



Recreation Choices **August 2019**

Barrhaven by Revera • Rachelle Rowland, Recreational Director

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:45 Stayfit Class (AR) 11:15 Tending to the Garden (C) 2:00 Knitter's Group (SR) 2:00 HM: 10 Tips for Physical Activity by the Heart Institute (TV) 3:15 Bingo (AR) 4:15 Puzzle Hour (L) 7:00 Resident Run Scrabble (TV)	2 10:45 Morning Mental Aerobics (Pick up at Reception) 1:00 Tuck Shop (L) 2:00 Cocktail Hour with Peter Foret (L) 3:30 Bingo (AR) 4:15 Giant Checkers (C) 7:00 Conversation Jenga (L)	3 9:15 Wheel of Fortune (L) 10:30 Nail Painting with Nina (TV) 11:15 TEP All Levels (L) 2:15 Bingo (AR) 3:15 *Movie*: Robert's Choice (TV) 7:00 *Movie* Resident's Choice (TV)
4 9:15 Boggle (L) 10:30 Tending to the Garden (C) 11:30 Finishing Lines (L) 2:15 Ice Cream in the Courtyard (C) 3:00 Riddles (L) 7:00 Netflix Movie Night (TV)	5 Civic Holiday 2:15 Ice Cream Float Social (L) 3:15 Bingo (AR) 4:15 Washer Toss (L) 7:00 Evening Stories and S'mores (L)	6 9:30 Activity Planning Meeting (L) 10:45 Stayfit Class (AR) 1:00 Tuck Shop (L) 2:15 Emma's Gender Reveal Party (L) 3:15 Bingo (AR) 4:00 Adult Colouring (L) 7:00 Evening Music with Simon Clarke (L)	7 9:30 Barrhaven Errands Run (O) 10:00 Corn Shucking (C) 10:45 Stayfit Class (AR) 2:15 Jonick Fashion Show (L) 3:15 Wine and Cheese (L) 4:15 Puzzle Hour (L) 7:00 Netflix Movie Night (TV)	8 9:15 Giant Crossword (L) 10:45 Stayfit Class (AR) 2:00 Knitter's Group (SR) 1:30-3:00 Walker Wash (L) 3:00-4:30 Handi House Walker Clinic (L) 3:15 Progressive Bingo (AR) 4:15 TEP Level 2 (L) 7:00 Scattegories (L)	9 9:30 5 Minute Mysteries (L) 10:45 Stayfit Class (AR) 1:00 Tuck Shop (L) 2:00 Cocktail Hour with Shamrock and Thistle (L) 3:15 Bingo (AR) 4:15 Mini Golf (L) 7:00 Noodle Hockey (L)	10 9:30 Words within Words (L) 10:45 Layered Smoothies with Rachelle (L) 11:00 Tending to the Garden (C) 2:15 Bingo (AR) 3:15 *Movie* Robert's Pick (TV) 7:00 *Movie* Resident's Choice (TV)
11 9:15 Trivia (L) 10:00 Manicures with Melony (L) 11:00 Mini Golf (L) 2:15 Bean Bag Toss (L) 3:00 Afternoon Coffee Cart (L) 7:00 Netflix Movie Night (TV)	12 9:30 Penny's Fudge Factory (O) 9:30 Making Homemade Ice Cream (L) 10:45 Stayfit Class (AR) 1:30 Barrhaven Errands Run (O) 2:15 Afternoon Sing-a-long (L) 3:15 Bingo (AR) 4:15 Craft Hour (CR) 7:00 Homemade Ice Cream Tasting (L)	13 9:30 Boggle (L) 10:45 Stayfit Class (AR) 11:00 Tending to the Garden (C) 1:00 Tuck Shop (L) 2:15 Resident Information Meeting (L) 3:15 Bingo (AR) 4:00 Adult Colouring (L) 7:00 Resident Run Shuffleboard (TV)	14 9:30 Carlingwood Mall (O) 10:00 Corn Shucking (C) 10:45 Stayfit Class (AR) 2:00 HM: Bruyere Diabetes Management Information Session (TV) 3:15 Wine and Cheese (L) 4:15 Puzzle Hour (L) 7:00 Movie Night (L)	15 9:45 Giant Crossword (L) 10:45 Stayfit Class (AR) 2:00 Knitter's Group (SR) 2:15 Addy and Emma's Baby Shower (L) 3:15 Progressive Bingo (AR) 4:15 Yahtzee (L) 7:00 Left, Right, Centre (L)	16 10:45 Stayfit Class (AR) 11:15 Floor Scrabble (L) 1:00 Tuck Shop (L) 2:00 Cocktail Hour with H & T Country Duo (L) 3:15 Bingo (AR) 4:15 Diamond Ante (L) 7:00 Ring Toss (L)	17 9:30 Tending to the Garden (C) 10:30 Crocheting Milk Bag Mats with Nikki (L) 2:15 Homemade Ice Cream Sandwiches with Emma (L) 3:15 *Movie* Robert's Pick (TV) 7:00 *Movie* Resident's Choice (TV)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20 Dutch Day	21	22	23	24
