



Recreation Choices **June 2019**

The Williamsburg • Ali Bettger, Recreational Director



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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					1 10:15am Saturday Stretch FC 01:30pm *What Am I? CK 02:00pm Saturday Social with Special Treat CK 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm *Movie: "Argo" MT
2 10:15am *iPad Help Drop in LIB 01:00pm *Guided Meditation and Relaxation MT 02:00pm Euchre GR 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Movie: "The Terminal" MT 08:00pm Men's Club: Game 2 Raptors Vs. Golden State GR	3 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 101 GR 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Netflix Series: "Dead to Me" MT	4 09:45am TEP- Tier 2 FC 10:30am Advanced Aqua Fit 11:15am Baking Club CK 01:00pm Trip to Oakville Mall 01:30pm Low Impact Swim 02:00pm Lianne Harris: "The Turkish Harem" MT 03:00pm Cribbage GR 04:30pm Social Hour LB 07:00pm Jeopardy with Bri 07:00pm Sequence GR	5 Simply Fabulous Vendor 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 10:30am Knitting Club TG 11:15am NBS Sharing Dance Class GR 01:00pm Food Committee 2:00pm Live Music with Cameron Caton TG 3:00pm June Birthday Celebrations TG 04:30pm Social Hour LB 07:15pm Movie: "Missing" MT	6 09:45am Strength & Stretch FC 10:30am Advanced Aqua Fit 11:15pm Coffee & Group Trivia CK 01:30pm Chair Zumba FC 02:15pm Falls Prevention FC 03:00pm Toonie Bingo TG 04:30pm Welcome Social Hour LB 07:15pm Harlequin Singers TG	7 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 11:15am Recreation Meeting with Ali MT 01:30pm Low Impact Swim 02:15pm Healthy Minds: "Artful Aging with Cailey" 03:00pm Rummicub CK 04:30pm Social Hour LB 07:00pm Euchre CK 07:15pm *Movie: "Little Miss Sunshine" MT	8 10:15am Seated Yoga with Raj FC 01:30pm *Who Am I? CK 02:00pm Saturday Social with Rosé Tasting CK 03:00pm Toonie Bingo TG 04:30pm Saturday Night Movie: "August: Osage County" MT
9 10:15am *iPad Help Drop in LIB 01:00pm *Guided Meditation and Relaxation MT 02:00 Travelogue to: "Nanjing" MT 02:00pm Euchre GR 04:30pm Social Hour LB 07:15pm *Movie: "A Brilliant Young Mind" MT	10 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 101 GR 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Netflix Series: "Dead to Me" MT	11 09:45am Tier 2 FC 10:30am Advanced Aqua Fit 1-3pm TECH COACHES LIB 01:30pm Low Impact Swim 02:00pm "Gourmet Butters" with Tanya CK 03:00pm Poetry with BPL BR 04:30pm Social Hour LB 07:00pm Jeopardy with Bri MT 07:00pm Sequence GR	12 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 10:30am Knitting Club TG 11:30am Lunch at Skylawn Restaurant (Sign up) 01:30pm Financial Advisor from Edward Jones MT 03:00pm Billiards GR 04:30pm Social Hour LB 07:15pm *Ted Talk: "Mind Blowing Innovations" MT	13 09:45am Strength & Stretch FC 10:30am Advanced Aqua Fit 11:15am NBS Sharing Dance Class GR 01:30pm Chair Zumba FC 02:15pm Falls Prevention FC 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Movie: "Stand Up Guys" MT	14 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 12:00pm Fathers Day Luncheon (sign up) TG 01:30pm Low Impact Swim 02:15pm Walking Club 03:15pm Travelogue: "Peru" 04:30pm Social Hour LB 07:00pm Euchre CK 07:15pm *Movie: "Rendition" MT	15 10:15am Saturday Stretch FC 01:30pm *Who Sang it Best CK 02:00pm Saturday Social CK 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Live Music with Brad Boland TG



