



# Recreation Choices September 2019

Aspen Ridge • Pam Copeland, Director of Recreation,



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<b>1</b>	09:00 Morning Social 10:00 Word Puzzles 01:30 Walking Club 02:00 Movie Matinee-T 03:00 Outside Games-B 06:30 Movie-T	<b>2</b>	09:00 Waking Club 10:00 Tiered Exercise-GR 11:00 *Mindful Mondays-T 01:30 Arm Chair Travel-T 02:00 Chase the Ace-GR <b>03:00 Rec Meeting-T</b> 04:00 Church Service-C 06:30 Tile Rummy-GR 06:30 Movie-T	<b>3</b>	10:00 Chair Yoga-GR <b>10:30 Food Committee Meeting-GR</b> 02:00 Craft Corner with Bev-GR 02:00 Scrabble –AL 03:00 Pub & Friendship Jam-GR 04:15 Chicken Soup-B 06:30 Movie-T 06:30 Bridge-GR	<b>4</b>	<b>08:20 Collicut Track</b> 09:30 Tiered Exercise-GR <b>11:00 Pat the Jewelry Lady-B</b> <b>12:45 Parkland Mall</b> 03:00 Happy Hour-P *True or False 04:15 Chicken Soup-B 06:30 Card Bingo-GR 06:30 Movie-T	<b>5</b>	09:00 Walking Club 10:00 Tiered Exercise-GR <b>10:30 General Resident Meeting-GR</b> <b>11:00 Java Music Club-FDR</b> 12:45 Bridge-AL 03:00 Horse Races-GR 04:00 Chicken Soup-B 06:30 Whist-GR 06:30 Movie -T	<b>6</b>	<b>09:00 Heritage Lanes</b> 09:30 Church Service-C 10:00 Chair Yoga-GR 11:00 Ted Talks-T <b>12:45 Bower Mall</b> <b>02:00 Bob Short-GR</b> 03:00 Happy Hour- P *Did you Know? 06:30 Crib-GR 06:30 Musical-T 06:30 Quarter Black Jack with Kenzie-GR	<b>7</b>	09:00 Morning Social 10:00 Word Puzzles 10:30 Pool-GR 01:30 Bingo-GR 02:00 Movie Matinee-T 03:30 Sing Song Saturday with Bev-T 06:30 Checkers/Chess-B 06:30 Musical-T
<b>8 Grandparents Day</b>	09:00 Morning Social 10:00 Word Puzzles 01:30 Walking Club 02:00 Movie Matinee-T <b>02:00 Sunday Afternoon Milkshakes-B</b> 03:00 Church Service-C 03:00 Outside Games-B 06:30 Movie-T	<b>9</b>	09:00 Waking Club 09:30 Tiered Exercise-GR <b>10:15 Bower Ponds Walk</b> 11:00 *Mindful Mondays-T 01:30 Arm Chair Travel-T <b>02:00 Walking on Sunshine Duo-GR</b> 04:00 Church Service-C 06:30 Tile Rummy-GR 06:30 Movie-T	<b>10</b>	10:00 Chair Yoga-GR <b>01:30 Marvel Mani's-AL</b> <b>01:30 Healthy Minds: Blast from the Past-1940-1960-T</b> 02:00 Scrabble –AL 02:00 Poker with Pam-GR 03:00 Pub & Friendship Jam-GR 04:15 Chicken Soup-B 06:30 Movie-T 06:30 Bridge-GR	<b>11 Donut Day</b>	<b>08:20 Collicut Track</b> 10:00 Tiered Exercise-GR <b>12:45 Parkland Mall</b> <b>02:00 Donut Day-Bistro</b> 03:00 Happy Hour-P *True or False 04:15 Chicken Soup-B 06:30 Card Bingo-GR 06:30 Movie-T	<b>12</b>	09:00 Walking Club 10:00 Tiered Exercise-GR 10:30 Pool-GR <b>11:00 Java Music Club-FDR</b> 12:45 Bridge –AL <b>01:30 John Shoulders Financial Investor-T</b> 03:00 Horse Races-GR 04:00 Chicken Soup-B 06:30 Whist-GR 06:30 Movie -T	<b>13</b>	<b>09:00 Heritage Lanes</b> 09:30 Church Service-C 10:00 Chair Yoga-GR 11:00 Ted Talks-T <b>12:45 Bower Mall</b> <b>02:00 Murray Larsen-GR</b> 03:00 Happy Hour- P *Did you Know? 06:30 Crib-GR 06:30 Movie-T 06:30 Quarter Black Jack with Kenzie-GR	<b>14</b>	09:00 Morning Social 10:00 Word Puzzles 10:30 Pool-GR <b>02:00 Jim Baxter-GR</b> 03:15 Bingo-GR 06:30 Checkers/Chess-B 06:30 Musical-T 06:30 Quarter Black Jack with Kenzie-GR
<b>15</b>	09:00 Morning Social 10:00 Word Puzzles 01:30 Walking Club 02:00 Movie Matinee-T 03:00 Church Service-C 03:00 Outside Games-B 06:30 Movie-T	<b>16</b>	10:00 Tiered Exercise-GR 11:00 *Mindful Mondays-T 01:30 Arm Chair Travel-T 02:00 Chase the Ace-GR 04:00 Church Service-C 06:30 Tile Rummy-AL <b>06:30 Dee and Blair play guitar-GR</b>	<b>17</b>	10:00 Chair Yoga-GR 01:30 Walking Club 02:00 Scrabble –AL 02:00 Craft Corner with Bev-GR 03:00 Pub & Friendship Jam-GR <b>04:15 Skits for Seniors-B</b> 06:30 Bridge-GR 06:30 Movie-T	<b>18 Taste of Holland</b>	<b>08:20 Collicut Track</b> 10:00 Tiered Exercise-GR <b>11:00 Virtual tour of Holland-T</b> 10:30 Pool-GR <b>12:45 Parkland Mall</b> 01:30 Fisher Home Health-B <b>02:00 Tony Connolly Singers- GR</b> 03:00 Happy Hour-P *True or False <b>03:00 Taste of Holland-B</b> 04:15 Chicken Soup-B 06:30 Card Bingo-GR 06:30 Movie-T	<b>19</b>	09:00 Walking Club 10:00 Tiered Exercise-GR 10:30 Pool-GR <b>11:00 Java Music Club-FDR</b> 12:45 Bridge –AL 01:30 Musical-T 03:00 Horse Races-GR 04:00 Chicken Soup-B 06:30 Whist-GR 06:30 Movie-T	<b>20 Reel Youth Film</b>	<b>09:00 Heritage Lanes</b> 09:30 Church Service-C 10:00 Chair Yoga-GR 11:00 Ted Talks-T <b>12:45 Bower Mall</b> <b>02:00 Spectrum-GR</b> 03:00 Happy Hour- P *Did you Know? 06:30 Crib-GR 06:30 Movie-T 06:30 Quarter Black Jack with Kenzie-GR	<b>21 Reel Youth Film</b>	09:00 Morning Social 10:00 Word Puzzles 10:30 Pool-GR 02:00 Movie Matinee-T 03:15 Bingo-B 06:30 Musical-T



