



Recreation Choices **September 2019**

Grand Wood Park • Jordan Fox, Recreation Director, ext. 2509

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 *Web Workouts (L) 10:45 RC Communion (C) 1:00 The Grand Shoppe (RL) 2:00 St. James Anglican Church Service with Choir (A) 6:30 Euchre (A)	2 10:00 Morning Meditation (L) 11:00 Puzzle Pick Up (L) 2:00 Scrabble (A) 2:00 Rumakub (L) 3:30 *YouTube Requests (L) 6:30 Bridge (PC) 6:30 *Spot the Difference (L)	3 9:30 SMART Fitness (A) 10:00 Prayer Group (C) 10:30 AGE – Intergenerational Music (A) 1:15 Knit and Chat (L) 2:00 Pet Visits with Aidan 2:00 Music with Gary McGill (A) 3:30 *Weekly Chronicles (L) 6:30 Lotto 649 (L)	4 10:00 SMART Fitness (A) 10:45 AGE – Art Class (A) 1:15 Shopping at Wal Mart 1:30 Water Colour with Val Bradley (A) 3:00 Pet Visits with Duffy 3:30 Tiered Exercise Class (A) 6:30 Bingo (A)	5 9:30 Sewing Club (SR) 10:00 SMART Fitness (A) 10:45 Ageless Grace (A) 2:00 Performance by the Uptown Dixieland Band (A) 3:30 Tiered Exercise Class (A) 6:30 *Horoscopes (L)	6 10:00 SMART Fitness (A) 10:30 Bridge (PC) 11:00 Recreation Ideas (A) 1:15 Tai Chi 3:30 Wine and Cheese (A) 6:30 *History Time Line Challenge (L)	7 10:00 Yoga – Live, Love, Laugh (A) 11:00 *Cranium Crunches (L) 2:00 Root Beer Floats and Music with DJ Nippy Watson (A) 3:30 Tiered Exercise Class (A) 6:30 Crokinole
8 10:45 RC Communion (C) 1:00 The Grand Shoppe (RL) 2:00 Pilgrim Reform Church Service (C) 2:30 Grandparents Day Social with True Love Ways (A) 6:30 Euchre (A)	9 10:00 SMART Fitness (A) 11:00 Ageless Grace (A) 2:00 Scrabble (A) 3:30 Tiered Exercise Class (A) 6:30 Bridge (PC) 6:30 Where in the World (L)	10 9:30 SMART Fitness (A) 10:00 Prayer Group (C) 10:30 AGE – Intergenerational Music (A) 1:15 Knit and Chat (L) 2:00 Pianist Craig Hancock (A) 3:30 *Weekly Chronicles (L) 6:30 Rumakub (A)	11 10:00 SMART Fitness (A) 10:45 AGE – Art Class (A) 11:00 Lunch at Sparta Tea House 3:00 Pet Visits with Duffy 3:30 Tiered Exercise Class (A) 6:30 Bingo (A)	12 9:30 Sewing Club (SR) 10:00 SMART Fitness (A) 10:45 Ageless Grace (A) 2:00 Performance by Wyatt Ladd (A) 3:30 Healthy Minds - Butterfly Release (G) 6:30 *Podcast – Lore (L)	13 10:00 Frankly Scarlett Jewelry Sale in the Reception Lounge 10:00 SMART Fitness (A) 10:30 Bridge (PC) 1:15 Tai Chi 2:00 Donut Day Café (A) 3:30 Wine and Cheese (A) 6:30 *20 Questions (L)	14 10:00 Yoga – Live, Love, Laugh (A) 11:00 *September IQ (L) 2:00 Latte Lounge with Music by Jim Ashby (A) 3:30 Bowling (A) 6:30 *Heads Up (L)
