



Recreation Choices **May 2018**

The Edinburgh • Luisa Romero, Director of Recreation



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 am Fun and Fitness 10:30 am Coffee and Chat 11:00 am Recreation Meeting with Luisa 2:00 pm Current events with Mr. Cox 3:00 pm Afternoon Tea 4:30 pm Visits one on one 5:30 pm Music with Nigel	2 9:15 am Open Rehearsal NAC 9:30 am Good Morning News 10:15 am Exercise class 2:00 pm Gardening Club seed planting 3:00 pm Bingo 3:00 pm *Video Concert Series 4:00 pm Walking Club 6:15 pm Resident's pick movie night	3 9:30 am Fun and Fitness 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 Chair Yoga	4 10:15 am Exercise class 10:30 am *World news and coffee 11:00 am Dice game 3:00 pm Bingo 3:00 pm *Video Concert 6:15 pm *Mystery Film with Miguel	5 Spring Open House 10:00 am Coffee time and games 10:30 am Flower arrangements 1:30 pm Mass –Suite 201 1:00 pm to 4:00 pm Open House – Art Show 3:30 pm University of Ottawa Choir presentation 6:15 pm *Movie Series" The Royal House of Windsor", Episode 1
6 Spring Open House 10:00 am World news and coffee 10:30 am Bean Bags 11:00 am Card games 1:00 pm to 4:00 pm Open House – Art Show 6:15 pm *Movie: "Loving Vincent"	7 10:15 am Exercise Class 10:30 am World news and coffee 11:00 am Find the word 2:00 pm Bingo 3:00 pm Tea and Tulip Trivia 4:30 pm Visits one on one 5:30 pm Adult colouring 6:30 pm Humane Society Pet Visit	8 Today activities in the Dining room And/Or Patio 9:30 am Fun and Fitness 10:00 am Coffee and Chat 11:00 am Arts and Crafts: Mother's day decorations 2:00 pm Knitting group 3:00 pm Afternoon Tea 4:00 pm Visits one on one	9 9:30 am Good Morning News 10:15 am Exercise class 2:00 pm Sing along 3:00 pm Healty Minds Talk "Tai Chi and Qi Gong and the benefits for your health" 4:00 pm Walking Club 6:15 pm Resident's pick movie night	10 10:00 am Coffee and chat 11:00 am Visits one on one 2:00 pm Knitting Group 2:00 pm *Favourite Tunes 3:00 pm Music with Nigel 4:00 pm Walking club	11 10:15 am Exercise class 10:30 am Tulip Festival Outing 11:00 am Guess the Word 2:00 pm *Current Events with Liz 3:00 pm Bingo 4:30 pm Walking Club 6:15 pm *Mystery Film with Miguel	12 10:00 am Coffee time and games 11:00 am Arts and Crafts 1:30 pm Mass 2:00 pm Bingo 3:00 pm Afternoon Tea 6:15 pm *Movie Series" The Royal House of Windsor", Episode 2
13 Happy Mother's Day! 10:00 am World news and coffee 10:30 am Bowling 11:00 am Walking club 2:00 pm Tea Party decorations 3:00 pm Mother's Day Celebration Music by Marina Borzinetz 6:15 pm *Movie: "Fried Green Tomatoes"	14 10:15 am Exercise Class 10:30 am World news and coffee 11:00 am *That face or place 2:00 pm Bingo 3:00 pm Arts and Crafts Bird feeder painting 4:30 pm Visits one on one 5:30 pm Music with Pamela	15 10:00 am Fun and Fitness 10:30 am Coffee and Chat 11:00 am Resident and Managers Meet 2:00 pm Current events with Mr. Cox 3:00 pm Afternoon Tea 4:00 pm Chair Yoga 5:30 pm *All about Royal Weddings 6:15 pm Bingo	16 10:15 am Exercise class 11:00 am Theatre at the