



# Recreation Choices **October 2019**

The Williamsburg • Reem Sakran, Recreational Director



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ROOM LEGEND</b>  <b>CK Country Kitchen</b> <b>BR Board Room</b> <b>LIB Library</b> <b>MT Movie Theatre</b> <b>TG Terrace Grill</b> <b>FC Fitness Centre</b> <b>GR Games Room</b>	<b>CALENDAR LEGEND</b>  <b>Highlights</b>  <b>Outings</b> *iPad/Apple TV Programs	<b>1 Older Adults Day</b> <b>09:45am</b> TEP- Tier 2 FC <b>10:30am</b> Advanced Aqua Fit <b>11:00am</b> Music with Four-Ever Young CK <b>01:30pm</b> Low Impact Swim <b>02:30pm</b> Active Aging Week Kickoff with Smoothie Bar CK <b>3:30pm</b> Resident Slideshow MT <b>04:00pm</b> Social Hour LB <b>07:00pm</b> "Redefining Active" Jeopardy with Reem MT <b>07:15pm</b> *Netflix Documentary: The Mind Explained" MT	<b>2</b> <b>09:45am</b> Sit & Be Fit FC <b>10:00am</b> Knitting Club TG <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> Java Music Club LIB <b>01:00pm</b> Acts of Kindness Outing (Sign-Up) <b>01:30pm</b> Euchre GR <b>02:00pm</b> Lianne Harris: Superstitions MT <b>03:00pm</b> Cribbage CK <b>04:00pm</b> Family Feud Social Hour LB <b>07:15pm</b> *TED Talk: "How a typeface helped launch Apollo" MT	<b>3</b> <b>09:45am</b> Strength & Stretch FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> Gardening Club TG <b>01:30pm</b> Chair Zumba FC <b>02:00pm</b> Minute to Win It Challenge CK <b>02:15pm</b> Falls Prevention FC <b>03:00pm</b> Toonie Bingo TG <b>04:00pm</b> Social Hour LB <b>04:15pm</b> TEP- Tier 3 FC <b>06:30pm</b> Pet Therapy with Ray <b>07:15pm</b> *Movie: "The Glass House" MT	<b>4</b> <b>09:45am</b> Sit & Be Fit FC <b>10:00am</b> Shaw Festival: The Russian Play (Sign-Up) \$ <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> Recreation Meeting with Reem <b>01:30pm</b> Low Impact Swim <b>02:30pm</b> Walking Club <b>02:30pm</b> Art with Cailey CK <b>04:15pm</b> TEP-Tier 2 FC <b>04:00pm</b> Social Hour LB <b>06:30pm</b> Sequence CK <b>07:15pm</b> *Movie "Morning Glory" MT	<b>5</b> <b>10:15am</b> Saturday Stretch FC <b>11:00am</b> Burlington Farmers Market (Sign-Up)  <b>01:00pm</b> Gratitude Jar CK <b>02:00pm</b> Saturday Board Games Social CK <b>03:00pm</b> Toonie Bingo TG <b>04:00pm</b> Social Hour LB  <b>07:00pm:</b> Saturday Night Movie: "Green Book" MT
<b>6</b> <b>10:15am</b> *iPad Help Drop in LIB  <b>01:30pm</b> *Guided Meditation and Relaxation MT <b>02:00pm</b> Bridge GR <b>04:00pm</b> Social Hour LB  <b>07:15pm</b> Movie: "Mandela Long Walk to Freedom" MT	<b>7</b> <b>08:45am</b> Falls Prevention FC <b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> TEP - Tier 3 FC  <b>01:00pm</b> Trip to the Movies (Sign-Up) \$ <b>01:30pm</b> Rummikub GR <b>02:00pm</b> TEP Re-assessment FC <b>03:00pm</b> Toonie Bingo TG <b>04:00pm</b> Active Aging Week Closing Ceremony Social Hour LB <b>04:30pm</b> TEP – Tier 1 FC <b>07:15pm</b> *Netflix Series: "This is Us" MT	<b>8 Purdy's Chocolate</b> <b>09:45am</b> TEP- Tier 2 FC <b>10:30am</b> Advanced Aqua Fit <b>10:30am</b> Food Committee BR <b>11:15am</b> Baking Club CK  <b>01:00-03:00pm</b> Tech Coaches LIB <b>01:30pm</b> Low Impact Swim <b>02:00pm</b> Horticulturist: Festive Pumpkin Centerpieces CK <b>03:00pm</b> Men's Club Social GR <b>04:00pm</b> Social Hour LB <b>07:00pm</b> Jeopardy with Reem MT <b>07:30pm</b> *Documentary: "Blackfish" MT	<b>9</b> <b>09:45am</b> Sit & Be Fit FC <b>10:00am</b> Knitting Club TG <b>10:00am</b> Healthy Minds: iCare Home Health Services Inc. MT <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> Java Music Club LIB  <b>01:30pm</b> Euchre GR <b>02:00pm</b> Financial Advisor CK <b>03:00pm</b> Cribbage GR <b>04:00pm</b> Family Feud Social Hour LB <b>07:15pm</b> *TED Talk: "What happened when we pair up thousands of strangers to talk	<b>10 Suzanne M Jewelry</b> <b>09:45am</b> Strength & Stretch FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> Gardening Club TG  <b>01:30pm</b> Chair Zumba FC <b>01:30pm</b> Stuff the Bus Fundraiser (Sign-Up) <b>02:15pm</b> Falls Prevention FC <b>02:30pm</b> Food Meeting MT <b>03:00pm</b> Toonie Bingo TG <b>04:00pm</b> Social Hour LB <b>04:15pm</b> TEP- Tier 3 FC  <b>06:30pm</b> Pet Therapy with Ray <b>07:15pm</b> Movie: "Charade" MT	<b>11</b> <b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> TEP-Tier 1 FC  <b>01:30pm</b> Low Impact Swim <b>02:15pm</b> Walking Club <b>03:30pm</b> Brock Student Farewell Social CK <b>04:00pm</b> Social Hour LB <b>04:15pm</b> TEP- Tier 2 FC  <b>06:30pm</b> Sequence CK <b>07:15pm</b> Movie: "The Great Escape" MT	<b>12</b> <b>10:15am</b> Seated Yoga with Raj FC  <b>01:30pm</b> *Travelogue: "Scotland's Islands" MT <b>02:00pm</b> Saturday Social with Entertainment by Wendell LIB <b>03:00pm</b> Toonie Bingo TG <b>04:00pm</b> Social Hour LB <b>07:15pm:</b> *Saturday Night Movie: "The Imitation Game" MT
<b>13</b> <b>10:15am</b> *iPad Help Drop in LIB  <b>01:30pm</b> *America's Got Talent MT <b>02:00pm</b> Bridge GR <b>04:00pm</b> Social Hour LB <b>07:15pm</b> Movie: "Bonnie and Clyde" MT	<b>14 Thanksgiving Day</b> <b>08:45am</b> Falls Prevention FC <b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Advanced Aqua Fit  <b>01:15pm</b> DIY Thankful Tree CK <b>02:00pm</b> Rummikub GR <b>03:00pm</b> Toonie Bingo TG <b>04:00pm</b> Social Hour <b>05:00-7:00pm</b> Thanksgiving Dinner <b>07:15pm</b> After Dinner Music by Peter Harding" LIB	<b>15 Shiny Jewelry</b> <b>09:45am</b> TEP-Tier 2 FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> Baking Club CK <b>01:00pm</b> Mapleview Mall (Sign-Up) <b>01:30pm</b> Low Impact Swim <b>02:30pm</b> Oktoberfest Themed Craft CK <b>04:00pm</b> Trivia Challenge with Les CK <b>04:00pm</b> Social Hour <b>07:15pm</b> *Netflix Series: "This is Us" MT	<b>16</b> <b>09:45am</b> Sit & Be Fit FC <b>10:00am</b> Knitting Club TG <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> Java Music Club LIB  <b>01:30pm</b> Euchre CK <b>02:00pm</b> Dancing with Derek GR <b>03:00pm</b> Oktoberfest Beer Tasting & Trivia CK <b>04:00pm</b> Family Feud Social Hour LB  <b>07:15pm</b> *TED Talk: "The Healing Power of Reading" MT	<b>17 