

Recreation Choices November 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</p> <p>Tuesday, Nov. 6 and 30 at 1:30 pm</p> <p>Call the library: (613) 580-2944 for more details</p>	<p>CALENDAR LEGEND</p> <p>Special Events</p> <p>Outings</p> <p>* iPad/Apple TV Programs</p>			<p>1</p> <p>9:30 am Exercise Class TEP 2 9:45 am Exercise Class TEP 1 10:30 am Coffee and chat 10:30 am United Church Service 11:00 am Visit with Rev. McKnight 2:00 pm Making Lavender Sachets 4:15 pm Exercise Class TEP 3</p>	<p>2</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 3:00 pm Healthy Minds Series "Stories from Ireland" 6:15 pm * Let's talk movies with Miguel</p>	<p>3</p> <p>10:00 am Coffee time and chat 11:00 am Exercise Class TEP 3 2:00 pm *Video Concert 2:15 pm Bingo 3:15 pm Afternoon Tea 6:15 pm TV Series: "Downton Abbey" Episode 5</p>
<p>4 Daylight saving time</p> <p>Fall Back</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: "Woman in Gold"</p>	<p>5</p> <p>10:15 am Exercise Class 10:30 am World news and coffee 11:00 am Revera Remembers Poppy Planting 2:00 pm Bingo 3:00 pm Good Reads and Tea with Mary 4:00 pm *What's on Netflix and YouTube 6:00 pm Music with Pamela</p>	<p>6</p> <p>9:30 am Exercise Class TEP 2 10:30 am Coffee and Chat 11:00 am Indoor Walking club 2:00 pm Card games 3:00 pm Music with André Gareau</p>	<p>7</p> <p>9:30 am Good Morning News 10:15 am Family Physio Exercise 11:00 am Recreation Meeting with Luisa 2:00 pm *Video Concert 3:00 pm Bingo 4:00 pm Indoor Walking Club 6:15 pm Resident's pick movie night</p>	<p>8</p> <p>9:30 am Exercise Class TEP 2 9:45 am Exercise Class TEP 1 10:30 am Coffee and chat 10:30 am Outing to Museum of History "Medieval Europe-Power and splendor" 2:00 pm *Video Concert 2:00 pm Knitting Group 3:00 pm Afternoon Piano with Jennifer Francis 4:15 pm Walking Club</p>	<p>9</p> <p>10:15 am Family Physio Exercise 10:30 am *World news and coffee 11:00 am TEP assessments 2:30 pm Current Events with Liz 3:30 pm Afternoon Tea/Bingo 3:30 pm *Video Concert 6:15 pm * Let's talk movies with Miguel</p>	<p>10</p> <p>10:00 am Coffee time and chat 11:00 am Indoor Walking club 2:00 pm *Video Concert 2:15 pm Bingo 3:15 pm Afternoon Tea 6:15 pm TV Series: "Downton Abbey" Episode 6</p>
<p>11 Remembrance Day</p> <p>10:30 am Let's Honour our Veterans</p> <p>11:00 am TV Broadcast from the War Memorial 2:30 pm Sunday Tea Party 3:00 pm Remembrance Day Commemoration Hymn Sing 6:15 pm *Movie: "The Imitation Game"</p>	<p>12</p> <p>10:15 am Family Physio Exercise 10:30 am World news and coffee 11:00 am Indoor Walking Club 2:00 pm Bingo 2:30 pm Exercise Class TEP 1 3:00 pm WWI and WWII Songs with Stuart MacKinnon 5:30 pm Manicures 6:45 pm *Documentary: "Gauguin in Tahiti: Search for Paradise"</p>	<p>13</p> <p>9:30 am Exercise Class TEP 2 10:30 am Coffee and chat 11:00 am Residents and Managers meet 2:00 pm Word Searches/Scrabble 3:00 pm Christmas Decorations 4:00 pm Indoor Walking Club 5:30 pm Flower arrangements 6:00 pm Music with Nigel</p>	<p>14</p> <p>9:30 am NAC Open Rehearsal Amanda Forsyth -Mozetich Cello Concerto</p> <p>10:15 am Family Physio Exercise 2:00 pm *Video concert 3:00 pm Bingo 4:00 pm Exercise Class TEP 3 6:15 pm Resident's pick movie night</p>	<p>15</p> <p>9:30 am Exercise Class TEP 2 