



# Recreation Choices **September 2018**

The Edinburgh • Luisa Romero, Director of Recreation



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>30 September</b> 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: "The Music of Silence"	<b>CALENDAR LEGEND</b> <b>Special Events</b> <b>Outings</b> * iPad/Apple TV Programs		<b>Dates to Remember</b> <b>Ottawa Public Library Visit - Homebound Program</b> <b>Tuesday, Sept. 4 at 1:30 pm</b> Call the library: (613) 580-2944 for more details			<b>1</b> 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 "Big Dreams, Small Spaces" Episode 3
<b>2</b> 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: "One Chance"	<b>3 Labour Day</b> 10:15 am Exercise Class TEP 2 10:30 am World news and coffee 11:00 am *Labour Day, Facts and Trivia 2:00 pm Bingo 3:00 pm Afternoon Tea	<b>4</b> 9:30 am Exercise Class TEP 2 10:30 am Coffee and Chat <b>11:00 am Recreation Meeting with Luisa</b> 2:00 pm Jigsaw Puzzles <b>3:00 pm Music with Nigel</b> 4:30 pm Walking Club 5:30 pm Flower arrangements 6:15 pm Bingo	<b>5</b> 9:30 am Good Morning News 10:15 am Family Physio Exercise 11:00 am *Today in History 2:00 pm *Video Concert 3:00 pm Bingo 4:00 pm Walking Club 6:15 pm Resident's pick movie night	<b>6</b> 9:30 am Exercise Class TEP 2 9:45 am Exercise Class TEP 1 10:30 am Coffee and chat <b>11:00 am Picnic at Stanley Park</b> 2:00 pm Knitting group <b>3:00 pm Healthy Minds Lecture Series</b> <b>The History of Pinhey's Point presented by Pinhey's Point Historic Site</b> 4:00 pm Event decorations <b>5:00 pm Family BBQ</b>	<b>7</b> 10:15 am Family Physio Exercise 10:30 am *World news and coffee 1:30 pm Liturgy of the Word with Communion – Roman Catholic 2:30 pm Flower arrangements 3:00 pm Bingo 3:00 pm *Video Concert 6:15 pm *Movie Night	<b>8</b> 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 "Big Dreams, Small Spaces" Episode 4
<b>9 Grandparents Day</b> 10:00 am World news and coffee <b>10:30 am Remember them? Grandparents stories</b> 11:00 am Walking Club 2:30 pm Sunday Tea Party <b>3:00 pm Hymn Sing with Irene</b> 6:15 pm *Movie: "The Light between Oceans"	<b>10</b> 10:15 am Family Physio Exercise 10:30 am World news and coffee <b>11:00 am Residents and Managers Meet</b> 2:00 pm Bingo 2:30 pm Exercise Class TEP 1 3:00 pm Smoothie Social <b>5:30 pm Music with Pamela</b> 6:15 pm *Storytelling	<b>11</b> 9:30 am Exercise Class TEP 2 10:00 am Coffee and Chat 10:30 am Arts and Crafts- Pear decor 2:00 pm Current Events <b>3:00 pm Pear Social Music with Dai</b> 4:00 pm Gardening 5:30 pm Manicures 6:15 pm Card games	<b>12</b> 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	<b>13</b> 9:30 am Exercise Class TEP 2 9:45 am Exercise Class TEP 1 10:30 am Coffee and chat <b>10:30 am Picnic Lunch at Strathcona Park</b> 2:00 pm *Video Concert 2:00 pm Manicures 2:00 pm Making Lavender Sachets 3:00 pm Social Hour - Superquiz 4:15 pm Walking Club	<b>14</b> 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 2:30 pm Afternoon Tea 3:00 pm Bingo 3:00 pm *Video Concert 6:15 pm *Movie Night	<b>15 New Edinburgh Garage Sale</b> <b>Bake Sale 9:00 am to 1:00 pm</b> 10:00 am Coffee time on the patio 10:00 am Music with Gabrielle 11:00 am Juggling Show 2:00 pm Bingo 3:15 pm Afternoon Tea 6:15 pm *Movie Series: "Big Dreams, Small Spaces" Episode 5