Oktoberfest</b> <b>09:45am</b> Strength & Stretch FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> St. Luke's Church Service LIB <b>12:00pm</b> Oktoberfest Luncheon (Sign-Up) TG <b>01:30pm</b> Chair Zumba FC <b>02:15pm</b> Falls Prevention FC <b>03:00pm</b> Toonie Bingo TG <b>04:00pm</b> Social Hour LB <b>04:15pm</b> TEP- Tier 3 FC <b>06:30pm</b> Pet Therapy with Ray <b>07:15pm</b> Movie: "Second Act" MT	<b>18</b> <b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Resident General Meeting MT <b>11:15am</b> TEP-Tier 1 FC <b>01:30pm</b> Low Impact Swim <b>01:30pm</b> BPL Book Exchange/Drop Off LIB <b>02:00pm</b> Entertainment by Vili TG <b>03:00pm</b> October Birthday Celebrations TG <b>04:00pm</b> Social Hour LB <b>04:15pm</b> TEP- Tier 2 FC <b>05:30pm</b> West End Jazz "Sentimental Journey" Dinner & Entertainment (Sign-Up) \$ <b>07:15pm</b> Movie: "Brooklyn" MT	<b>19</b> <b>10:15am</b> Saturday Stretch FC <b>11:00am</b> Burlington Farmers Market (Sign-Up)  <b>01:30pm</b> *Who Am I? GR <b>03:00pm</b> Toonie Bingo TG <b>04:00pm</b> Social Hour LB <b>07:15pm</b> Saturday Night Movie: "Love & Friendship" MT



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>20</b> <b>10:15am</b> *iPad Help Drop In LIB  <b>01:30pm</b> *Guided Meditation and Relaxation MT <b>02:00pm</b> Bridge GR <b>04:00pm</b> Social Hour LB  <b>07:15pm</b> Movie: "The Great Train Robbery" MT	<b>21 Federal Election Day</b> <b>08:45am</b> Falls Prevention FC <b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> TEP- Tier 3 FC  <b>01:30pm</b> *KOBO Book Club LIB <b>02:00pm</b> Rummikub GR <b>03:00pm</b> Toonie Bingo TG <b>04:00pm</b> Social Hour LB <b>04:15pm</b> TEP – Tier 1 FC <b>07:15pm</b> *Netflix Series: "This is Us" MT	<b>22</b> <b>09:45am</b> TEP- Tier 2 FC <b>10:30am</b> Advanced Aqua Fit <b>11:00am</b> <b>Healthy Minds: Homewell Senior Care MT</b> <b>11:15am</b> Baking Club CK  <b>01:00pm</b> <b>Outing to Mohawk Casino (Sign-Up)</b> <b>01:30pm</b> Low Impact Swim <b>04:00pm</b> Social Hour LB <b>04:15pm</b> <b>Multi-Cultural Themed Jeopardy with Reem MT</b> <b>07:15pm</b> *Netflix Documentary: "Food, Inc." MT	<b>23</b> <b>09:45am</b> Sit & Be Fit FC <b>10:00am</b> Knitting Club TG <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> <b>Java Music Club LIB</b>  <b>01:30pm</b> Euchre GR <b>02:00pm</b> <b>TEP Re-assessment FC</b> <b>03:00pm</b> Cribbage CK <b>04:00pm</b> <b>Family Feud Social Hour LB</b> <b>07:15pm</b> *TED Talk: "We don't move on from grief, we move forward with it" MT	<b>24 United Nations Day</b> <b>09:45am</b> Strength & Stretch <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> Gardening Club TG  <b>01:30pm</b> Chair Zumba FC <b>02:15pm</b> Falls Prevention FC <b>03:00pm</b> Toonie Bingo TG <b>04:00pm</b> <b>Multi-Cultural Themed Cocktail Party and Welcome Social with Entertainment by Ed Smith</b> <b>06:30pm</b> Pet Therapy with Ray <b>07:15pm</b> Movie: "Old Goats" MT	<b>25</b> <b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> TEP- Tier 1 FC <b>11:30am</b> <b>Lunch at Spirit Trees Estate Cidery (Sign-Up) \$</b>  <b>01:30pm</b> Low Impact Swim <b>02:15pm</b> Walking Club <b>03:00pm</b> Rummikub CK <b>04:00pm</b> Social Hour LB <b>04:15pm</b> TEP-Tier 2 FC <b>06:30pm</b> Sequence CK <b>07:15pm</b> Movie: "If Beale Street Could Talk" MT	<b>26</b> <b>10:15am</b> Seated Yoga with Raj FC  <b>01:30pm</b> *Travelogue: "Lisbon" MT <b>02:00pm</b> <b>Pumpkin Social CK</b> <b>03:00pm</b> Jackpot Bingo TG <b>04:00pm</b> Social Hour LB <b>07:15pm</b> Saturday Night Alfred Hitchcock Movie: "Rear Window" MT
<b>27</b> <b>10:15am</b> *iPad Help Drop In LIB  <b>01:30pm</b> *America's Got Talent MT <b>02:00pm</b> Bridge GR <b>03:00pm</b> <b>Halloween Recital with Piano Students LIB</b> <b>04:00pm</b> Social Hour LB  <b>07:15pm</b> *Movie: "Instant Family" MT	<b>28</b> <b>08:45am</b> Falls Prevention FC <b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> TEP - Tier 3 FC  <b>01:30pm</b> Rummikub GR <b>02:00pm</b> <b>A.G.E Pumpkin Carving with Blyth Students CK</b> <b>03:00pm</b> Bingo TG <b>04:00pm</b> Social Hour LB <b>04:15pm</b> TEP- Tier 1 FC <b>07:15pm</b> *Netflix Series: "This is Us" MT	<b>29 Senior Mobile Shop</b> <b>09:45am</b> TEP- Tier 2 FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> <b>Halloween Cookie Decorating CK</b>  <b>01:30pm</b> Low Impact Swim <b>02:00pm</b> <b>100<sup>th</sup> Birthday Celebration with Entertainment by Flo TG</b> <b>04:00pm</b> Social Hour LB <b>04:15pm</b> <b>Halloween Themed Jeopardy with Reem MT</b> <b>07:15pm</b> *Documentary: "Inside Bill's Brain: Decoding Bill Gates" MT	<b>30</b> <b>09:45am</b> Sit & Be Fit FC <b>10:00am</b> Knitting Club TG <b>11:15am</b> <b>Java Music Club LIB</b> <b>12:00pm</b> <b>Men's Club Lunch Outing to Studebaker (Sign-Up) \$</b> <b>01:30pm</b> Euchre GR <b>02:00pm</b> <b>Halloween Baking Contest CK</b> <b>03:00pm</b> Cribbage GR <b>04:00pm</b> <b>Family Feud Social Hour LB</b> <b>07:15pm</b> *TED Talk: "Sleep is your Superpower" MT	<b>31 Halloween</b> <b>09:45am</b> Strength & Stretch <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> Gardening Club TG <b>12:00pm</b> <b>Halloween Lunch Buffet (Sign-Up) TG</b>  <b>01:30pm</b> Chair Zumba FC <b>02:15pm</b> Falls Prevention FC <b>03:00pm</b> Toonie Bingo <b>04:00pm</b> <b>Halloween Karaoke Social with Treats &amp; Best Costume Prizes GR</b> <b>06:30pm</b> Pet Therapy with Ray <b>07:00pm</b> <b>Halloween Entertainment by Gary Smith</b>		
	<b>ROOM LEGEND</b>  CK Country Kitchen BR Board Room LIB Library MT Movie Theatre TG Terrace Grill FC Fitness Centre GR Games Room	<b>CALENDAR LEGEND</b>  <b>Highlights</b>  <b>Outings</b>  *iPad/Apple TV Programs	<b>VENDORS</b>  <b>Oct. 1<sup>st</sup>: Spoiled Homemaker</b> <b>Oct. 8<sup>th</sup>: Purdy's Chocolate</b> <b>Oct. 10<sup>th</sup>: Suzanne M Jewelry</b> <b>Oct. 15<sup>th</sup>: Shiny Jewelry</b> <b>Oct. 29<sup>th</sup>: Senior Mobile Shop</b>	<b>VISITORS</b>  <b>Pam Damoff Candidate Visit</b> <b>Michael Houghton Candidate Visit</b> <b>Sean Weir Candidate Visit</b> <b>Nicholas Dion Candidate Visit</b> <b>Gilbert Joseph Jubinville Candidate Visit</b>		

