



Recreation Choices August 2019

Stittsville Villa by Revera • Andrea McIntyre, Recreational Director, Activity Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CALENDAR LEGEND Highlights Outings * iPad/Apple TV Programs	Dates to Remember Paint & Wine Night-Aug 6 th Zoo Crew Presentation – Aug 12 th Rideau Carleton Raceway & Dinner – Aug 13 th Sangria Summer Sizzle – Aug 14 th St. Alberts Cheese Factory & Lunch – Aug 27 th	ROOM LEGEND GR Games Room AR Activity Room L Lounge T Theatre		1 9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR 10:30 Walking Club -Dollar Store 11:00 Mental Aerobics AR 1:00 COPD Fitness GR 2:00 Music -Vicki Spurrell L 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Evening Movie T TBD	2 9:45 Walmart-Fernbank & Bank Shuttle 10:00 Crafts AR 11:00 * I Pad Word Scapes GR 12:30 Calendar Planning w/Andrea 2:00 Bingo GR 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Friday Night Movie T "Hocus Pocus"	3 10:00 Exercise w/ Donna GR 10:00 Knotty Knitters AR 11:00 * I Pad Travels GR 12:30 TEP Tier 2 Fitness GR 2:00 Bean Bag Toss GR 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Bingo w / Fred GR
4 10:00 Therapeutic Coloring AR 1:30 *Mental Aerobics AR 2:00 Walking Club /The Sweet Room Bakery 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Sunday Night Movie T "Sparkle" Musical	5 Civic Holiday 10:00 Therapeutic Coloring AR 11:00 Marianne Jewelry L 2:00 Scrabble AR 2:30 Latin Chair Dancing w / Michael 3:00 Afternoon Tea L 7:00 Bingo GR	6 9:30 Gentle Fitness GR 10:30 Tulip (Therapy Dog) Visits W / Kim L 11:30 Manicures w/ Sue & Jean 2:00 Music / Roxy Swan L 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Paint & Wine Night AR	7 9:30 Ball Fitness GR 11:00 Mental Aerobics AR 12:30 TEP Tier 2 Fitness GR 2:00 Bingo GR 3:00 Ice Cream Parlor GR 3:45 Social Club GR 7:00 Euchre GR	8 9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR 11:00 Mental Aerobics AR 1:00 COPD Fitness GR 2:00 Bean Bag Toss GR 2:00 Scrabble AR 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Evening Movie T TBD	9 9:45 Hazeldean Mall Shuttle 10:00 Crafts AR 11:00 * I Pad Word Challenge GR 2:00 Scrabble AR 2:00 Bingo GR 2:00 Scrabble AR 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Friday Night Movie T "Marie Antoinette"	10 10:00 Exercise w/ Donna GR 10:00 Knotty Knitters AR 11:00 * I Pad Travels GR 12:30 TEP Tier 2 Fitness GR 2:00 Music/ Jimmy Leroux L 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Bingo w / Fred GR
11 10:00 Therapeutic Coloring AR 1:30 *Mental Aerobics AR 2:00 * I Pad Travels GR 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Sunday Night Movie T "Cheaper By The Dozen 2"	12 9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR 11:00 Mental Aerobics AR 12:30 TEP Tier 2 Fitness GR 1:00 COPD Fitness GR 2:00 Healthy Minds-" Zoo Crew" Presentation L 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Bingo GR	13 9:30 Gentle Fitness GR 11:00* I Pad Word Scapes GR 11:30 Manicures w/ Sue & Jean AR 2:00 Shuffleboard GR 3:00 Afternoon Tea L 3:45 Social Club GR 4:30 Rideau Carleton Raceway/Dinner & Slot Machines 7:00 Bridge GR	14 Sangria Summer Sizzle 9:30 Beach Ball Fitness GR 10:30 Beach Ball Hot Potato GR 11:00 Mental Aerobics AR BBQ Lunch 2:00 Music /Cathy & Bernie L 3:00 Ice Cream Floats GR 3:30 Guess the Beach items?? 