


RECREATION CHOICES Assisted Living

MARCH 2016



Prince of Wales Retirement Community ~ Tamara El-farr Director of Recreation ext. 2003

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		<p>No Shuttle Today</p> <p>10:30 Latin Dance (L)</p> <p>11:00-2:00 In-House Shopping w/ Sunshine Gifts (L)</p> <p>11:15 Sit N' Be Fit Exercises (L2)</p> <p>1:30 Brightening Lives Animal Visits (L2)</p> <p>2:00 Bingo (CR)</p> <p>3:00 Colouring Station w/ Avan (L2)</p> <p>3:30 Monthly Calendar Chat (L)</p> <p>7:00 Chess (LB)</p>	<p>No Hairstylist</p> <p>9:15 Hand Massages (L2)</p> <p>10:30 Mystery Drive **</p> <p>10:30 Food for Thought Meeting w/ Paul (CR)</p> <p>10:45 St. Patrick's Day Decorating (L2)</p> <p>11:15 Sit N' Be Fit Exercises (L2)</p> <p>1:00 One-on-One Visits w/ Avan</p> <p>2:00 Afternoon Indoor Walks (L2)</p> <p>3:30 Hydration Station ~ Lemon & Lime Water (L)</p>	<p>No Hairstylist</p> <p>Tuck Shop</p> <p>National Peach Blossom Day</p> <p>9:00 Manicures (L2)</p> <p>10:30 Knitt N' Knatter (L)</p> <p>11:00 Peach Juice Drinks (L2)</p> <p>11:15 Sit N' Be Fit Exercises (L2)</p> <p>11:30-1:30 Tuck Shop w/ Joe (L)</p> <p>2:00 Salvation Army Hymn Sing (RH)</p> <p>3:30 Bingo (CR)</p> <p>6:00 Easy Listening's (L2)</p>	<p>No Shuttle Today</p> <p>Employee Appreciation Day</p> <p>9:15 Catch and Release (L2)</p> <p>10:30 Specialty Tea (L)</p> <p>11:15 Sit N' Be Fit Exercises (L2)</p> <p>11-1 Warm Fuzzy Handouts to Staff</p> <p>1:00 Wii Games (T)</p> <p>2:00 Happy Hour w/ Robin Averil (L)</p> <p>3:30 Bingo (CR)</p> <p>7:00 Friday Night Movie (T)</p>	<p>10:00 Crosswords with Ioanna (L)</p> <p>10:30 Communion Service (C)</p> <p>11:00 Easy Listening's (L2)</p> <p>1:00 One-on-One Visits with Ioanna</p> <p>2:00 Bingo (CR)</p> <p>6:00 Saturday Night Movie (T)</p>
6	7	8	9	10	11	12
<p>9:15 OUTING: Church Service at St. Patrick's Church Fallowfield</p> <p>10:30 Hangman and Hot Chocolate with Katie (L)</p> <p>2:00 Wii Games with Katie (T)</p> <p>7:00 Sunday Evening Movie (T)</p>	<p>Shuttle</p> <p>9:15 Meditation & Relaxation (L2)</p> <p>10:15 Smoothies and Nutrition Trivia (L)</p> <p>11:15 Sit N' Be Fit Exercises (L2)</p> <p>2:00 Bingo (CR)</p> <p>2:15 Tai Chi (L)</p> <p>3:30 Wine & Cheese (L2)</p> <p>7:00 Euchre (CR)</p>	<p>Shuttle & Hairstylist</p> <p>International Women's Day</p> <p>9:15 Morning Music (L2)</p> <p>10:30 Resident Meeting (CR)</p> <p>11:15 Sit N' Be Fit Exercises (L2)</p> <p>1:30 Visits w/ Ruth & Sissie (L2)</p> <p>2:30 Baking Rice Krispie Peeps Treats w/ Avan (L2)</p> <p>3:30 Bingo (CR)</p> <p>7:15 BCCB Concert Band (RH)</p>	<p>Hairstylist</p> <p>9:30-12 BP & Weight Clinic (DO)</p> <p>10:30 Mystery Drive **</p> <p>10:30 Making Paper Shamrocks (L)</p> <p>11:15 Sit N' Be Fit Exercises (L2)</p> <p>1:00 One-on-One Visits w/ Avan</p> <p>2:00 Afternoon Indoor Walks (L2)</p> <p>3:30 Hydration Station ~ Strawberry & Basil Water (L)</p> <p>6:00 Crosswords w/ Katie (L)</p>	<p>Tuck Shop</p> <p>9:00 Manicures (L2)</p> <p>10:30 Knitt N' Knatter (L)</p> <p>11:30-1:30 Tuck Shop w/ Joe (L)</p> <p>1:00 Making Mint Cookie Bark w/ Avan (L2)</p> <p>2:00 Bingo (CR)</p> <p>3:30 St. Patrick's Day Craft (L)</p> <p>6:00 