15 10:00 *Mindful Moments (L) 10:45 RC Communion (C) 1:00 The Grand Shoppe (RL) 2:00 *Who Sang it Best? (L) 6:30 Euchre (A)	16 10:00 SMART Fitness (A) 11:00 Ageless Grace (A) 2:00 Scrabble (A) 3:30 Tiered Exercise Class (A) 6:30 Bridge (PC) 6:30 *Name That Face or Place (L)	17 9:30 SMART Fitness (A) 10:00 Prayer Group (C) 10:30 AGE – Intergenerational Music (A) 1:15 Knit and Chat (L) 2:00 Emoji Me Party (A) 3:30 *Weekly Chronicles (L) 6:30 Shake Out the Truth (L)	18 10:00 SMART Fitness (A) 10:45 AGE – Art Class (A) 12:00 Lunch at Cora's 1:30 Water Colour with Val Bradley (A) 3:00 Pet Visits with Duffy 3:30 Tiered Exercise Class (A) 6:30 Bingo (A)	19 9:30 Sewing Club (SR) 10:00 SMART Fitness (A) 10:45 Ageless Grace (A) 11:00 Catholic Mass (C) 2:00 Performance by Michael Semenuk (A) 3:30 Tiered Exercise Class (A) 6:30 Pub Stumpers Trivia Night (A)	20 10:00 SMART Fitness (A) 10:30 Bridge (PC) 11:00 *Webster's Words of the Week (L) 1:15 Tai Chi 2:00 Crafter's Corner (A) 3:30 Wine and Cheese (A) 6:30 *Wordscapes (L)	21 10:00 Yoga – Live, Love, Laugh (A) 11:00 *Name That Film Trivia (L) 2:00 Hot Apple Cider and Music with Jim Cochetto (A) 3:30 Ladder Ball (A) 6:30 Famous Looks (L)
22 10:00 *Lift Your Spirits (L) 10:45 RC Communion (C) 1:00 The Grand Shoppe (RL) 2:00 United Church Service (C) 6:30 Euchre (A)	23 10:00 Signs of Fall Scavenger Hunt (A) 10:00 SMART Fitness (A) 11:00 Ageless Grace (A) 12:00 Ladies Lunch (CS) 2:00 Scrabble (A) 3:30 Tiered Exercise Class (A) 6:30 Bridge (PC)	24 9:30 SMART Fitness (A) 10:00 Prayer Group (C) 10:30 AGE – Intergenerational Music (A) 1:15 Knit and Chat (L) 3:30 *Weekly Chronicles (L) 6:30 Creative Cards with Brenda (A)	25 10:00 SMART Fitness (A) 10:45 Oral Health Presentation (L) 11:00 Resident Satisfaction Meeting (A) 2:00 Jiving with Jordan (A) 3:00 Pet Visits with Duffy 3:30 Tiered Exercise Class (A) 6:30 Bingo (A)	26 9:30 Sewing Club (SR) 10:00 SMART Fitness (A) 10:45 Ageless Grace (A) 1:15 Shopping at Cherryhill Mall 2:00 September Birthday Party with Randy Grey (A) 3:30 Tiered Exercise Class (A) 6:30 Volunteer Club (L)	27 10:00 SMART Fitness (A) 10:30 Bridge (PC) 12:00 Gentleman's Lunch (CS) 1:15 Tai Chi 2:00 Clap with Claire (A) 3:30 Wine and Cheese (A) 6:30 Fall Harvest Social with Music by 2 4 The Road (A)	28 10:00 Yoga – Live, Love, Laugh (A) 11:00 *Rhyming Riddles (L) 2:00 Concerts in Care Presents Chris Norley and Rob Stone (A) 3:30 *Bloopers Reel (L) 6:30 Paint Night (A)
29 10:00 *Laughter is the best Medicine (L) 10:45 RC Communion (C) 1:00 The Grand Shoppe (RL) 2:00 Dare to Compare (L) 6:30 Euchre (A)	30 10:00 SMART Fitness (A) 11:00 Ageless Grace (A) 2:00 Scrabble (A) 3:30 Tiered Exercise Class (A) 4:00 Helping Hands (L) 6:30 Bridge (PC)	Reminders Thursdays SMART Fitness Class will now begin at 10:00 a.m. Thursdays Ageless Grace Class will begin at 10:45 a.m.	 Sewing Club Volunteers will return Thursday mornings at 9:30 a.m.	 Meet our new pet therapy Dog; Aidan on Tuesdays at 2:00 p.m. in the Auditorium. If you would like a 1:1 visit, please call ext. 2509	CALENDAR LEGEND Highlights Outings * Technology Programs (A) Auditorium (L) Library (C) Chapel (G) Garden	 (DR) Dining Room (PC) Princess Café (2 nd) (RL) Reception Lounge (SR) Sewing Room (CS) Carlton Sunroom (1 st Floor)

