



Recreation Choices **November 2019**

The Williamsburg • Reem Sakran, Recreational Director



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ROOM LEGEND BR Board Room CK Country Kitchen FC Fitness Centre GR Games Room LB Lobby Bar LIB Library MT Movie Theatre SR Solarium Room TG Terrace Grill	CALENDAR LEGEND Highlights Outings *iPad/Apple TV Programs	VENDORS Nov 1st: Hardt Designs Nov 7th: Retail Therapy Mobile Boutique Nov 14th: Anish Traditions Nov 19th: Simply Fabulous			1 Hardt Designs 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 11:15am Recreation Meeting with Reem MT 01:30pm Low Impact Swim 02:15pm Rummikub CK 03:00pm TEP-Tier 2 FC 03:30pm *Travelogue: "Venice: Serene, Decadent & Still Kicking" MT 04:00pm Social Hour LB 06:30pm Sequence CK 07:15pm *Movie: "All About Eve: Part 1" MT	2 9:45am: Weekend Word Puzzle Booklet (Pick up at Concierge) 10:15am Seated Yoga with Raj FC 11:00am Mapleview Mall Outing (Sign-Up) 01:15pm *What Am I? CK 02:00pm Saturday Card Games Social CK 03:00pm Toonie Bingo TG 04:00pm Social Hour LB 06:30pm Pictionary CK 07:00pm: Saturday Night Movie: "All About Eve: Part 2" MT
3 Daylight Saving Time Ends 10:15am *iPad Help Drop in LIB 01:30pm *Guided Meditation and Relaxation MT 02:00pm Bridge GR 03:00pm Cribbage CK 04:00pm Social Hour LB 06:30pm Taboo CK 07:15pm Movie: "From Here to Eternity" MT	4 08:45am Falls Prevention FC 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 10:30-2:00pm Veterans Appreciation Luncheon at Oakville Conference Centre (Sign-Up) 11:15am TEP - Tier 3 FC 02:00pm Scrabble CK 02:30pm TEP Re-assessment FC 03:00pm Toonie Bingo TG 04:00pm Social Hour LB 07:15pm *Netflix Series: "This is Us" MT	5 09:45am TEP- Tier 2 FC 10:30am Advanced Aqua Fit 11:15am Baking Club Holiday Market Meeting CK 01:00-03:00pm Tech Coaches LIB 01:30pm Low Impact Swim 02:00pm Blackjack GR 02:00pm Hearing Excellence: Hearing Screening on 3 rd Floor 03:00pm Poetry with Kate BR 03:00pm TEP - Tier 1 FC 04:00pm Social Hour LB 07:00pm Japan Culture Themed Jeopardy with Reem MT 07:30pm *Documentary: "A Life in Japan" MT	6 09:45am Sit & Be Fit FC 10:00am Knitting Club Holiday Market Meeting TG 10:30am Advanced Aqua Fit 11:15am Java Music Club SR 01:30pm Cribbage GR 02:00pm Lianne Harris Presents "The Titanic Time" MT 03:00pm TEP- Tier 3 FC 04:00pm *Family Feud Social Hour LB 07:15pm *TED Talk: "What happens in your brain when you taste food" MT	7 Japan Cultural Day 09:45am Strength & Stretch FC 10:30am Advanced Aqua Fit 11:15am Japanese Zen Gardens CK 12:00pm Lunch Outing to Hibachi Teppanyaki Restaurant (Sign-Up)\$ 01:30pm Chair Zumba FC 02:15pm Falls Prevention FC 02:30pm Green Tea & Japanese Origami 03:00pm Toonie Bingo TG 04:00pm Social Hour LB 06:30pm Pet Therapy with Ray 07:15pm Movie: "Memories of a Gisha" MT	8 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 11:15am TEP-Tier 1 FC 01:30pm Low Impact Swim 02:15pm Rummikub CK 02:30pm Men's Club Social GR 03:00pm TEP-Tier 2 FC 03:30pm *Travelogue: "Travel To Japan" MT 04:00pm Social Hour LB 06:30pm Mexican Train CK 07:15pm Movie: "A Royal Night Out" MT	9 9:45am: Weekend Word Puzzle Booklet (Pick up at Concierge) 10:15am Seated Yoga with Raj FC 01:30pm Table Topic Discussion & Coffee CK 02:00pm Saturday Social with Entertainment by Peter Harding LIB 03:00pm Toonie Bingo TG 04:00pm Social Hour LB 06:30pm Pictionary CK 07:15pm: *Saturday Night Movie: "Mrs. Brown" MT
