



# Recreation Choices August 2019

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

| Sunday   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday   |
|--|--|---|--|--|---|--|
| <b>CALENDAR LEGEND</b>   |  |   |  | <b>1</b>   | <b>2</b>  | <b>3</b>   |
| <b>Highlights</b><br><b>Outings</b><br>* iPad/Apple TV Programs  | <b>The Dressing Room for Seniors will be here on Monday, August 12<sup>th</sup> from 10:00 to 3:00 in the Auditorium</b>   | <b>Prayer Group is open to all residents on Tuesday Mornings at 10:00 a.m. in the Chapel</b>  | <b>Remember to sign up for outings in the Auditorium before the day of the trip!</b>   | 9:30 SMART Fitness (A)<br>10:30 Ageless Grace (A)<br><b>2:00 Concerts in Care Presents – Pianist Mark Payne (A)</b><br>3:30 Tiered Exercise Class (A)<br>6:30 Crokinole (A)  | 10:00 SMART Fitness (A)<br>10:30 Bridge (PC)<br>1:15 Tai Chi (A)<br>3:30 Wine and Cheese (A)<br>6:30 Left, Right, Centre (L)  | 10:00 Yoga – Live, Love, Laugh (A)<br>11:00 August IQ (L)<br><b>2:00 Performance by Jim Cochetto (A)</b><br>3:30 Tiered Exercise Class (A)<br>6:30 *Stuff You Should Know (L)          |
| <b>4</b>   | <b>5</b>   | <b>6</b>  | <b>7</b>   | <b>8</b>   | <b>9</b>  | <b>10</b>  |
| 10:00 *Mindful Moments (L)<br>10:45 Roman Catholic Communion (C)<br>1:00 The Grand Shoppe (RL)<br>2:00 St. James Anglican Church with Choir (A)<br>6:30 Euchre (A) | 10:00 Mindful Moments (L)<br>11:00 Word Puzzle Pick Up (L)<br>2:00 Scrabble (A)<br>3:30 Iced Tea in the Garden (G)<br>6:30 Bridge (PC)   | 10:00 Fun and Fitness (A)<br>10:30 Intergenerational Music (A)<br><b>12:00 Ladies Lunch (CS)</b><br>1:15 Knit and Chat Club (L)<br>1:30 Water Colour Painting with Val Bradley (A)<br>3:30 *Weekly Chronicles (L)<br>6:30 Rumakub (A) | 10:00 Fun and Fitness (A)<br>10:45 AGE – Intergenerational Art Class (A)<br><b>12:00 Lunch at the Sweet Onion</b><br><b>2:00 Healthy Minds Presentation – Farming Antiques (A)</b><br>3:00 Pet Visits with Duffy<br>6:30 Bingo (A) | 10:00 Fun and Fitness (A)<br>10:30 Ageless Grace (A)<br><b>12:00 Gentleman’s Lunch (CS)</b><br><b>2:00 Jiving with Jordan (A)</b><br>3:30 Tiered Exercise Class (G)<br>6:30 Lotto 649 (L)                          | 10:30 Bridge (PC)<br>1:15 Tai Chi (L)<br><b>2:00 Country Gospel Social with True Love Ways Duo (A)</b><br>3:30 Wine and Cheese (A)<br>6:30 Paint Night (A)  | 10:00 Yoga – Live, Love, Laugh (A)<br>11:00 Cranium Crunches (L)<br>2:00 Searching for August Scavenger Hunt (L)<br>3:30 *Four Pictures, One Word (L)<br>6:30 Shake Out The Truth (L)  |
| <b>11</b>  | <b>12</b>  | <b>13</b>   | <b>14</b>  | <b>15</b>  | <b>16</b>   | <b>17</b>  |
| 10:00 *Calm Meditation (L)<br>10:45 Roman Catholic Communion (C)<br>1:00 The Grande Shoppe (RL)<br>2:00 Pilgrim Reform Church Service (C)<br>6:30 Euchre (A)       | <b>10:00 The Dressing Room Sale for Seniors (A)</b><br><b>12:00 Lunch at the Idlewyld Inn</b><br>2:00 Scrabble (L)<br>3:30 Tiered Exercise Class (A)<br>3:30 Ladder Ball (G)<br>6:30 Bridge (PC) | 9:30 SMART Fitness (A)<br>10:30 Intergenerational Music (A)<br>1:15 Knit and Chat Club (L)<br><b>2:00 Performance by Michael Semenuk (A)</b><br>3:30 *Weekly Chronicles (L)<br><b>6:30 Healthy Minds – Butterflies. Part 2</b>        | <b>10:00 SMART Fitness Demo and Presentation (A)</b><br><b>2:00 Wellness Wednesday – Relax and Unwind (A)</b><br><b>2:30 Meet and Greet with Yoga Instructor; Lotus (A)</b><br>3:00 Pet Visits with