



Recreation Choices August 2018

The Edinburgh • Luisa Romero, Director of Recreation



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Dates to Remember</p> <p>Ottawa Public Library Visit - Homebound Program This month the library will not have deliveries. They will come on Tuesday, Sept. 4 at 1:30 pm Call the library: (613) 580-2944 for more details</p>			<p>1</p> <p>9:30 am Good Morning News 10:15 am Family Physio Exercise 11:00 am *Today in History 2:00 pm *Video Concert/ Bingo 3:00 pm Music with Nigel 4:00 pm Walking Club 6:15 pm Resident's pick movie night</p>	<p>2</p> <p>9:30 am Exercise Class TEP 2 10:00 am Coffee and chat 10:30 am United Church Service 11:00 am Visit with Rev. McKnight 2:00 pm Knitting group 2:00 pm *Video Concert 3:00 pm Card games 4:00 pm Exercise Class TEP 3</p>	<p>3</p> <p>10:15 am Family Physio Exercise 10:30 am *World news and coffee 11:00 am Flower arrangements 2:00 pm *Current Events with Liz 3:00 pm Afternoon Tea 3:00 pm Bingo 3:00 pm *Video Concert 6:15 pm *Let's talk movies with Miguel</p>	<p>4</p> <p>10:00 am Coffee time and chat 11:00 am Walking club 2:00 pm *Video Concert 2:15 pm Bingo 3:15 pm Afternoon Tea 6:15 pm *Movie Series: "Planet Earth II"- Grasslands</p>
<p>5</p> <p>10:00 am World news and coffee 10:30 am Bowling 11:00 am Card/Board Games 11:00 am *Video Concert 2:30 pm Sunday Tea Party 6:15 pm *Movie: "A River Runs Through It"</p>	<p>6 Civic Holiday</p> <p>10:00 am Exercise Class TEP 1 10:30 am World news and coffee 11:00 am Find the word 2:00 pm Bingo 3:00 pm Tea party and *Video documentary : Colonel By Day and the Bytown Museum</p>	<p>7</p> <p>9:30 am Exercise Class TEP 2 10:30 am Coffee and Chat 11:00 am Recreation Meeting with Luisa 2:00 pm Current events with Mr. Cox 3:00 pm Ice cream Parlour 6:00 pm Astronomy Presentation "Mars, The Red Planet"</p>	<p>8</p> <p>9:30 am Good Morning News 10:15 am Family Physio Exercise 11:00 am Walking Club 2:00 pm Sing along 3:00 pm Bingo 4:00 pm Exercise Class TEP 3 6:15 pm Resident's pick movie night</p>	<p>9</p> <p>9:30 am Exercise Class TEP 2 10:00 am Coffee and chat 11:00 am Gardening 2:00 pm Making Lavender Sachets 2:00 pm *Video Concert 3:00 pm Musical Afternoon with Spencer Scharf 4:15 pm Walking Club</p>	<p>10</p> <p>10:15 am Family Physio Exercise 10:30 am *World news and coffee 10:30 am Picnic at Hartwell Locks 11:00 am Gardening 1:30 pm Liturgy of the Word with Communion – Roman Catholic 2:00 pm Celebrating Dance the Polka Day 3:00 pm Bingo 3:00 pm *Video Concert</p>	<p>11</p> <p>10:00 am Coffee time and chat 11:00 am Walking club 2:00 pm *Video Concert 2:15 pm Bingo 3:15 pm Afternoon Tea 6:15 pm *Movie Series: "Planet Earth II"- Cities</p>
<p>12</p> <p>10:00 am World news and coffee 10:30 am Bean Bags 11:00 am Walking Club 11:00 am *Video Concert 2:30 pm Sunday Tea Party 6:15 pm *Movie: "Seven Years in Tibet"</p>	<p>13</p> <p>10:15 am Exercise Class TEP 2 10:45 am World news and coffee 11:00 am Residents and Managers Meet 2:30 pm Exercise Class TEP 1 3:00 pm Japanese Tea and Ikebana the Japanese art of flower arrangement 5:30 pm Music with Pamela</p>	<p>14</p> <p>9:30 am Exercise Class TEP 2 10:00 am Coffee and Chat 10:30 am Drive to Bate Island 2:00 pm The Invention Game 3:00 pm Afternoon Tea Party 4:00 pm Gardening</p>	<p>15</p> <p>9:30 am Good Morning News 10:15 am Bean Bags 11:00 am Walking club 2:00 pm Arts and Crafts Peach Social Decorations 2:00 pm * Video Concert 3:00 pm Bingo 6:15 pm Resident's pick movie night</p>	<p>16</p> <p>9:30 am Exercise Class TEP 2 10:00 am Coffee and chat 10:30 am Outing to Mosaiculture Jacques Cartier Park 2:00 pm Knitting group 2:00 pm *Video