

Recreation Choices July 2019

The Kensington • Jochen Bocksnick, Recreation Director



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Canada Day 1 10:30 Tiered Exercise Program-AR 11:15 Walk: Finnerty Gardens-R 1:15 The Kensington in Victoria (Slideshow)-T 2:30 Canada Day Tea-DR 3:30 Canada Day Entertainment with Calvin Cairns-FSL 7:15 Movie: "Dog Days"-T	2 10:00 Painting Class-CR 10:30 Cardio Fit-AR 11:15 Calendar Review-T 1:30 AGE—UVic-students Let's talk "technology"-T 3:00 Doc: "Tales by Light"(3)-T 7:00 Cribbage-CDR 7:15 Knitting-FSL 7:15 Movie: "Love Happens"-T	3 10:30 Tiered Exercise Program-AR 11:15 Bowling-AR 1:15 Hillside Shopping Shuttle-R 3:45 Wine Then Dine w/ BVDs-FSL 7:15 Movie: "The Boy Who Harnessed the Wind"-T	4 10:30 Tiered Exercise Program-AR 11:15 *This Week in History-T 1:15 Casino Outing or Scenic Drive-R 4:15 Ladder Ball-P 7:15 Bingo-CR 7:15 Movie: "Riding in Cars with Boys"-T	5 9:30 Rosary Service-A 10:00 Catholic Communion -CDR 10:00 *Trivia-T 11:00 Balance Class-AR 11:15 Butchart Gardens-R 4:30 Music with Jochen-FSL 7:00 Games Night-CDR 7:15 TV Series: "Anne with an E"(1)-T	6 10:30 Exercise Class-AR 11:00 Table Tennis-AR 1:15 Walk: Island View-R 2:30 Doc: "The World's Most Extraordinary Homes" (1)-T 4:00 Gardening-P 7:15 Snack Bingo-CR 7:15 Movie: "Daddy Day Care"-T
	7 11:00 *First Met Church Livestream-T 2:00 Walk: Cadboro Bay-R 2:30 Doc: "The Future of Water"(2)-T 3:30 Ladder Ball-P 7:15 TV Series: "Secrets of Great British Castles—Arundel Castle"-T	8 10:30 Tiered Exercise Program-AR 11:15 Word Games-T 1:00 Cribbage-CDR 1:15 Scenic Drive: The Malahat-R 3:15 Music with Heather-AR 7:15 Movie: "Walk. Ride. Rodeo."-T	9 10:00 Painting Class-CR 10:30 Cardio Fit-AR 3:00 Doc: "Tales by Light"(4)-T 5:45 Music in the Park (Majestic) - Beatles, Rolling Stones-R 7:00 Cribbage-CDR 7:15 Knitting-FSL 7:15 Movie: "Babe"-T	10 10:30 Tiered Exercise Program-AR 11:15 Bowling 1:15 Broadmead Shopping Shuttle-R 3:45 Wine Then Dine w/ Rosie & Corrine-FSL 7:15 Movie: "Rock my Heart"-T	11 10:30 Tiered Exercise Program-AR 11:15 *This Week in History-T 2:30 Healthy Minds: What Do You Remember from WWII?-T 3:30 *TED-talk-TT 4:00 Create a Bouquet-CR 7:15 Bingo-CR 7:15 Movie: "Dolphin Kick"-T	12 9:30 Rosary Service-A 10:00 Catholic Communion -CDR 11:00 Adventure Lecture w/ Chris Mundigler-T 11:00 Balance Class-AR 2:10 IMAX: "Superpower Dogs"-R 7:00 Games Night-CDR 7:15 TV Series: "Anne with an E"(2)-T
14 11:00 *First Met Church Livestream-T 2:00 Walk: Inner Harbour-R 2:30 Doc: "The Future of Water"(3)-T 4:00 Ladder Ball-P 7:15 TV-Series: "Miss Fisher's Murder Mysteries"(1)-T	15 10:30 Tiered Exercise Program-AR 11:15 *Word Games-T 1:00 Cribbage-CDR 1:30 Hartland Landfill Excursion-R 4:00 Scrabble-CDR 7:15 Movie: "Running for Grace"-T	16 10:00 Painting Class-CR 10:30 Cardio Fit-AR 11:15 Bocce-P 3:00 Doc: "Tales by Light"(5)-T 7:00 Cribbage-CRD 7:15 Knitting-FSL 7:15 Movie: "A Dog's Purpose"-T	17 10:30 Tiered Exercise Program-AR 11:00 Fire Safety Walk-R 11:15 Bowling-AR 1:15 Shelbourne Shopping Shuttle-R 1:15 Sing Along /w Allan-AR 3:45 Wine Then Dine w/ Tyler Hardy-FSL 7:15 Movie: "Yes Man"-T	18 10:30 Tiered Exercise Program-AR 11:15 *This Week in History-T 1:15 Casino Outing or Scenic Drive-R 3:30 *TED talk-T 7:15 Bingo-CR 7:15 Movie: "The Other Boleyn Girl"-T	19 9:30 Rosary Service-A 10:00 Catholic Communion -CDR 10:00 *Cranium Crunches-T 11:00 Balance Class-AR 1:30 Estate Planning w/ Lisa Robson-T 4:30 Music with Jochen-FSL 7:00 Games Night-CDR 7:15 TV Series: "Anne with an E"(3)-T	20 10:30 Exercise Class-AR 11:00 Table Tennis-AR 1:15 Walk: Beacon Hill Park-R 3:00 Doc: "The World's Most Extraordinary Homes" (3)-T 7:15 Snack Bingo-CR 7:15 Movie: "The Nutcracker"-T