Duffy<br>6:30 Bingo (A)        | 9:30 SMART Fitness (A)<br>10:30 Ageless Grace (A)<br>11:00 Catholic Mass (C)<br><b>2:00 Presentation by Doug Teeter (A)</b><br>3:30 Tiered Exercise Class (A)<br>6:30 Name That Face or Place (L)                  | 10:00 SMART Fitness (A)<br>10:30 Bridge (PC)<br>1:15 Tai Chi (L)<br>2:00 Clap with Claire (A)<br>3:30 Wine and Cheese (A)<br><b>6:30 Performance by Bob Finlay (A)</b>  | 10:00 Yoga – Live, Love, Laugh (A)<br>11:00 Jeopardy Trivia (L)<br>2:00 Crafter’s Corner (A)<br>3:30 Ring Toss (G)<br>6:30 Helping Hands (A)   |
| <b>18</b>  | <b>19</b>  | <b>20</b>   | <b>21</b>  | <b>22</b>  | <b>23</b>   | <b>24</b>  |
| 10:00 *Classical Listening Lounge (L)<br>10:45 Roman Catholic Communion (C)<br>1:00 The Grand Shoppe (RL)<br>3:30 *Ted Talks (L)<br>6:30 Euchre (A)                | 10:00 SMART Fitness (A)<br>11:00 Ageless Grace (A)<br>2:00 Scrabble (A)<br>3:30 Webster’s Words of the Week (L)<br>6:30 Bridge (PC)  | 9:30 SMART Fitness (A)<br>1:15 Knit and Chat Club (L)<br><b>2:00 August Birthday Party with the Goldies (A)</b><br>2:00 Pet Visits with Aidan<br>3:30 *Weekly Chronicles (L)<br>6:30 Rumakub (A)                                      | 10:00 SMART Fitness (A)<br>10:45 AGE – Intergenerational Art Class (A)<br>1:30 Water Colour Painting with Val Bradley (A)<br>3:00 Pet Visits with Duffy<br>6:30 Bingo (A)  | 9:30 SMART Fitness (A)<br>10:30 Ageless Grace (A)<br><b>1:15 Shopping at Wal Mart</b><br><b>2:00 Performance by Joel Horvath</b><br>3:30 Tiered Exercise Class (A)<br>6:30 *Wordscapes (L)                         | 10:00 SMART Fitness (A)<br>10:30 Bridge (PC)<br>11:00 Tiered Exercise Class (A)<br>1:15 Tai Chi (L)<br><b>2:00 The Covenant Players (A)</b><br>3:30 Wine and Cheese (A)<br>6:30 *History Timeline Challenge – Pop Culture Edition (L) | 10:00 Yoga – Live, Love, Laugh (A)<br>11:00 Tiered Exercise Class (A)<br><b>2:00 Performance by the 2 4 The Road (A)</b><br>3:30 Golf Chip Challenge (G)<br>6:30 You Solve It (L)      |
| <b>25</b>  | <b>26</b>  | <b>27</b>   | <b>28</b>  | <b>29</b>  | <b>30</b>   | <b>31</b>  |
| 10:00 *Old Time Radio (L)<br>10:45 Roman Catholic Communion (C)<br>1:00 The Grand Shoppe (RL)<br>2:00 United Church Service and Hymn Sing (C)<br>6:30 Euchre (A)   | 10:00 SMART Fitness (A)<br>11:00 Ageless Grace (A)<br>2:00 Scrabble (A)<br>3:30 Lawn Darts (G)<br>3:30 Volunteer Club (L)<br>6:30 Bridge (PC)  | 9:30 SMART Fitness (A)<br>1:15 Knit and Chat Club (L)<br><b>2:00 Performance by Ken Lighheart (A)</b><br>2:00 Pet Visits with Aidan<br>3:30 *Weekly Chronicles (L)<br>6:30 Creative Cards with Brenda (A)                             | 10:00 SMART Fitness (A)<br>10:45 AGE – Intergenerational Art Class (A)<br><b>2:00 Popping Puzzler Party (A)</b><br>3:30 Tiered Exercise Class (A)<br>3:00 Pet Visits with Duffy<br>6:30 Bingo (A)                                  | <b>9:15 Shopping at Cherryhill Mall</b><br>9:30 SMART Fitness (A)<br>10:30 Ageless Grace (A)<br><b>2:00 Performance by Michelle Iurman (A)</b><br>3:30 Tiered Exercise Class (A)<br>6:30 Pub Stumpers Trivia Night | 10:00 SMART Fitness (A)<br>10:30 Bridge (PC)<br>1:15 Tai Chi (A)<br>2:00 Tiered Exercise Class (A)<br>3:30 Wine and Cheese (A)<br>6:30 *Movie Night – Cast Your Vote (A)  | 10:00 Yoga – Live, Love, Laugh (A)<br>11:00 *Who Sang it Best? (L)<br><b>2:00 Labour Day Weekend Party with Music by Randy Grey (A)</b><br>3:30 Bowling (A)<br>6:30 Volunteer Club (L) |