Easy Listening's (L2)</p>	<p>Shuttle</p> <p>9:15 Balloon Volleyball (L2)</p> <p>11:15 Sit N' Be Fit Exercises (L2)</p> <p>10:30 Specialty Coffee (L)</p> <p>1:00 Wii Games (T)</p> <p>2:00 Resident Birthday Party w/ Pat McAlpine (L)</p> <p>3:30 Bingo (CR)</p> <p>7:00 Friday Night Movie (T)</p>	<p>National Plant a Flower Day</p> <p>10:00 Plant a Flower w/ Tamara and Ioanna (L)</p> <p>10:30 Catholic Mass (C)</p> <p>2:00 Afternoon Tunes w/ Charles Gregoire (L)</p> <p>6:00 Saturday Night Movie (T)</p> <p style="text-align: center;">Theatre Booked 2-4 pm</p>
13	14	15	16	17	18	19
<p>Day Light Savings Begins</p> <p>*Sorry for the inconvenience—No church shuttle today</p> <p>10:00 Puzzles (L)</p> <p>11:00 Adult Colouring Pages (L)</p> <p>2:00 Chess (LB)</p> <p>7:00 Sunday Evening Movie (T)</p>	<p>Shuttle</p> <p>National Pie Day 3.14</p> <p>9:15 Aromatherapy (L2)</p> <p>10:30 Pie Baking (L)</p> <p>11:00 Pie a Manager ~ Come out and vote! (L)</p> <p>11:15 Sit N' Be Fit Exercises (L2)</p> <p>2:00 Bingo (CR)</p> <p>3:30 Wine & Cheese (L2)</p> <p>7:00 Euchre (CR)</p> <p style="text-align: center;">Rec Hall Booked 5-9pm</p>	<p>Shuttle</p> <p>10:30 Latin Dance (L)</p> <p>11:15 Sit N' Be Fit Exercises (L2)</p> <p>2:00 Bingo (CR)</p> <p>2:30 Green Velvet Cupcakes w/ Avan (L2)</p> <p>3:30 Jenga</p> <p>7:00 Sequence (CR)</p>	<p>Hairstylist</p> <p>10:30 Mystery Drive **</p> <p>10:30 Baking Kiss-Me-I'm-Irish Cookies (L)</p> <p>11:15 Sit N' Be Fit Exercises (L2)</p> <p>1:00 One-on-One Visits w/ Avan</p> <p>1:30 OUTING: Barrhaven Minto Sportsplex Indoor Walking Track**</p> <p>2:00 St. Patrick's Craft w/ Avan (L2)</p> <p>3:00 Pet Therapy Visits w/ Joey (L)</p> <p>3:30 Hydration Station ~ Orange Blossom Water (L)</p> <p>6:00 Hangman w/ Katie (L)</p>	<p>Hairstylist</p> <p>9:00 Manicures (L2)</p> <p>10:30 Knitt N' Knatter (L)</p> <p>11:00 Find the 4 Leaf Clover (L)</p> <p>11:15 Sit N' Be Fit Exercises (L2)</p> <p>11:30-1:00 St. Patrick's Day Bake Sale (L)</p> <p>2:00 St. Patrick's Day Celebration w/ Barrie Marfleet & Green Beer! (RH)</p> <p>3:30 Bingo (CR)</p> <p>6:00 Easy Listening's (L2)</p> 	<p>Shuttle & Tuck Shop</p> <p>National Agriculture Day</p> <p>9:15 Bowling (L2)</p> <p>11:00 Cookie Challenge (L)</p> <p>11:15 Sit N' Be Fit Exercises (L2)</p> <p>11:30-1:30 Tuck Shop w/ Joe (L)</p> <p>1:00 Easter Decorating (L)</p> <p>2:00 Memory Project Guest Speaker (T)</p> <p>3:00 Adult Colouring Pages (L2)</p> <p>3:30 Bingo (CR)</p> <p>7:00 Friday Night Movie (T)</p>	<p>10:15 Cranium Game with Katie (L)</p> <p>10:30 Communion Service (C)</p> <p>2:00 Specialty Tea and Cookies (L)</p> <p>3:00 One-on-One visits</p> <p>6:00 Saturday Night Movie (T)</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