Concert 3:00 pm Healthy Minds Lecture Series "Nepean Past and Present presented by The Nepean Museum" 4:15 pm Exercise Class TEP 3</p>	<p>17</p> <p>10:15 am Exercise Class TEP 2 10:30 am *World news and coffee 11:00 am Flower arrangements 1:30 pm Liturgy of the Word with Communion – Roman Catholic 2:00 pm *Current Events with Liz 3:00 pm Afternoon Tea 3:00 pm Bingo 3:00 pm *Video Concert 6:15 pm *Let's talk movies with Miguel</p>	<p>18</p> <p>10:00 am Coffee time and chat 11:00 am Walking club 2:00 pm *Video Concert 2:15 pm Bingo 3:15 pm Afternoon Tea 6:15 pm *Movie Series: "Big Dreams, Small Spaces" Episode 1</p>
<p>19</p> <p>10:00 am World news and coffee 10:30 am Bowling 11:00 am Card/Board Games 11:00 am *Video Concert 2:30 pm Sunday Tea Party 3:00 pm Afternoon Piano, Music by Keith Walton 6:15 pm *Movie: "About a Boy"</p>	<p>20</p> <p>10:15 am Family Physio Exercise 10:30 am World news and coffee 11:00 am *Switzerland, Facts and Trivia 2:00 pm Bingo 2:30 pm Exercise Class TEP 1 3:00 pm Decorating Swiss Style 5:30 pm Swiss Dinner in the Penthouse 6:45 pm *Video documentary: A trip to Switzerland"</p>	<p>21</p> <p>9:30 am Exercise Class TEP 2 10:00 am Colour your world 10:30 am Drive to Stella Luna in The Glebe 2:00 pm Current events with Mr. Cox 3:00 pm Milkshakes and Floats 4:00 pm Gardening 5:30 pm Music with Nigel</p>	<p>22</p> <p>9:30 am Good Morning News 10:15 am Family Physio Exercise 11:00 am Food Meeting 2:00 pm Sing Along 3:00 pm Bingo 4:00 pm Exercise Class TEP 3 6:15 pm Resident's pick movie night</p>	<p>23</p> <p>9:30 am Exercise Class TEP 2 10:00 am Coffee and chat 11:00 am Arts and Crafts Peach Decorations 2:00 pm Knitting Group 3:00 pm Peach Social with Jennifer Francis 4:15 pm Walking Club</p>	<p>24</p> <p>10:15 am Family Physio Exercise 10:30 am *World news and coffee 11:00 am Gardening 1:30 pm Liturgy of the Word with Communion – Roman Catholic 3:00 pm Bingo 3:00 pm *Video Concert 6:15 pm *Let's talk movies with Miguel</p>	<p>25</p> <p>10:00 am Coffee time and chat 11:00 am Walking club 2:00 pm *Video Concert 2:15 pm Bingo 3:15 pm Afternoon Tea 6:15 pm *Movie Series "Big Dreams, Small Spaces" Episode 2</p>
<p>26</p> <p>10:00 am World news and coffee 10:30 am Bean Bags 11:00 am Walking Club 11:00 am *Video Concert 2:30 pm Sunday Tea Party 6:15 pm *Movie: "Pride and Prejudice"</p>	<p>27</p> <p>10:15 am Family Physio Exercise 10:30 am World news and coffee 11:00 am Find the word 2:00 pm Bingo 2:30 pm Exercise Class TEP 1 3:00 pm Smoothie Social 5:00 pm Visits one on one 6:15 pm *Storytelling</p>	<p>28</p> <p>9:30 am Exercise Class TEP 2 10:30 am Coffee and Chat 11:00 am Walking Club 2:00 pm Current events with Mr. Cox 3:00 pm Birthday Party with Lila 4:30 pm Visits one on one 5:30 pm Manicures 6:15 pm Bingo</p>	<p>29</p> <p>9:30 am Good Morning News 10:15 am Family Physio Exercise 11:00 am Walking Club 2:00 pm Sing along 3:00 pm Healthy Minds Lecture Series "Billings Bridge Village and Gloucester Township presented by Billings Estate National Historic Site" 4:00 pm Walking club 6:15 pm Resident's pick movie night</p>	<p>30</p> <p>9:30 am Exercise Class TEP 2 10:00 am Coffee and chat 10:30 am Lunch at The Canal Ritz 2:00 pm Making Lavender Sachets 2:00 pm *Video Concert 3:00 pm Card games 4:15 pm Exercise Class TEP 3</p>	<p>31</p> <p>10:15 am Exercise Class TEP 2 10:30 am *World news and coffee 11:00 am Flower arrangements 1:30 pm Liturgy of the Word with Communion – Roman Catholic 3:00 pm Afternoon Tea 3:00 pm Bingo 3:00 pm *Video Concert 6:15 pm *Let's talk movies with Miguel</p>	<p>CALENDAR LEGEND</p> <p>Special Events</p> <p>Outings</p> <p>* iPad/Apple TV Programs</p>