



Recreation Choices May 2019

The Williamsburg • Ali Bettger, Recreational Director



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ROOM LEGEND	CALENDAR LEGEND		1 Fifth Ave Vendor	2	3	4 Open House
CK Country Kitchen BR Board Room LIB Library MT Movie Theatre TG Terrace Grill FC Fitness Centre GR Games Room	Highlights Outings *iPad/Apple TV Programs		09:45am Sit & Be Fit FC 10:30am Knitting Club TG 11:15am National Ballet School of Dance Sharing Dance Class (NBS) GR 01:00pm Financial Advisor "Investments" CK 02:00pm Lianne Harris Presents "Desire & Greed" MT 03:00pm Kentucky Derby Prep: Making Fascinator's CK 04:30pm Social Hour LB 07:15pm *Ted Talk: "How to Measure Your Life" MT	09:45am Strength & Stretch FC 10:30am TEP- Tier 3 FC 11:15pm Kentucky Derby: Making Mint Julep's CK 01:30pm Shopping Trip to Mapleview Mall 01:30pm Chair Zumba FC 02:00pm Kentucky Derby Prep: Making Fascinator's CK 02:15pm Falls Prevention FC 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Movie: "Country Strong" MT	09:45am Sit & Be Fit FC 10:30am Tiered Exercise Program- Tier 1 FC 01:30pm Recreation Meeting with Reem MT 02:15pm Walking Club 03:00pm Travelogue: "Budapest" MT 04:30pm Social Hour LB 07:00pm Euchre CK 07:15pm Movie: "The Birdcage" MT	10:15am Saturday Stretch FC 01:00pm Kentucky Derby Pre-Show & Horse Racing Game GR 01:30pm Name that Tune with The Escapade Trio TG 02:00pm Live Music by The Escapade Trio TG 04:30pm Social Hour LB 07:15pm *Movie: "Walk. Ride. Rodeo" MT
5 Cinco de Mayo	6	7	8 Anish Traditions Vendor	9	10	11
10:15am *iPad Help Drop in LIB 01:00pm *Guided Meditation and Relaxation MT 01:30pm Cinco de Mayo Trivia and Margaritas CK 02:00pm Euchre GR 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Movie: "The King's Speech" MT	08:45am Falls Prevention FC 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 11:15am Tiered Exercise Program- Tier 3 FC 01:30pm Book Club LIB 02:00pm Food Committee 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Planet Earth MT	09:45am TEP- Tier 2 FC 10:30am Advanced Aqua Fit 11:15am Baking Club CK 01:00pm Trip to the Movies 01:30pm Low Impact Swim 02:00pm Air Plant Magnets with Tanya CK 2:30pm Blackjack GR 04:30pm Social Hour LB 07:00pm TEP- Tier 1 FC 07:00pm Sequence GR 07:15pm *Alec Guinness Film: "The Bridge on The River Kwai" MT	09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 10:30am Knitting Club TG 12:00pm Mother's Day High Tea Lunch and Music by Harpist Pat Johnston CK (Sign Up) 2:15pm Mother's Day Baking CK 04:30pm Mother's Day Social Hour with Moscow Mules LB 07:15pm Movie: "The Italian Job" MT	09:45am Strength & Stretch FC 10:30am Advanced Aqua Fit 01:30pm Chair Zumba FC 02:15pm Falls Prevention FC 03:00pm Toonie Bingo TG 04:30pm Welcome Social Hour LB 07:15pm *Netflix Movie: "A Man Called O.V." MT	09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 11:15am Tiered Exercise Program- Tier 1 FC 01:15pm Mohawk Casino 01:30pm Low Impact Swim 02:15pm Walking Club 03:00pm Rummicub CK 04:30pm Social Hour LB 07:00pm Euchre CK 07:15pm *Movie: "Battle Of The Sexes" MT	10:15am Sit & Be Fit FC 01:00pm *Who Am I? CK 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:00pm Music with Ed Smith TG
12 Mother's Day	13	14	15	16	17	18
10:15am *iPad Help Drop in LIB 01:00pm *Guided Meditation and Relaxation MT 02:00 Mother's Day Mimosa's CK 02:00pm Euchre GR 04:30pm Social Hour LB 07:15pm *Movie: "Mother's Day" MT	08:45am Falls Prevention FC 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 11:15am Tiered Exercise Program- Tier 3 FC 01:30pm Music with Dixieland TG 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Planet Earth MT	09:45am Tiered Exercise Program- Tier 2 FC 10:30am Advanced Aqua Fit 11:15am Baking Club CK 1-3pm TECH COACHES LIB 01:30pm Low Impact Swim 02:30pm Blackjack GR 04:30pm Social Hour LB 07:00pm Tiered Exercise Program- Tier 1 FC 07:00pm Sequence GR 07:15pm Alec Guinness Film: "The Captain's Paradise" MT	09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 10:30am Knitting Club TG 11:15am NBS Sharing Dance Class GR 02:00pm Music with Wendell LIB 03:00pm Ballroom Dancing with Derek GR 04:30pm Social Hour LB 07:15pm *Ted Talk: "My Stroke of Insight" MT	09:45am Strength & Stretch FC 10:30am Advanced Aqua Fit 11:15am St. Luke's Church Service LIB 01:30pm Chair Zumba FC 02:15pm Falls Prevention FC 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Movie: "Mordechai" MT	09:45am Sit & Be Fit FC 10:30am Resident General Meeting MT 01:30pm Low Impact Swim 01:30pm BPL Book Exchange/Drop off LIB 2:00pm Healthy Minds: "The Benefits of Art by Cailey" MT 02:15pm Walking Club 03:15pm Travelogue: "Sicily" MT 04:30pm Social Hour LB 07:00pm Euchre CK 07:15pm *Movie: "Little Italy" MT	10:15am Saturday Stretch FC 01:00pm Caroline Cellars Winery (Sign Up) 01:00pm *Name Five CK 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Saturday Night Movie: "Crazy Rich Asians" MT