9:45 am Exercise Class TEP 1 10:30 am Coffee and chat 2:00 pm Knitting group 2:00 pm *Video Concert 3:00 pm Social Hour – Super quiz 4:15 pm Exercise Class TEP 3</p>	<p>16</p> <p>Flu Clinic with Dr. Irani</p> <p>10:15 am Family Physio Exercise 10:30 am *World news and coffee 11:00 am Find the word 2:00 pm Flower arrangements 3:00 pm Bingo 6:15 pm * Let's talk movies with Miguel</p>	<p>17</p> <p>10:00 am Coffee time and chat 11:00 am Exercise Class TEP 3 2:00 pm *Video Concert 2:15 pm Bingo 3:15 pm Afternoon Tea 6:15 pm TV Series: "Downton Abbey" Episode 7</p>
<p>18</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: "Shall We Dance"</p>	<p>19</p> <p>10:15 am Family Physio Exercise 10:30 am World news and coffee 11:00 am *Tahiti, Facts and Trivia 2:00 pm Bingo 2:00 pm Video concert 3:00 pm Decorating Polynesian style 5:30 pm Tahitian Dinner in the penthouse</p>	<p>20</p> <p>9:30 am Exercise Class TEP 2 10:30 am Coffee and Chat 11:00 am Food Meeting with Adrian 2:00 pm Arts and Crafts Christmas Cards and Collages 3:00 pm Card games 4:30 pm Exercise Class TEP 3</p>	<p>21</p> <p>9:30 am Good Morning News 10:15 am Family Physio Exercise 11:00 am TEP Assessments 2:00 pm *Video Concert 2:00 pm Bingo 3:00 pm Healthy Minds Series "Stories from Nepal" 4:00 pm Indoor Walking Club 6:15 pm Resident's pick movie night</p>	<p>22</p> <p>9:30 am Exercise Class TEP 2 9:45 am Exercise Class TEP 1 10:30 am Outing to Museum of Nature "Butterflies in flight" 2:00 pm *Video Concert 2:00 pm Birthday decorations 3:00 pm Birthday Party Music by Noel 4:15 pm Walking Club</p>	<p>23</p> <p>10:15 am Family Physio Exercise 10:30 am *World news and coffee 11:00 am TEP assessments 2:30 pm Current Events with Liz 3:30 pm Afternoon Tea/Bingo 3:30 pm *Video Concert 6:15 pm * Let's talk movies with Miguel</p>	<p>24</p> <p>10:00 am Coffee time and chat 11:00 am Indoor Walking club 2:00 pm *Video Concert 2:15 pm Bingo 3:15 pm Afternoon Tea 6:15 pm TV Series: "Downton Abbey" Episode 8</p>
<p>25</p> <p>10:00 am World news and coffee 10:30 am Bean Bags 11:00 am Christmas decorations 11:00 am *Video Concert 2:30 pm Sunday Tea Party 6:15 pm *Movie: "The Back-Up Plan"</p>	<p>26</p> <p>10:15 am Family Physio Exercise 10:30 am World news and coffee 11:00 am Indoor Walking Club 2:00 pm Bingo 2:30 pm TEP assessments 3:00 pm Tea and Trivia 6:15 pm Documentary: "National Parks Adventure"</p>	<p>27</p> <p>9:30 am Exercise Class TEP 2 10:30 am Coffee and Chat 11:15 am Anglican Service 2:00 pm Current Events 3:00 pm Christmas Decorations 4:00 pm Indoor Walking Club 5:30 pm Storytelling 6:00 pm Music with Nigel</p>	<p>28</p> <p>9:30 am Good Morning News 10:15 am Family Physio Exercise 11:00 am TEP Assessments 2:00 pm *Video Concert 3:00 pm Bingo 4:00 pm Exercise Class TEP 3 6:15 pm Video Documentary 7:30 pm Books on Beechwood Book Club</p>	<p>29</p> <p>9:30 am Exercise Class TEP 2 9:45 am Exercise Class TEP 1 10:30 am Coffee and chat 2:00 pm Knitting group 3:00 pm Piano and Violin Concert By Natalia Bibik and Anna Klochkova 4:15 pm Exercise Class TEP 3</p>	<p>30</p> <p>10:15 am Family Physio Exercise 10:30 am *World news and coffee 11:00 am Find the word 2:00 pm Flower arrangements 3:00 pm Bingo 6:15 pm Talk and Photo Show "Spain and the influence of Arab Culture"</p>	