3:45 Social Club GR 7:00 Bingo GR	15 9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR 10:30 Walking Club /Dollar Store 11:00 Mental Aerobics AR 1:00 COPD Fitness GR 2:00 Music/Red Wing Fiddlers L 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Evening Movie T TBD	16 9:45 Walmart-Fernbank Shuttle 10:00 Crafts AR 11:00 * I Pad Word Scapes GR 2:00 Bingo GR 3:00 "Men's Club" Wings & Things 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Movie T "The In-Laws"	17 10:00 Knotty Knitters AR 11:00 * I Pad Travels GR 12:30 TEP Tier 2 Fitness GR 2:00 Bean Bag Toss GR 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Bingo w / Fred GR
18 10:00 Therapeutic Coloring AR 1:30 *Mental Aerobics AR 2:00 Walking Club / Shoppers Drug Store 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Sunday Night Movie T "Jersey Girl"	19 9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR 11:00 Mental Aerobics AR 12:30 TEP Tier 2 Fitness GR 1:00 COPD Fitness GR 2:00 Drums Alive w/ Cathy GR 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Bingo GR	20 9:30 Gentle Fitness GR 10:00 Downtown Ottawa Scenic Drive 10:30 Tulip visits w / Kim L 11:00 * I Pad Word Challenge GR 11:30 Manicures w/ Sue & Jean AR 2:00 Music / Spencer Scharf L 2:00 Scrabble AR 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Bridge GR	21 9:30 Ball Fitness GR 11:15 Lunch / The Glen Scottish Pub 11:00 Mental Aerobics AR 12:30 TEP Tier 2 Fitness GR 2:00 Bingo GR 3:00 Ice Cream Parlor GR 3:30 Food For Thought Meeting 3:45 Social Club GR 7:00 Euchre GR	22 9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR 11:00 Mental Aerobics AR 1:00 COPD Fitness GR 1:45 Scenic Drive / Shirley's Bay 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Evening Movie T TBD	23 9:45 Hazeldean Mall Shuttle 10:00 Crafts AR 11:00 * I Pad Word Challenge GR 2:00 Bingo GR 2:00 Scrabble AR 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Friday Night Movie T Resident Choice	24 10:00 Exercise w / Donna GR 10:00 Knotty Knitters AR 11:00 * I Pad Travels GR 12:30 TEP Tier 2 Fitness GR 2:00 Accordion Music by Shauna Thompson L 3:00 Afternoon Tea L 7:00 Bingo w / Fred GR
25 10:00 Therapeutic Coloring AR 1:30 *Mental Aerobics AR 2:00 Music / Larry Wright L 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Sunday Night Movie T Resident Choice	26 9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR 11:00 Healthy Minds / Parrot Partners L 12:30 TEP Tier 2 Fitness GR 1:00 COPD Fitness GR 2:30 Latin Chair Dancing w/Michael GR 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Bingo GR	27 9:30 Gentle Fitness GR 10:30 St-Albert Cheese Factory & Lunch 11:00 * I Pad Word Challenge GR 11:30 Manicures w/ Sue & Jean AR 2:30 Bus Outing / Salvation Army 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Bridge GR	28 9:30 Ball Fitness GR 10:00 Anglican Service T 10:15 Giant Tiger Shuttle 11:00 Mental Aerobics AR 12:30 TEP Tier 2 Fitness GR 2:00 Bingo GR 3:00 Ice Cream Parlor GR 3:45 Social Club GR 7:00 Euchre GR	29 9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR 11:00 Mental Aerobics AR 1:00 COPD Fitness GR 2:00 Birthday Party! Music – Bob & Don L 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Evening Movie T TBD	30 9:45 Walmart-Fernbank Shuttle 10:00 Crafts AR 11:00 * I Pad Word Scapes GR 2:00 Bingo GR 3:00 Wine & Cheese Welcoming New Residents and Tenants L 3:45 Social Club GR 7:00 Friday Night Movie T Resident Choice	