10 10:15am *iPad Help Drop in LIB 01:30pm *America's Got Talent MT 1:30pm Legally Blonde the Musical by Dury Lane Theatre (Sign-Up) \$ 02:00pm Bridge GR 03:00pm Euchre CK 04:00pm Social Hour LB 06:30pm Taboo CK 07:15pm Movie: "A Star is Born" MT	11 Remembrance Day 08:45am Falls Prevention FC 09:45am Sit & Be Fit FC 10:30am Remembrance Day Service MT 11:00am Minute of Silence MT 02:00pm A.G.E. "We Will Remember" with Blyth Academy Students CK 03:00pm Toonie Bingo TG 04:00pm Social Hour LB 07:30pm *Documentary: "A Ken Burns Film: The War" MT	12 09:45am TEP-Tier 2 FC 10:30am Advanced Aqua Fit 10:30am Food Committee BR 11:15am Baking Club CK 01:30pm Low Impact Swim 02:00pm Horticulturalist: Christmas Wreath CK 03:00pm TEP - Tier 1 FC 03:30pm Food Meeting MT 04:00pm Social Hour LB 07:00pm Falls Prevention Themed Jeopardy with Reem MT 07:15pm *Netflix Series: "This is Us" MT	13 09:45am Sit & Be Fit FC 10:00am Knitting Club TG 10:30am Advanced Aqua Fit 11:15am Java Music Club SR 01:30pm Cribbage GR 02:00pm Entertainment with Tristan Alexander TG 03:00pm November Birthday Celebrations TG 03:30pm TEP- Tier 3 FC 04:00pm *Family Feud Social Hour LB 07:15pm *TED Talk: "Untapped potential" MT	14 Anish Traditions 09:45am Strength & Stretch FC 10:30am Advanced Aqua Fit 11:15am Holiday Market Craft CK 01:30pm Chair Zumba FC 02:00pm Healthy Minds: Hearing Excellence Presentation MT 02:15pm Falls Prevention FC 03:00pm Toonie Bingo TG 04:00pm Social Hour LB 06:30pm Pet Therapy with Ray 07:15pm Movie: "Vice" MT	15 09:45am Sit & Be Fit FC 10:30am Resident General Meeting MT 11:15am TEP-Tier 1 FC 01:30pm Low Impact Swim 01:30pm BPL Book Exchange/Drop Off LIB 2:00pm Outing to The Movies (Sign-Up) \$ 02:15pm Rummikub CK 03:00pm TEP-Tier 2 FC 03:30pm *Travelogue: "Milan & Lake Como" MT 04:00pm Social Hour LB 06:30pm Sequence CK 07:15pm Movie: "Calendar Girls" MT	16 9:45am: Weekend Word Puzzle Booklet (Pick up at Concierge) 10:15am Seated Yoga with Raj FC 01:15pm *Who Am I? CK 02:00pm Saturday Board Games Social CK 03:00pm Toonie Bingo TG 04:00pm Social Hour LB 06:30pm Pictionary CK 07:15pm Saturday Night Movie: "Les Miserables" MT



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 10:15am *iPad Help Drop In LIB 01:00pm A Christmas Event at The Ireland House (Sign-Up) \$ 01:30pm *Guided Meditation and Relaxation MT 02:00pm Bridge GR 03:00pm Cribbage CK 04:00pm Social Hour LB 06:30pm Taboo CK 07:15pm Movie: "The Dresser" MT	18 08:45am Falls Prevention FC 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 11:15am TEP- Tier 3 FC 12:30pm Outing to Springridge Farm (Sign-Up) \$ 01:30pm *KOBO Book Club LIB 02:00pm Sequence GR 03:00pm Toonie Bingo TG 04:00pm Social Hour LB 07:15pm *Netflix Series: "This is Us" MT	19 Simply Fabulous 09:45am TEP- Tier 2 FC 10:30am Advanced Aqua Fit 11:15am Baking Club CK 01:00pm Guided Meditation with Reem MT 01:30pm Low Impact Swim 02:00pm Blackjack GR 03:00pm Trivia with Les CK 04:00pm Social Hour LB 07:00pm Grey Cup Themed Jeopardy with Reem MT 07:30pm *Documentary: "Inside Bill's Brain: Decoding Bill Gates Part 2" MT	20 09:45am Sit & Be Fit FC 10:00am Knitting Club TG 10:30am Advanced Aqua Fit 11:15am Java Music Club SR 01:30pm Cribbage GR 02:00pm Dancing with Derek GR 02:30pm TEP Re-assessment FC 03:00pm TEP- Tier 3 FC 04:00pm *Family Feud Social Hour LB 07:15pm *TED Talk: "How to Be Happy Every Day: It Will Change the World" MT	21 Tailgate Party 09:45am Strength & Stretch 10:30am Advanced Aqua Fit 11:15am St. Luke's Church Service 12:00pm Men's