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16 Father's Day 10:15am *iPad Help Drop In LIB 01:00pm Beer and Billiards GR 02:00pm Euchre GR 04:30pm Social Hour LB 05:00pm Surf & Turf Dinner (All Restaurants) 07:15pm Movie: "The Book of Eli" MT	17 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 KOBO Book Club LIB 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Netflix Series: "Dead to Me" MT	18 EZ Fit Shoes Vendor 09:45am TEP- Tier 2 FC 10:30am Advanced Aqua Fit 11:15am Baking Club CK 01:15 Outing to Burlington Footnotes Show (Sign up) 01:30pm Low Impact Swim 02:00pm Cribbage GR 04:30pm Social Hour LB 07:00pm Jeopardy MT 07:15pm Sequence GR	19 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 Celebrating Senior's Month on the Terrace with Music by Tristan Alexander TG 04:30pm Social Hour LB 07:15pm Rummicub GR	20 09:45am Strength & Stretch 10:30am Advanced Aqua Fit 11:15am St. Luke's Church Service LIB 01:30pm Chair Zumba FC 02:00pm Bridge Tournament CK (Sign up) 02:15pm Falls Prevention 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Movie: TBA MT	21 Golden Apparel Vendor 09:45am Sit & Be Fit FC 10:30am Resident General Meeting MT 11:15am TEP- Tier 1 FC 01:30pm Low Impact Swim 1:30pm BPL Book Exchange/Drop off LIB 02:00pm Guest Speaker: "Travelling with Steven" MT 04:30pm Social Hour LB 07:00pm Euchre CK 07:15pm Movie: "Rush Hour"	22 10:15am Seated Yoga with Raj FC 01:00pm Shopping Trip to the Burlington Mall 02:00pm Saturday Social CK 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Movie: "Million Dollar Arm" MT
23 10:15am *iPad Help Drop In LIB 01:00pm *Guided Meditation and Relaxation MT 01:30pm Travelogue: "Hidden China" MT 02:00pm Euchre GR 04:30pm Social Hour LB 07:15pm Movie: "The Big Sick" MT	24 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 Healthy Minds: Tattoo Art with Kevin MT 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Netflix Series: "Dead to Me" MT	25 09:45am Tier 2 FC 10:30am Advanced Aqua Fit 11:15am Baking Club CK 01:30pm Low Impact Swim 02:00pm AGE: Trivia Challenge with Les and Blythe Students CK 04:30pm Social Hour LB 07:00pm Jeopardy MT 07:00pm Sequence GR	26 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 Fashion Show with Alia & Tan Jay and Fundraiser for Habitat for Humanity 3:00pm Wine & Tapas CK 04:30pm Social Hour LB 07:15pm Concert in the Park	27 09:45am Strength & Stretch FC 10:30am Advanced Aqua Fit 11:15am Coffee & Group Trivia CK 01:30pm Chair Zumba FC 02:00pm Food Meeting MT 02:15pm Falls Prevention 02:15pm Toonie Bingo TG 04:00pm Cocktail Party with Ryan Andrews GR 07:15pm Movie: "The In-Laws" MT	28 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 11:15am Tiered Exercise Program- Tier 1 FC 01:00pm Mohawk Casino 01:30pm Low Impact Swim 02:15pm Walking Club 03:00pm Travelogue: "Belgium Bruges and Brussels" MT 04:30pm Social Hour LB 07:00pm Euchre CK 07:15pm *Movie Rush Hour 2	29 10:15am Seated Yoga with Raj FC 01:00pm Trip to the Movies 02:00pm Saturday Social CK 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Alfred Hitchcock Film: "Secret Agent" MT
30 10:15am *iPad Help Drop In LIB 01:00pm *Guided Meditation and Relaxation MT 02:00pm Ballroom Dancing with Derek GR 03:00pm Euchre GR 04:30pm Social Hour LB 07:15pm Movie: "Invictus" 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			

