



# Recreation Choices **AUGUST 2019**

Windsor Park • Brittany Norman • Director of Recreation

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>ROOM LEGEND</b> Activity Room = AR Bar = B Courtyard = C Dining Room = DR Chapel = CH Sunroom = SR2 Theatre = TH Front Lobby = FL Library = L Bistro = BT</p>	<p><b>Exercise Groups-AR</b> <b>Family Physio</b> Monday @ 2:30 Tuesday @ 9:00 Thursday @ 9:00  <b>StayFit Physio</b> Wednesday @10:30 Friday @9:00</p>	<p><b>IMPORTANT DATES</b>  <b>Cultural Event</b> Greek Fest-7th <b>Special Event</b> Habitat for Humanity Days – Thursday’s  “Century Bash” High Tea-26th</p>	<p><b>**Cycling Without Aging**</b> August 7<sup>th</sup> – 9-4 Please sign up at Reception. Waiver forms need to be completed before you ride the trishaw (see Brittany) and those who didn’t receive a ride in July will have the first opportunity to ride in August.</p>	<p><b>1</b> 9:00 Physio Exercise-AR 9:30 Scrabble Club-L <b>10:00 Catholic Service-CH</b> <b>10:30 Recreation Planning Meeting-CH</b> 11:30 *Cranium Crunch-FL <b>2:15 Music Performance by Roxy Swan-AR</b> 3:15 The Parks Pub-B 4:15 Word Games-FL 7:15 Euchre-SR2 <b>7:15 Game Night-UNO-AR</b></p>	<p><b>2</b> 9:00 Stay Fit Exercise-AR <b>9:30 Billings Bridge</b> 9:30*Relax &amp;Rejuvenate-TH <b>10:00 Fit Minds-FL</b> 10:30 Chase the Ace-AR 11:30*Cranium Crunch-FL <b>2:15 Chair Dancing-AR</b> <b>3:30 Tier Exercise #3-AR</b> 7:15 Flashback Movie-AR <b>-Just for You</b></p>	<p><b>3</b> 10:00 Board Games-FL 10:30 Coffee&amp;Chit Chat-BT 11:00 Colouring-AR 2:15 BANGO-AR 3:15 Bingo-AR 4:00 Shuffle Board-B 7:15 *TV Series-TH <b>When Calls the Heart S1 EP 11</b></p>
<p><b>4</b> 10:00 Knitting Club-FL 10:30 Coffee &amp; Chit Chat-FL 11:00 Puzzles-AR 1:45 *Tech Time-FL <b>2:30 Art with Nancy-AR</b> 3:30 Sun-Daze Patio Talk-C <b>4:00 Tier Exercise #1-FL</b> 7:15*Documentary-TH <b>-“Life” S1 EP 5-Courtship</b></p>	<p><b>5 Civic Holiday</b> 10:30 *Morning Café with News &amp; Views-B 11:30*Cranium Crunch-FL -Pick Up at Reception 2:15 The Parks Pub-B 2:15 Euchre-SR2 3:00 Crafty Crew-AR 4:00 Giant Crossword-TH 7:15*Netflix Movie Night-TH <b>-Mary Poppins Returns</b></p>	<p><b>6</b> 9:00 Physio Exercise-AR <b>10:00 Drive through Manotick</b> 10:30 BANGO-SR2 11:30*Cranium Crunch-FL <b>1:45 Trip to Carlingwood Mall</b> <b>2:15 Birthday Party with music by Rick Leben-AR</b> <b>4:00 Tier Exercise #2-AR</b> 4:30 Pictionary-FL 7:15 Bingo-AR</p>	<p><b>7 Greek Fest</b> <b>“Chariot