



Recreation Choices **March 2019**

Assisted Living/Independent Living McConachie Gardens • Josie Leiter, Director of Recreation, Fitness Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					9:30 Welcome from Managers & Staff DR 10:30 Tiered Exercise Program MR 1:30 Intro to Java Music AS 4:30 New Resident Welcome Wine & Cheese Social P 7:00 Paint Night AS	9:30 Coffee Connections B 10:00 Intro to Flexibility & Balance MR 1:00 Intro to Walking Club MR 4:30 Wine & Cheese Social P 7:00 Games/Pool Night P
3	4	5	6	7	8	9
9:30 Coffee Connections B 10:30 Crafts w Arsh AS 1:30 Bingo MC 2:00 Church Service MR 3:00 Intro to Strength & Mobility MR 7:00 Documentary-Minimalism* AL	9:30 Tiered Exercise Assessments FC 10:30 Tiered Exercise Program 1/2 MR 1:30 Paint w Jane* AS 3:00 Compression Stockings—Apollo Pharmacy AL 7:00 Games Night P	9:30 Morning Meditation MR 10:30 Rev it Up FC 11:00 Calendar Reveal MR 1:30 Intro to IPad Games* MR 3:00 Qigong MR 7:00 Canasta AL	9:30 Coffee Connections B 10:30 Tiered Exercise Program MR 1:00 Neighbourhood Tour L 1:30 Java Music Club AL 3:00 Intro to Demo Kitchen DK 7:00 Cribbage AL	9:30 Popular Sayings and Their Origins* AL 10:30 Intro to Readers Theatre MR 1:30 Bible Study LB 2:00 Intro to Garden Club AS 3:00 Rev it Up FC 7:00 Pub Night - Neil & Nellie Stubs P	9:30 Famous Aviators-Grant McConachie AL 10:30 Tiered Exercise Program MR 1:00 Minute to Win It MR 2:00 Aviation Museum L 7:00 Bridge AL	9:30 Morning Meditation MR 10:30 Flexibility & Balance MR 1:00 Walking Club L 2:00 Sing-A-Long DR 3:00 Spa Day-Nails & Hands AS 7:00 Games/Pool Night P
10	11	12	13	14	15	16
9:30 Fact or Fiction* AL 10:30 Mandala Colouring AS 2:00 Church Service MR 3:00 Strength & Mobility MR 7:00 Evening Meditation AS	9:30 Intro to Resident Council AL 10:30 Tiered Exercise Program MR 1:00 Humane Society L 1:30 Alcohol Painting AS 3:00 Pole Walking L 7:00 Bingo P	9:30 Morning Meditation MR 10:30 Rev it Up FC 11:00 St. Patrick's Day Craft AS 1:00 Shopping-Londonderry Mall L 3:00 Qigong MR 7:00 Canasta AL	9:30 Coffee Connections B 10:30 Tiered Exercise Program MR 12:30 Bowling at Bronx L 1:30 Java Music Club AL 3:00 What's Cooking DK 7:00 Cribbage AL	9:30 Music & Mood* AL 10:30 Reader's Theatre MR 1:00 Charades MR 2:00 Garden Club AS 3:00 Rev it Up FC 7:00 Pub Night with Jackson MacKenzie P	9:30 Brain Games* AL 10:00 Tiered Exercise Program MR 10:00 Londonderry Library Tour L 2:00 Matcha Green Tea Demo DK 4:30 Boys & Girls Club MR 7:00 Bridge AL	9:30 Coffee Connections B 10:00 Intro McConachie Choir MR 10:00 Flexibility & Balance MR 1:00 Walking Club L 2:00 Flexibility & Balance MR 3:30 Irish Dancing* AL 7:00 Movie-Brooklyn MR



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
9:30 St. Paddy's Trivia* AL 10:30 Horse Races P 2:00 Church Service MR 3:00 St. Patrick's Day Party with Ben & Charlie DR 7:00 Documentary-History of Ireland* MR	9:30 Nutrition Labels 101—Apollo Pharmacy AL 10:30 Tiered Exercise Program MR 1:00 Muttart Conservatory L 1:30 Paint w Jane AS 3:00 Pole Walking L 7:00 Games Night P	9:30 Morning Meditation MR 10:00 Rev it Up FC 1:00 Shopping-Londonderry L 3:00 Qigong MR 6:30 Travel Presentation-Ireland MR 7:00 Canasta AL	9:30 News & Views* AL 10:30 Tiered Exercise Program MR 11:00 Food For Thought MR 1:30 Java Music Club AL 3:00 What's Cooking DK 6:30 Pet Therapy MC 7:00 Cribbage AL	9:30 Coffee Connections B 10:30 Readers Theatre MR 1:00 Caregivers Coffee Group AS 1:30 Bible Study LB 2:00 Garden Club AS 3:00 Rev it Up FC 7:00 Pub Night with The Waltons P	9:30 Famous Aviators AL 10:30 Tiered Exercise Program MR 1:00 Country Tour L 2:00 Strathcona Writer's Society MR 3:30 Personal Trainer Presentation MR 7:00 Bridge AL	9:30 Morning Meditation MR 10:30 Flexibility & Balance MR 1:00 Walking Club L 2:00 Sing-A-Long DR 3:00 Spa Day—Facials Wellness Centre 4:00 Happy Hour P 7:00 Games/Pool Night P
24	25	26	27	28	29	30
9:30 Fake News B 10:30 Walking Club 2:00 Church Service MR 3:00 Strength & Mobility MR 7:00 Evening Meditation MR	9:30 Vaccination Awareness—Apollo Pharm. AL 10:30 Tiered Exercise Program MR 1:00 Greenland Garden Centre L 1:30 Alcohol Painting AS 3:00 Pole Walking L 7:00 Bingo P	9:30 Morning Meditation MR 10:00 Rev it Up FC 1:00 Shopping-Londonderry L 3:00 Qigong MR 7:00 Canasta AL	9:30 Accidental Inventions* AL 10:30 Tiered Exercise Program MR 12:30 Bowling at Bronx L 1:30 Java Music Club AL 3:00 What's Cooking DK 7:00 Cribbage AL	9:30 News & Views B 10:30 Readers Theatre MR 11:00 Cranium Crunches AL 2:00 Garden Club AS 3:00 Rev it Up FC 7:00 Pub Night with Justin Hogg P	9:30 Brain Games* AL 10:30 Tiered Exercise Program MR 11:00 Intro to Book Club LB 2:00 Birthday Party-with Ron Wunder DR 7:00 Bridge AL	9:30 Morning Meditation MR 10:00 McConachie Choir MR 1:00 Walking Club L 2:00 Flexibility & Balance MR 4:00 Happy Hour P 7:00 Movie-The Leisure Seeker MR
31	ROOM LEGEND AL Assisted Living AS Art Studio B The Dash Bistro DK Demo Kitchen DR Northern Lights Dining Room FC Fitness Centre L Lobby LB Library MC Memory Care MR Multipurpose Room P The Hub - Pub TH The Hanger—Private Dining Room		CALENDAR LEGEND Highlights Outings * iPad/Apple TV Programs		IMPORTANT DATES March 1- Wine & Cheese / Paint Night March 2- Wine & Cheese March 17- St. Patrick's Day Event March 29- Birthday Party	
9:30 TED Talk* AL 10:00 Ladder Ball Tournament 2:00 Church Service 3:00 Strength & Mobility MR 7:00 Documentary-What the Health* MR						