NAC "Up to Low" 2:00 pm Sing Along 3:00 pm Bingo 3:00 pm *Video Concert Series 4:00 pm Once upon a time, Wedding memories	17 9:30 am Fun and Fitness 10:00 am Coffee and chat 11:00 am Arts and Crafts Bird feeder painting 2:00 pm Knitting Group 3:00 pm Gardening Club Meeting 4:00 pm Chair Yoga	18 10:15 am Exercise class 10:00 am NAC -Let's Dance 10:30 am *World news and coffee 11:00 am Flower arrangements 2:00 pm Bingo 3:00 pm Music with Lila 6:15 pm *Mystery Film with Miguel	19 10:00 am Coffee time and games 11:00 am Walking club 1:30 pm Mass 2:30 pm Royal Wedding and Afternoon Tea 6:15 pm *Movie Series" The Royal House of Windsor", Episode 3
20 10:00 am World news and coffee 10:30 am Bean Bags 11:00 am Card games 2:30 pm Sunday Tea Party 6:15 pm *Movie: "Elizabeth"	21 Victoria Day 10:15 am Exercise Class 10:30 am World news and coffee 11:00 am Gardening 2:00 pm Bingo 3:00 pm Afternoon Tea 6:30 pm *Movie: "The Young Victoria"	22 10:00 am Fun and Fitness 10:30 am Coffee and Chat 11:00 am Anglican Service 2:00 pm Event decorations 3:00 pm Birthday Party with Dai 4:30 pm Chair Yoga 5:30 pm Manicures 6:15 pm Lotto 649	23 9:15 am Open Rehearsal -NAC 10:15 am Exercise class 2:00 pm Sing along 3:00 pm Bingo 4:00 pm Healthy Minds Talk: "The importance of Meditation" 4:00 pm Walking Club 6:15 pm Resident's pick movie night	24 9:30 am Fun and Fitness 10:00 am Coffee and chat 2:00 pm Knitting group 3:00 pm Card games 4:00 pm Walking club 6:30 pm Guest Speaker: Lieutenant-Colonel (Ret'd) R. Martin	25 10:15 am Exercise class 10:30 am *World news and coffee 11:00 am Arts and Crafts: Father's Day Decorations 2:00 pm *Current Events with Liz 3:00 pm Bingo 3:00 pm *Video Concert 4:00 pm Walking Club 6:15 pm *Mystery Film with Miguel	26 10:00 am Coffee time and games 11:00 am Walking club 1:30 pm Mass 2:00 pm Bingo 3:00 pm Afternoon Tea 6:15 pm *Movie Series" The Royal House of Windsor", Episode 4
27 10:00 am World news and coffee 10:30 am Bowling 11:00 am Walking club 2:30 pm Sunday Tea Party 3:00 pm Hymn Sing with Irene 3:00 pm *Video concert 6:15 pm *Movie: "Pride and Prejudice"	28 10:15 am Exercise Class 10:30 am World news and coffee 11:00 am *That face or place 2:00 pm Bingo 3:00 pm Treasured Objects 4:00 pm Visits one on one 5:30 pm Latin American Dinner in the Penthouse Live music by Los Paisanos	29 10:00 am Fun and Fitness 10:30 am Coffee and Chat 11:00 am Food Meeting with Adrian 2:00 pm Current events with Mr. Cox 3:00 pm *Guess the origin 4:30 pm Visits one on one	30 9:30 am Good Morning News 10:15 am Exercise class 2:00 pm Sing along 3:00 pm Bingo 4:00 pm Walking Club 6:15 pm Video Documentary 7:30 pm Books on Beechwood Book Club	31 9:30 am Fun and Fitness 10:00 am Coffee and chat 11:00 am Where in the world 2:00 pm Knitting group 2:00 pm Video Concert 3:00 pm Card games 4:00 pm Chair Yoga	Dates to Remember Ottawa Public Library Visit - Homebound Program Tuesday, May 1 at 1:30 pm Call the library: (613) 580-2944 for more details	CALENDAR LEGEND Special Events Outings * iPad/Apple TV Programs