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>22 Reel Youth Film</b> 09:00 Morning Social 10:00 Word Puzzles-B 01:30 Walking Club 02:00 Movie-T <b>02:00 Daniil plays the Violin-M</b> 03:00 Church Service -C 03:00 Outside Games-B 06:30 Movie-T	<b>23</b> 09:30 Tiered Exercise-GR <b>10:15 Mackenzie Trails</b> 10:30 Pool-GR 11:00 *Mindful Mondays-T 01:30 Arm Chair Travel-T 02:00 Chase the Ace-GR 04:00 Church Service-C 06:30 Tile Rummy-GR 06:30 *Paint Class-GR 06:30 Movie-T	<b>24</b> 10:00 Chair Yoga-GR 01:30 Walking Club <b>01:30 Marvel Mani's-AL</b> <b>01:30 Creative Crafts-GR</b> 02:00 Poker with Pam-GR 02:00 Scrabble -AL 03:00 Pub & Friendship Jam-GR 04:15 Chicken Soup-B 06:30 Bridge-AL <b>06:30 Health Arts Symphony-GR</b>	<b>25 Fall Feast</b> <b>08:20 Collicut Track</b> 10:00 Tiered Exercise-GR 10:30 Pool-GR <b>12:45 Parkland Mall</b> <b>02:00 Frisky and FriendsGR</b> <b>03:00 Happy Hour: Healthy Minds: Glyn shares his travels-P</b> 04:15 Chicken Soup-B 06:30 Card Bingo-GR 06:30 Movie-T	<b>26</b> 09:00 Walking Club 10:00 Tiered Exercise-GR 10:30 Pool-GR <b>11:00 Java Music Club-FDR</b> <b>12:45 Bowling at Inglewood</b> 12:45 Bridge -AL 01:30 Musical-T <b>02:00 Personal Touch Clothing-B</b> 03:00 Horse Races-GR 04:00 Chicken Soup-B 06:30 Whist-AL	<b>27 Elvis Day</b> <b>09:00 Heritage Lanes</b> 09:30 Church Service-C 10:00 Chair Yoga-GR <b>11:00 Elvis Documentary-T</b> <b>12:45 Bower Mall</b> <b>02:00 Elvis is in the Building-DR</b> 03:00 Happy Hour- P *Did you Know? 06:30 Crib-GR 06:30 Elvis Movie-T	<b>28 Reel Youth Film</b> 09:00 Morning Social 10:00 Word Puzzles 10:30 Pool-GR 01:30 Bingo-B 02:00 Movie Matinee-T 06:30 Checkers/Chess-B <b>06:30 Randy &amp; Rai-GR</b>
<b>29 Reel Youth Film</b> 09:00 Morning Social 10:00 Word Puzzles-B 01:30 Walking Club 02:00 Movie-T 03:00 Church Service -C 03:00 Outside Games-B 06:30 Movie-T	<b>30</b> 09:00 Walking Club 10:00 Tiered Exercise-GR 10:30 Pool-GR 11:00 *Mindful Mondays-T 01:30 Arm Chair Travel-T 02:00 Chase the Ace-GR 04:00 Church Service-C 06:30 Tile Rummy-GR 06:30 Movie-T <b>06:30 Tim Peters-B Computer / Ipad tech help</b>	<b>ROOM LEGEND</b> GR Games Room AL Assisted Lounge M Memory Care FD Family Dining B Bistro C Chapel T Theatre P Pub	<b>Highlights</b> <b>Outings</b> *IPad/Apple TV Programs			

