter Monday</b> <b>09:30am</b> Exercise Class <b>10:15am</b> Exercise Class <b>9:45am</b> Catholic Mass (2ndFI) <b>10:00am</b> Daily Chronicles (ML) <b>3:30pm</b> Crafty Creations (AR)	<b>29 Men's Club</b> <b>09:30am</b> Shopping Billings Bridge <b>10:00am</b> Daily Chronicles (ML) <b>10:30am</b> Genealogy (A) <b>12:30pm</b> Men's Club, pool tournament at Portobello Manor, (Sign up at reception, Men only) <b>4:00pm</b> Games Hour (A)	<b>30 Food for thought</b> <b>09:30am</b> Exercise Class <b>10:15am</b> Exercise Class <b>10:00am</b> Daily Chronicles (ML) <b>11:00am</b> Food for Thought (2 <sup>nd</sup> FI) <b>12:00pm</b> Resident Birthday Lunch <b>2:30pm</b> Bingo (A) <b>3:30pm</b> Creative Colouring (AR) <b>7:30pm</b> Discussion Group (2 <sup>nd</sup> FI)	<b>31 Mystery Drive</b> <b>09:30am</b> Mystery Drive <b>10:00am</b> Daily Chronicles (ML) <b>02:30pm</b> Bridge (L) <b>3:00pm</b> Social Hour (2 <sup>nd</sup> FI) <b>4:00pm</b> Yahtzee/Cribbage (A) <b>7:00pm</b> Dog Therapy (ML)	<b>ROOM LEGEND</b> A Activity Room ML Main Lounge P Patio 2 <sup>nd</sup> FL 2 <sup>nd</sup> Floor Lounge L Library C Chapel	

# COMMUNITY NAME RECREATION CHOICES



Choice – it's what living at a Revera retirement community is all about.

MARCH 2016