<b>16</b> 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 Hologram for the King"	<b>17</b> 10:15 am Family Physio Exercise 10:30 am World news and coffee 11:00 am *Turkey, Facts and Trivia 2:00 pm Bingo 2:30 pm Exercise Class TEP 1 3:00 pm Decorating Turkish Style <b>5:30 pm Turkish Dinner - Penthouse</b> 6:45 pm *Documentary: A trip to Turkey"	<b>18</b> 9:30 am Exercise Class TEP 2 10:00 am Colour your world 10:30 am Coffee and Chat 2:00 pm The Invention Game <b>3:00 pm Harvest in the Farm</b> 4:00 pm Gardening <b>5:30 pm Music with Nigel</b> 6:15 pm Musical Bingo	<b>19</b> 9:30 am Good Morning News 10:15 am Bean Bags <b>11:00 am Food Meeting with Adrian</b> 2:00 pm Arts and Crafts Second Floor Wall Decorations 2:00 pm *Video Concert 3:00 pm Bingo 4:15 pm Walking Club 6:15 pm Resident's pick movie night	<b>20</b> 9:30 am Exercise Class TEP 2 9:45 am Exercise Class TEP 1 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 Social Hour: 4:15 pm Exercise Class TEP 3	<b>21</b> 10:15 am Family Physio Exercise 10:30 am *World news and coffee <b>10:30 am Drive to Andrew Haydon Park</b> 11:00 am Flower arrangements 1:30 pm Liturgy of the Word with Communion – Roman Catholic <b>2:00 pm Making Candy Apples</b> 3:00 pm Bingo 3:00 pm *Video Concert 6:15 pm *Movie Night	<b>22 First Day of Fall</b> 10:00 am Coffee time and chat 10:30 am Fall crafts 11:15 am Walking club 2:00 pm *Video Concert 2:15 pm Bingo 3:15 pm Afternoon Tea 6:15 pm "Big Dreams, Small Spaces" Episode 6
<b>23 Open House</b> 10:00 am World news and coffee 10:30 am Bean Bags 11:00 am Walking Club <b>1:00 pm to 4:00 pm</b> <b>"Share the Harvest" Open House</b> <b>Music by Natalie Harrison</b> 6:15 pm *Movie: "Julie and Julia"	<b>24 Active Aging Week</b> 10:15 am Family Physio Exercise 10:30 am World news and coffee <b>11:00 am Active Aging Week Presentation</b> 2:00 pm Bingo 2:30 pm Exercise Class TEP 1 <b>3:00 pm Line Dancing</b> 5:30 pm Manicures 6:15 pm *Storytelling	<b>25</b> 9:30 am Exercise Class TEP 2 10:30 am Coffee and Chat 11:15 am Anglican Service 2:00 pm Current events <b>3:00 pm Birthday Party with Spencer Scharf</b> 4:30 pm Visits one on one 5:30 pm Manicures 6:15 pm Card games	<b>26</b> 9:30 am Good Morning News 10:15 am Family Physio Exercise <b>10:30 am Lunch and Theatre at the GCTC</b> 2:00 pm Sing Along 3:00 pm Bingo 6:15 pm *Video documentary: "Cappadocia documented, History Channel" <b>7:30 pm Books on Beechwood Book Club</b>	<b>27</b> 9:45 am Exercise Class TEP 2 10:00 am Exercise Class TEP 1 10:30 am Coffee and chat <b>10:30 am Drive to Experimental Farm Gardens</b> 2:00 pm Knitting group <b>3:00 pm Lecture Series</b> <b>"Hamnett's Hearth presented by Pinhey's Point Historic Site"</b> 4:15 pm Exercise Class TEP 3	<b>28</b> 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 <b>2:30 pm Yoga</b> 3:00 pm Bingo 3:00 pm *Video Concert <b>4:00 pm Cocktails on the Patio</b> 6:15 pm *Let's talk movies with Miguel	<b>29</b> 10:00 am Coffee time and chat 11:00 am Walking club 2:00 pm *Video Concert 2:30 pm Afternoon Tea <b>3:00 pm Welsh Songs Concert</b> 6:15 pm *Documentary: "Sustainable"