Rides”-All Day</b> <b>**Cycling Without Aging**</b> 9:30 Knitting Club-SR2 10:30 Stay Fit Exercise-AR <b>10:30 Greek Games-C</b> <b>11:30*Greek Edition Cranium Crunch-FL</b> <b>2:15 Kitchen Creations-AR</b> <b>-Greek Food Cooking Demo with Summer</b> <b>3:30 *Name that God-FL</b> <b>7:15 *Travel with Len-TH</b> <b>-Greece</b></p>	<p><b>8</b> 9:00 Physio Exercise-AR 11:30 *Cranium Crunch-FL <b>2:15 Habitat for Humanity Education Presentation-TH</b> <b>2:15 Pet Visit with Diesel the Dog-FL</b> 4:15 Word Games-FL <b>5:00-7:00 Family BBQ-C</b> 7:15 Euchre-SR2 <b>7:15 Habitat for Humanity Wine Tasting-AR</b></p>	<p><b>9</b> 9:00 Stay Fit Exercise-AR <b>9:30 Billings Bridge</b> 9:30*Relax &amp;Rejuvenate-TH <b>10:00 Fit Minds-FL</b> 10:30 Chase the Ace-AR 11:30*Cranium Crunch-FL 2:15 The Parks Pub-B <b>3:30 Tier Exercise #3-AR</b> 7:15 Flashback Movie-AR <b>-The King’s Speech</b></p>	<p><b>10</b> 10:00 Board Games-FL 10:30 Coffee&amp;Chit Chat-BT 11:00 Colouring-AR 2:15 BANGO-AR 3:15 Bingo-AR 4:00 Billiards-B 7:15 *TV Series-TH <b>When Calls the Heart S1 EP 12</b></p>
<p><b>11</b> 10:00 Knitting Club-FL 10:30 Coffee &amp; Chit Chat-FL 11:00 Puzzles-AR 1:45 *Tech Time-FL 2:15 *The Price is Right-FL 3:15 Sun-Daze Patio Talk-C <b>4:00 Tier Exercise #1-FL</b> 7:15*Documentary-TH <b>-“Life” S1 EP 6-Parenthood</b></p>	<p><b>12</b> 9:30 Giant Crossword-TH 10:30 *Morning Café with News &amp; Views-B 11:30*Cranium Crunch-FL 2:15 The Parks Pub-B 2:15 Euchre-SR2 2:30 Physio Exercise-AR 3:30 Crafty Crew-AR 4:30 Bean Bags-FL <b>7:15 Men’s Night-B</b></p>	<p><b>13</b> 9:00 Physio Exercise-AR <b>10:15 Lunch at Barley Mow in Almonte &amp; Ice Cream in Pakenham</b> <b>10:00 Chair Yoga-FL</b> 11:30*Cranium Crunch-FL 2:15 BANGO-AR <b>3:00 Kitchen Creations – Bake Sale Preparation-AR</b> <b>4:00 Tier Exercise #2-AR</b> 4:30 Pictionary-FL 7:15 Bingo-AR</p>	<p><b>14</b> 9:30 Knitting Club- SR2 9:30 Walking Club-FL 10:30 Stay Fit Exercise-AR <b>10:30 Mini Putt-FL</b> 11:30*Cranium Crunch-FL <b>2:15 Music Performance by Henry Burr-FL</b> 2:15 Euchre-SR2 4:00 What am I?-FL 7:15 *Travel with Len-TH <b>-End of the Road within BC</b></p>	<p><b>15</b> 9:00 Physio Exercise-AR 9:30 Scrabble Club-L <b>10:00 Catholic Service-CH</b> 10:30 Green Thumb Group-C 11:30 *Cranium Crunch-FL <b>2:15 Food Meeting-TH</b> <b>2:15 Habitat for Humanity Bake Sale-FL</b> 3:15 The Parks Pub-B 4:15 Word Games-FL 7:15 Euchre-SR2 <b>7:15 Hymn Sing-FL</b></p>	<p><b>16</b> 9:00 Stay