9:15 Trivia (L) 10:30 Chair Yoga with Nicole (AR) 2:15 Ice Cream in the Courtyard (C) 3:00 Documentary DVD (TV) 7:00 Netflix Movie Night (TV)	National Aviation Day 9:30 Canadian Aviation Museum (O-\$) 10:45 Stayfit Class (AR) 1:30 Wal-Mart (O) 2:15 Paper Airplane Contest (L) 3:15 Bingo (AR) 4:15 Bowling (L) 7:00 Word Scramble (L)	10:00 Dutch Blitz Card Game and Dutch Treats with Emma (L) 10:45 Stayfit Class (AR) 1:00 Tuck Shop (L) 2:15 Dutch Presentation (L) 3:15 Bingo (AR) 4:00 Adult Colouring (L) 7:00 Resident Run Shuffleboard (TV)	9:30 Morning Mystery Drive with Memory Care Residents (O) 9:30 Salvation Army Hymn Sing (L) 10:15 Corn Shucking (C) 10:45 Stayfit Class (AR) 2:00 Food For Thought Meeting (L) 3:15 Wine and Cheese (L) 4:15 Puzzle Hour (L) 7:00 Netflix Movie Night (TV)	9:45 Tending to the Garden (L) 10:45 Stayfit Class (AR) 2:00 Knitter's Group (SR) 2:15 Making a Sensory Board with Troy (L) 3:15 Progressive Bingo (AR) 4:15 TEP All Levels (L) 7:00 Wheel of Fortune (L)	9:30 5 Minute Mysteries (L) 10:45 Stayfit Class (AR) 1:00 Tuck Shop (L) 2:00 Birthday Party with Stanley Frank (L) 3:15 Bingo (AR) 4:15 Horse Shoes (L) 7:00 Reminiscing Night: Summer Memories (L)	9:15 Giant Crossword (L) 10:30 Morning Walk on Andy Moffit Trail with Katarzyna (L) 11:00 Yahtzee (L) 2:15 Bingo (AR) 3:00 Movie* Robert's Pick (TV) 7:00 *Movie* Resident's Choice (TV)
25	26	27	28	29	30	31
9:15 Morning Manicures with Melony (TV) 10:00 Latin Chair Dancing (L) 2:15 Giant Checkers (C) 3:15 Documentary DVD (TV) 7:00 Netflix Movie Night (TV)	Dog Days of Summer 9:30 Bruce Pit Dog Park (O) 9:00 Making Homemade Dog Toys (L) 10:45 Stayfit Class (AR) 1:30 Carlingwood Mall (O) 2:15 Dog Wash and Purrdy's Mobile Grooming Spa and Visits from Staff Pets (P-\$) 3:15 Bingo (AR) 4:15 Making Homemade Dog Treats (L) 7:00 Netflix Movie: A Dog's Life (TV)	9:30 Ted Talks (TV) 10:45 Stayfit Class (AR) 1:00 Tuck Shop (L) 2:00 Therapy Dog Visits (L) 3:15 Bingo (AR) 4:00 Adult Colouring (L) 7:00 Resident Run Shuffleboard (TV)	9:30 Dollarama (O) 9:30 Morning Puzzle Packs and Coffee Cart (L) 10:00 Corn Shucking (C) 10:45 Stayfit Class (AR) 2:15 Afternoon Ice Cream in the Courtyard (C) 3:15 Wine and Cheese (L) 4:15 Name That Tune (L) 7:00 Tic Tac Toss (L)	9:45 Giant Crossword (L) 10:45 Stayfit Class (AR) 2:00 Knitter's Group (SR) 2:00 Green Gables Winery Presentation (TV) 3:30 Progressive Bingo (AR) 4:15 Making Decorative Pens (L) 7:00 TEP Level 1 (L)	10:45 Stayfit Class (AR) 1:00 Tuck Shop (L) 2:00 Cocktail Hour and What Do You Meme? (L) 3:15 Bingo (AR) 4:00 Latin Chair Dancing (L) 7:00 Evening Music with Jumpin' Jimmy (L)	9:15 TEP All Levels (L) 10:30 Splitting the Hosta's with Troy (L) 11:15 In the News (L) 2:15 Bingo (AR) 3:00 Movie* Robert's Pick (TV) 7:00 *Movie* Resident's Choice (TV)
		ROOM LEGEND	CALENDAR LEGEND	IMPORTANT DATES		
		P Parking Lot TV TV Room LIB Library O Outing O-\$ Outing with fee (outside of shopping trips) SR Sun Room L Lobby AR Activity Room CR Craft Room C Courtyard	Highlights (HM-Healthy Minds, TEP- Tiered Exercise Program, AGE- All Generations Engaged-Intergenerational Program) Outings *iPad/Apple TV Programs	7 Jonick Adaptable Clothing 28 Marianna's Jewelry		