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 10:15am *iPad Help Drop In LIB 01:00pm *Guided Meditation and Relaxation MT 02:00pm Euchre GR 04:30pm Social Hour LB 07:15pm Movie: "The Young Victoria" MT	20 Victoria Day 08:45am Falls Prevention FC 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 11:15am Tiered Exercise Program- Tier 3 FC 01:30pm Rummicub CK 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Planet Earth MT	21 09:45am TEP- Tier 2 FC 10:30am Advanced Aqua Fit 11:15am Baking Club CK 01:30pm Low Impact Swim 02:00pm Music with Steve Angel TG 03:00pm May Birthday Celebrations CK 04:30pm Social Hour LB 07:00pm TEP- Tier 1 FC 07:15pm Sequence GR 07:15pm Alec Guinness Film: "Kind Hearts & Coronets" MT	22 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 10:30am Knitting Club TG 11:15am NBS Sharing Dance Class GR 02:30pm Healthy Minds: "Henna Creations with Deepali" CK 04:30pm Social Hour LB 07:15pm *Ted Talk: "Grit: The Power of Passion & Preservation" MT	23 09:45am Strength & Stretch FC 10:30am Advanced Aqua Fit 01:30pm Chair Zumba FC 02:15pm Falls Prevention 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Movie: "For Love of The Game" MT	24 09:45am Sit & Be Fit FC 10:00am BPAC: Mamma Mia (Sign Up) 10:30am Advanced Aqua Fit 11:15am TEP- Tier 1 FC 01:30pm Low Impact Swim 02:15pm Walking Club 03:15pm Rummicub CK 04:30pm Social Hour LB 07:00pm Euchre CK 07:15pm Movie: "The Big Lebowski" MT	25 10:15am Sit & Be Fit FC 01:00pm *What Am I CK 02:30pm MS Bike-A-Thon with Students from Charles R. Beaudoin LOBBY 04:30pm Social Hour LB 07:15pm Alfred Hitchcock Film: "Jamaica Inn" MT
26 10:15am *iPad Help Drop In LIB 01:00pm *Guided Meditation and Relaxation MT 01:30pm Scenic Drive to Hutch's Harbour Front for Ice cream (Sign Up) 02:00pm Euchre GR 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Movie: "Shakespeare in Love" MT	27 08:45am Falls Prevention FC 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 11:15am Tiered Exercise Program- Tier 3 FC 12:00pm Men's Club Luncheon (Sign Up) TG 01:30pm Jeopardy Game MT 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Planet Earth MT	28 09:45am Tiered Exercise Program- Tier 2 FC 10:30am Advanced Aqua Fit 11:15am Baking Club CK 01:30pm Low Impact Swim 01:30pm Trivia Challenge with Les CK 03:00pm Resident Satisfaction Survey Kickoff CK 04:30pm Social Hour LB 07:00pm Tiered Exercise Program- Tier 1 FC 07:00pm Sequence GR 07:15pm Alec Guinness Film: "The Man in The White Suit" MT	29 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 10:30am Knitting Club TG 11:15am NBS Sharing Dance Class GR 2:00pm Making Homemade taziki with Steve CK 02:30pm Music with John & Sheila Ludgate TG 04:30pm Social Hour LB 07:15pm *Ted Talk: "Your Body Language May Shape Who You Are" MT	30 09:45am Strength & Stretch FC 10:30am Advanced Aqua Fit 11:00am Greece Trivia 12:00pm A day in Greece Luncheon (Sign Up) 01:30pm Chair Zumba FC 02:15pm Falls Prevention 02:15pm Toonie Bingo TG 04:00pm Mega Magic Cocktail Party with Mike GR 07:15pm Movie: "My Big Fat Greek Wedding" MT	31 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 11:15am Tiered Exercise Program- Tier 1 FC 01:15pm Walking Club Outing to RBG (Sign Up) 01:30pm Low Impact Swim 02:00pm Sequence CK 03:00pm Travelogue: "Greece" MT 04:30pm Social Hour LB 07:00pm Euchre CK 07:15pm *Movie: "The Greatest Showman" MT	
		ROOM LEGEND CK Country Kitchen BR Board Room LIB Library MT Movie Theatre TG Terrace Grill FC Fitness Centre GR Games Room	CALENDAR LEGEND Highlights Outings *iPad/Apple TV Programs	IMPORTANT DATES May 6-12: National Nursing Week May 12: Mother's Day May 20: Victoria Day May 28: Resident Satisfaction Survey Kickoff	VENDORS May 1st- Fifth Avenue Jewelry May 8th- Anish Traditions	