Club Lunch Outing to Thistle Fish & Chips (Sign-Up) \$ 01:30pm Tailgate Themed Group Discussion CK 01:30pm Chair Zumba FC 02:15pm Falls Prevention FC 03:00pm Toonie Bingo TG 04:00pm Social Hour LB 04:00pm Tailgate Games CK 5:00-7:00pm Tailgate Party Dinner (Sign-Up) TG 07:00pm Entertainment by Hawk's Nest Duo TG	22 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 11:15am TEP- Tier 1 FC 01:30pm Low Impact Swim 02:15pm Rummikub GR 02:30pm Art with Cailey CK 03:00pm TEP-Tier 2 FC 03:30pm *Travelogue: "Florence: City of Art" MT 04:00pm Social Hour LB 06:30pm Mexican Train CK 07:15pm Movie: "Remember the Titans" MT	23 9:45am: Weekend Word Puzzle Booklet (Pick up at Concierge) 10:15am Seated Yoga with Raj FC 01:30pm Table Topic Discussion & Coffee CK 02:00pm BPAC Presents: Habourtown Sound - North Pole Got Talent (Sign-Up) \$ 03:00pm Toonie Bingo TG 04:00pm Social Hour LB 06:30pm Pictionary CK 07:00pm Entertainment by Brad Boland TG
24 Grey Cup 10:15am *iPad Help Drop In LIB 01:30pm *America's Got Talent MT 02:00pm Bridge GR 03:00pm Euchre CK 04:00pm Social Hour LB 6:00pm Grey Cup Party GR 07:30pm *Movie: "The Blind Side" MT	25 National Parfait Day 08:45am Falls Prevention FC 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 11:15am TEP - Tier 3 FC 12:00pm Lunch at The Royal Coachman & Trip to Flamborough Casino (Sign-Up)\$ 01:30pm Healthy Minds: The Benefits of Cannabis for Health MT 02:00pm Scrabble GR 02:30pm Yogurt Parfait Bar CK 03:00pm Toonie Bingo TG 04:00pm Social Hour LB 07:15pm *Netflix Series: "This is Us" MT	26 09:45am TEP- Tier 2 FC 10:30am Advanced Aqua Fit 11:15am Baking Club CK 01:30pm Low Impact Swim 02:30pm Resident Pet Parade Show CK 03:00pm TEP – Tier 1 FC 04:00pm Social Hour LB 07:00pm Animal Themed Jeopardy with Reem MT 07:30pm *Documentary: "Top 10 Secrets & Mysteries" MT	27 09:45am Sit & Be Fit FC 10:00am Knitting Club TG 11:15am Java Music Club SR 01:30pm Cribbage GR 02:00pm Chef's Pizza Fundraiser Competition CK 03:00pm TEP- Tier 3 FC 04:00pm *Family Feud Social Hour LB 07:00pm Theatre Aquarius Play: Hairspray (Sign-Up) \$ 07:15pm *TED Talk: "How to motivate yourself to change your behavior" MT	28 09:45am Strength & Stretch FT 10:30am Advanced Aqua Fit 11:15am Holiday Market Craft CK 01:30pm Chair Zumba FC 02:15pm Falls Prevention FC 02:30pm Toonie Bingo 04:00pm Winter Wonderland Cocktail Party and Welcome Social with Entertainment by Cameron Caton GR 06:30pm Pet Therapy with Ray 7:15pm Movie: "Ladies in Lavender" MT	29 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 11:15am TEP- Tier 1 FC 01:30pm Low Impact Swim 02:15pm Tree Decorating, Christmas Carols & Hot Chocolate CK 03:00pm TEP-Tier 2 FC 03:30pm *Travelogue: "Caesar's Rome" MT 04:00pm Social Hour LB 06:30pm Sequence CK 07:15pm Movie: "An Affair to Remember" MT	30 9:45am: Weekend Word Puzzle Booklet (Pick up at Concierge) 10:15am Seated Yoga with Raj FC 11:00am Burlington Mall Outing (Sign-Up) 01:15pm *What Am I? CK 02:00pm Saturday Card Games Social CK 03:00pm Jackpot Bingo TG 04:00pm Social Hour LB 06:30pm Pictionary CK 07:15pm Saturday Night Alfred Hitchcock Movie: "Rope" MT
		ROOM LEGEND BR Board Room CK Country Kitchen FC Fitness Centre GR Games Room LB Lobby Bar LIB Library MT Movie Theatre SR Solarium Room TG Terrace Grill	CALENDAR LEGEND Highlights Outings *iPad/Apple TV Programs	VENDORS Nov 1 st : Hardt Designs Nov 7 th : Retail Therapy Mobile Boutique Nov 14 th : Anish Traditions Nov 19 th : Simply Fabulous		