Fit Exercise-AR <b>9:30 Billings Bridge</b> 9:30*Relax &amp;Rejuvenate-TH <b>10:00 Fit Minds-FL</b> 10:30 Chase the Ace-AR 11:30*Cranium Crunch-FL <b>2:15 A.G.E. “Babies Who Volunteer”-FL</b> <b>3:30 Tier Exercise #3-AR</b> 7:15 Flashback Movie-AR <b>-Donovan’s Reef</b></p>	<p><b>17</b> 10:00 Board Games-FL 10:30 Coffee&amp;Chit Chat-BT 11:00 Colouring-AR 2:15 BANGO- AR 3:15 Bingo-AR 4:00 Darts-B 7:15 *TV Series-TH <b>When Calls the Heart S2 EP 1</b></p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b> 10:00 Knitting Club-FL 10:30 Coffee & Chit Chat-FL 11:00 Puzzles-AR 1:45 *Tech Time-FL <b>2:15 *Never Have I Ever-FL</b> 3:15 Sun-Daze Patio Talk-C <b>4:00 Tier Exercise #1-FL</b> 7:15*Documentary-TH <b>-“Life” S1 EP 7-Behind the Scenes of the First Steps</b>	<b>19</b> 9:30 Giant Crossword-TH 10:30 *Morning Café with News & Views-B 11:30*Cranium Crunch-FL 2:15 The Parks Pub-B 2:15 Euchre-SR2 2:30 Physio Exercise-AR 3:30 Crafty Crew-AR 7:15*Netflix Movie Night-TH <b>-Running from Grace</b>	<b>20</b> 9:00 Physio Exercise-AR 10:30 BANGO-SR2 11:30*Cranium Crunch-FL <b>2:15 Resident’s General Meeting-TH</b> 3:00 Wacky Words-FL <b>4:00 Tier Exercise #2-AR</b> 4:30 Pictionary-FL 7:15 Bingo-AR	<b>21 Sunshine Gifts 11-2</b> 9:30 Knitting Club- SR2 9:30 Walking Club-FL 10:30 Stay Fit Exercise-AR 10:30 Kitchen Creations-TH 11:30*Cranium Crunch-FL <b>2:15 Healthy Minds; Historical Society – Ottawa in the 1930’s-TH</b> 2:15 Euchre-SR2 3:30 Patio Talk-C 7:15 *Travel with Len-TH <b>-Loire Region &amp; Side-trips</b>	<b>22</b> 9:00 Physio Exercise-AR 9:30 Scrabble Club-L <b>9:30 Trip to Shoppers</b> <b>10:00 Catholic Service-CH</b> 10:30 Green Thumb Group-C 11:30 *Cranium Crunch-FL <b>2:15 Habitat for Humanity Car Wash-FL</b> 3:15 The Parks Pub-B 4:15 Word Games-FL 7:15 Euchre-SR2 <b>7:15 Game Night-Card</b>	<b>23</b> 9:00 Stay Fit Exercise-AR <b>9:30 Billings Bridge</b> 9:30*Relax & Rejuvenate-TH <b>10:00 Fit Minds-FL</b> 10:30 Chase the Ace-AR 11:30*Cranium Crunch-FL <b>2:15 Music by Stuart MacKinnon-AR</b> <b>3:30 Tier Exercise #3-AR</b> 7:15 Flashback Movie-AR <b>-The Wild Bunch</b>	<b>24</b> 10:00 Board Games-FL 10:30 Coffee&Chit Chat-BT 11:00 Colouring-AR 2:15 BANGO- AR 3:15 Bingo-AR 4:00 Shuffle Board-B 7:15 *TV Series-TH <b>When Calls the Heart S2 EP 2</b>