<p>Palm Sunday 9:15 OUTING: Church Service at St. Patrick's Church Fallowfield</p> <p>10:30 Coffee & Crosswords with Katie (L)</p> <p>2:00 Easter Craft with Katie (L)</p> <p>3:00 Checkers (L)</p> <p>7:00 Sunday Evening Movie (T)</p>  <p>Earth Day ~ Lights out for 1 Hour @ 8pm</p>	<p>Shuttle</p> <p>9:15 Meditation & Relaxation (L2)</p> <p>10:30 Coffee and Crosswords (L)</p> <p>11:15 Sit N' Be Fit Exercises (L2)</p> <p>2:00 Bingo (CR)</p> <p>2:15 Tai Chi (L)</p> <p>3:30 Wine & Cheese (L2)</p> <p>7:00 Euchre (CR)</p>	<p>Shuttle</p> <p>9:15 Bolo-Ball (L2)</p> <p>10:30 Garden Committee Meeting (CR)</p> <p>11:00-2:00 In-House Shopping w/ Maggie's Designs (L)</p> <p>11:15 Sit N' Be Fit Exercises (L2)</p> <p>1:45 Visits w/ Ruth & Sissie (L)</p> <p>2:00 Bingo (CR)</p> <p>3:15 Baking Mini Cherry Cheesecakes (L)</p> <p>7:00 Chess (LB)</p> <p>Board Room Booked 10-11am</p>	<p>Hairstylist</p> <p>National Chip & Dip Day</p> <p>10:30 Mystery Drive **</p> <p>10:30 Easter Card Making w/ Laurence (L)</p> <p>11:15 Sit N' Be Fit Exercises (L2)</p> <p>1:00 Chips & Dip (L2)</p> <p>1:45 One-on-One Visits w/ Avan</p> <p>2:00 Afternoon Indoor Walks (L2)</p> <p>3:00 Pet Therapy Visits w/ Joey (L)</p> <p>3:30 Hydration Station ~ Cucumber Water (L)</p> <p>7:00 Chapman Mills Sound Connection (L)</p>	<p>Hairstylist & Tuck Shop</p> <p>9:00 Manicures (L2)</p> <p>10:30 Knitt N' Knatter (L)</p> <p>11:15 Sit N' Be Fit Exercises (L2)</p> <p>11:30-1:30 Tuck Shop w/ Joe (L)</p> <p>2:00 Bingo (CR)</p> <p>2:15 Adult Colouring Pages (L2)</p> <p>3:15 Around the World (L)</p> <p>6:00 Easy Listening's (L2)</p>	<p>Good Friday</p> <p>*No Fitness & No Shuttle</p> <p>9:15 Sanbags (L2)</p> <p>10:30 Specialty Coffee (L)</p> <p>1:00 One-on-One Visits</p> <p>2:00 Happy Hour w/ Rae Chalmers (L)</p> <p>3:30 Bingo (CR)</p> <p>6:00 Friday Night Movie (T)</p> 	<p>10:00 Adult Colouring Pages (L)</p> <p>10:30 Communion Service ©</p> <p>2:00 ``Grumpy Old Men`` Matinee (T)</p> <p>7:00 Saturday Night Movie ``Grumpier Old Men`` (T)</p>
27	28	29	30	31		
<p>Easter Sunday</p> <p>*Sorry for the inconvenience—No church shuttle today</p> <p>10:00 Word Scramble (L)</p> <p>11:00 Puzzles (L)</p> <p>2:00 Afternoon Tunes w/ Christine McCann (L)</p> <p>3:00 One-on-One visits with Ioanna</p> <p>7:00 Sunday Evening Movie (T)</p>	<p>Easter Monday</p> <p>*No Fitness & No Shuttle</p> <p>9:15 Aromatherapy (L2)</p> <p>10:00 George Laidlaw History Speaks: Lost Treasures (T)</p> <p>2:00 Bingo (CR)</p> <p>2:15 Cake Batter Blondies (L2)</p> <p>3:30 Wine & Cheese (L2)</p> <p>7:00 Euchre (CR)</p> 	<p>Shuttle</p> <p>9:15 Washers (L2)</p> <p>10:30 Making Granola Bars for National Nutrition Month (L)</p> <p>11:15 Sit N' Be Fit Exercises (L2)</p> <p>1:30 Brightening Lives Animal Visits (L2)</p> <p>2:00 Shaving Cream Egg Colouring w/ Avan (L)</p> <p>3:30 Bingo (CR)</p> <p>4:00 Flower Arranging (L)</p> <p>7:00 Sequence (CR)</p>	<p>Hairstylist</p> <p>National Doctor's Day</p> <p>10:30 Anglican – Lutheran Church Service (C)</p> <p>10:30 Trivia (L)</p> <p>11:15 Sit N' Be Fit Exercises (L2)</p> <p>1:00 One-on-One Visits w/ Avan</p> <p>2:00 Afternoon Indoor Walks (L2)</p> <p>3:00 Pet Therapy Visits w/ Joey (L)</p> <p>3:30 Hydration Station ~ Apple & Cinnamon Water (L)</p> <p>6:00 1 Dollar Drinks and w/ Katie (L)</p>	<p>Hairstylist & Tuck Shop</p> <p>9:00 Manicures (L2)</p> <p>10:30 Knitt N' Knatter (L)</p> <p>11:15 Sit N' Be Fit Exercises (L2)</p> <p>11:30-1:30 Tuck Shop w/ Joe (L)</p> <p>2:00 Bingo (CR)</p> <p>2:15 Pen Pals (L)</p> <p>3:30 Garbage Can Shoot (L)</p> <p>6:00 Easy Listening's (L2)</p>		