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
11:00 *First Met Church Livestream-T 2:00 Walk: Swan Lake-R 3:30 Doc: "Blue Planet II: One Ocean"-T 4:00 Bocce-P 7:15 TV-Series: "Miss Fisher's Murder Mysteries"(2)-T	10:00 Tiered Exercise Program-AR 11:15 *Trivia-T 1:00 Cribbage-CRD 1:15 Mattick's Farm: Miniature Golf-R 3:15 Music w/Heather-AR 7:15 Movie: "Always Be My Maybe"-T	10:00 Painting Class-CR 10:30 Cardio Fit-AR 11:30 Lunch Outing: Government House-R 3:00 Doc: "Tales by Light"(6)-T 4:00 Ladder Ball-P 7:15 Knitting-FSL 7:15 Movie: "Despite Everything"-T	10:30 Tiered Exercise Program-AR 11:15 Bowling-AR 1:15 Mayfair Shopping Shuttle-R 1:15 Sing Along w/ Allan-AR 3:45 Wine Then Dine w/ Sherry & Steve-FSL 7:15 Movie: "Julie & Julia"-T	10:30 Tiered Exercise Program-AR 11:15 *This Week in History"-T 2:30 Birthday Party w/ Carl Ivey-DR 4:15 Create a Bouquet-CR 4:30 *TED talk-T 7:15 Bingo-CR 7:15 Movie: "St. Vincent"-T	9:30 Rosary Service-A 10:00 Catholic Communion -CDR 10:00 *Cranium Crunches-T 11:00 Balance Class-AR 1:30 History Bus Tour w/ Rick Searle-R 4:30 Music with Jochen-FSL 7:00 Games Night-CDR 7:15 TV Series: "Anne with an E"(4)-T	10:30 Exercise Class-AR 11:00 Table Tennis-AR 1:15 Croquet/Bocce at Gorge Waterway Park-R 2:30 Doc: "The World's Most Extraordinary Homes" (3)-T 4:00 Gardening-P 7:15 Snack Bingo-CR 7:15 Movie: "RV"-T
28	29	30	31			
11:00 *First Met Church Livestream-T 2:00 Walk: Dallas Road/ Cook Street Village-R 3:30 Doc: "Blue Planet II: The Deep"-T 4:00 Shuffleboard-CDR 7:15 TV-Series: "Miss Fisher's Murder Mysteries"(3)-T	10:30 Tiered Exercise Program-AR 11:15 *Trivia-T 1:00 Cribbage-CRD 1:15 Ladder Ball & Ring Toss-AR 3:00 Wine Then Dine: Music by Request-FSL 7:15 Movie: "He's Just Not That Into You"-T	10:00 Painting Class-CR 10:30 Cardio Fit-AR 1:30 Healthy Minds: Riel Rebellion w/ Eric Tolman 3:00 Doc: "The Creative Brain"-T 3:30 Newsletter Folding-CR 7:15 Knitting-FSL 7:15 Movie: "Gandhi" (Pt 1)-T	10:00 Chemainus "Mama Mia"-R 10:30 Tiered Exercise Program-AR 11:15 Bowling-AR 1:15 Sing Along w/ Allan-AR 7:15 Movie: "Gandhi" (Pt 2) -T			
	ROOM LEGEND	ROOM LEGEND	Calendar Legend	Important Dates	Important Dates	Important Dates
<u>Every day in the Fireside Lounge</u> Morning Social: 10:00 am Afternoon Social: 2:30pm (DR) Evening Social: 8:20 pm	A Atrium AR Activity Room CDR Card Room CR Craft Room DR Dining Room FSL Fireside Lounge	L3 Third Floor Library L4 Fourth Floor Library P Patio PDR Private Dining Room R Reception T Theatre	NEW and Special Programs Outings—Will be posted in Black * iPad/Apple TV Programs	Dr. Garner, Podiatry Clinic Wednesday, 1:30 pm-3:30 pm Beauty Salon	Leigh Ann, Foot Care Nurse Monday, July 15 9:30 am-2:30 pm Beauty Salon Monday, 9:30 am-2:30 pm Beauty Salon	Uta—Esthetician Wednesday, 9:30 am -12:30 pm Beauty Salon