<b>25</b> 10:00 Knitting Club-FL 10:30 Coffee & Chit Chat-FL 11:00 Puzzles-AR 1:45 *Tech Time-FL <b>2:15 *Heads Up-FL</b> 3:15 Sun-Daze Patio Talk-C <b>4:00 Tier Exercise #1-FL</b> 7:15*Documentary-TH <b>-“Life” S1 EP 8-Behind the Scenes of Growing Up</b>	<b>26</b> 9:30 Giant Crossword-TH 10:30 *Morning Café with News & Views-B 11:30*Cranium Crunch-FL 2:15 The Parks Pub-B 2:15 Euchre-SR2 2:30 Physio Exercise-AR 3:30 Crafty Crew-AR 4:30 Bean Bags-FL <b>7:15 Ladies Night-AR</b>	<b>27</b> 9:00 Physio Exercise-AR <b>10:00 Chair Yoga-FL</b> 10:30 BANGO-SR2 11:30*Cranium Crunch-FL <b>2:00 Trip to South Keys</b> <b>2:15 Century Bash High Tea with music by Gertrude Letourneau-AR</b> <b>4:00 Tier Exercise #2-AR</b> 4:30 Pictionary-FL 7:15 Bingo-AR	<b>28</b> 9:30 Knitting Club- SR2 9:30 Walking Club-FL 10:30 Stay Fit Exercise-AR <b>10:30 Mini Putt-FL</b> <b>10:30 Current Events with Professor Cammy-TH</b> 11:30*Cranium Crunch-FL <b>2:15 Healthy Minds; Odawa Native Centre-TH</b> 2:15 Euchre-SR2 4:15 Bocce Ball-C 7:15 *Travel with Len-TH <b>-Bavaria</b>	<b>29</b> 9:00 Physio Exercise-AR 9:30 Scrabble Club-L <b>10:00 Catholic Service-CH</b> 10:30 Green Thumb Gardening Group-C 11:30 *Cranium Crunch-FL <b>2:15 Habitat for Humanity Carnival-C</b> 3:15 The Parks Pub-B 4:15 Word Games-FL 7:15 Euchre-SR2 <b>7:15 Game Night – Rhyme Time-AR</b>	<b>30</b> 9:00 Stay Fit Exercise-AR <b>9:30 Billings Bridge</b> 9:30*Relax & Rejuvenate-TH <b>10:00 Fit Minds-FL</b> 10:30 Chase the Ace-AR 11:30*Cranium Crunch-FL <b>2:15 Chair Dancing-AR</b> <b>3:30 Tier Exercise #3-AR</b> 7:15 Flashback Movie-AR <b>-Here Comes the Groom</b>	<b>31</b> 10:00 Board Games-FL 10:30 Coffee&Chit Chat-BT 11:00 Colouring-AR 2:15 BANGO- AR 3:15 Bingo-AR 4:00 Billiards-B 7:15 *TV Series-TH <b>When Calls the Heart S2 EP 3</b>
	<b>ROOM LEGEND</b> Activity Room = AR Bar = B Courtyard = C Dining Room = DR Chapel = CH Sunroom = SR2 Theatre = TH Front Lobby = FL Library = L Bistro = BT	<b>CALENDAR LEGEND</b>  <b>Highlights</b> Outings *iPad/Apple TV Programs	<b>Sunshine Gifts SALE</b> <b>11:00-2:00</b> <b>In the Front Lobby</b>	<b>Exercise Groups-AR</b>  <b>Family Physio</b> Monday @ 2:30 Tuesday @ 9:00 Thursday @ 9:00  <b>StayFit Physio</b> Wednesday @10:30 Friday @9:00	<b>Bridge Club</b> Monday-Friday at 2:15 in the Sunroom on the 2 <sup>nd</sup> Floor <b>Euchre Club</b> Monday & Wednesday at 2:15 and Thursday at 7:15 pm in the Sunroom on the 2 <sup>nd</sup> Floor	<b>IMPORTANT DATES</b>  <b>Cultural Event</b> Greek Fest-7th <b>Special Event</b> Habitat for Humanity Days – Thursday’s  “Century Bash” High Tea-26th

More recreational choices on the next page >