



# Recreation Choices **October 2018**

The Edinburgh • Luisa Romero, Director of Recreation



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 International Day of Older Person</b> 10:15 am Family Physio Exercise 10:30 am World news and coffee <b>11:00 am Remarkable Seniors</b> 2:00 pm Bingo <b>3:00 pm Let's celebrate with Larry Pagliarello</b> 4:30 pm Walking club 5:30 pm Manicures 6:15 pm *Storytelling	<b>2</b> 9:30 am Exercise Class TEP 2 10:30 am Coffee and Chat <b>11:00 am Recreation Meeting with Luisa</b> <b>2:00 pm Drive to Manor Park and Beechwood</b> 3:00 pm Arts and Crafts Thanksgiving Decorations 4:30 pm Walking Club 6:00 pm Bingo	<b>3</b> 9:30 am Good Morning News 10:15 am Family Physio Exercise 11:00 am TEP Assessments 2:00 pm *Video Concert 3:00 pm Bingo 4:00 pm Walking Club 6:15 pm Resident's pick movie night	<b>4</b> 9:30 am Exercise Class TEP 2 9:45 am Exercise Class TEP 1 10:30 am Coffee and chat 10:30 am United Church Service 11:00 am Visit with Rev. McKnight 2:00 pm Making Lavender Sachets <b>3:00 pm Healthy Minds Series "Stories from around the world"</b> 4:15 pm Exercise Class TEP 3	<b>5</b> 10:15 am Family Physio Exercise 10:30 am *World news and coffee 11:00 am Find the word 2:00 pm Flower arrangements 3:00 pm Bingo 3:00 pm *Video Concert 6:15 pm *Movie Night	<b>6</b> 10:00 am Coffee time and chat 11:00 am Walking club 2:00 pm *Video Concert 2:15 pm Bingo 3:15 pm Afternoon Tea 6:15 pm TV Series: "Downton Abbey" Episode 1
<b>7</b> 10:00 am World news and coffee 10:30 am Bowling 11:00 am Card/Board Games 11:00 am *Video Concert 2:30 pm Sunday Tea Party 6:15 pm *Movie: "Autumn Dreams"	<b>8 Thanksgiving Day</b> 10:15 am Exercise Class TEP 2 10:30 am World news and coffee 11:00 am *Thanksgiving Day, Facts and Trivia 2:00 pm Bingo 3:00 pm Afternoon Tea	<b>9</b> 10:00 am Exercise Class TEP 2 11:00 am Coffee and Chat 2:00 pm Word Searches 3:00 pm Laugh out loud – Jokes and funny stories 4:00 pm Walking Club 5:30 pm Flower arrangements <b>6:00 pm Music with Nigel</b>	<b>10</b> 9:30 am Good Morning News 10:15 am Family Physio Exercise <b>10:00 am NAC Open Rehearsal</b> Tetzlaff, Storgårds, Schubert 2:00 pm Birthday decorations <b>3:00 pm Birthday Party Music with Keith Walton</b> 4:00 pm Walking Club 6:15 pm Resident's pick movie night	<b>11</b> 9:30 am Exercise Class TEP 2 10:30 am Coffee and chat <b>10:30 am Picnic Lunch at Omega Park</b> 2:00 pm *Video Concert 2:00 pm Knitting Group 3:00 pm Social Hour - Superquiz 4:15 pm Walking Club	<b>12</b> 10:15 am Family Physio Exercise 10:30 am *World news and coffee 11:00 am TEP assessments 1:30 pm Liturgy of the Word with Communion – Roman Catholic <b>2:30 pm Current Events with Liz</b> 3:30 pm Afternoon Tea/Bingo 3:30 pm *Video Concert 6:15 pm * Let's talk movies with Miguel	<b>13</b> 10:00 am Coffee time and chat 11:00 am Walking club 2:00 pm *Video Concert 2:15 pm Bingo 3:15 pm Afternoon Tea 6:15 pm TV Series: "Downton Abbey" Episode 2
<b>14</b> 10:00 am World news and coffee 10:30 am Bean Bags 11:00 am Walking Club 11:00 am *Video Concert 2:30 pm Sunday Tea Party 6:15 pm *Movie: "The Light House of the Orcas"	<b>15</b> 10:15 am Family Physio Exercise 10:30 am World news and coffee 11:00 am Walking Club 2:00 pm Bingo 2:30 pm Exercise Class TEP 1 3:00 pm Tea and Trivia 5:30 pm Manicures <b>6:00 pm Music with Pamela</b> 6:45 pm *Documentary: "Tiger Lord of the Wild"	<b>16</b> 9:30 am Exercise Class TEP 2 10:30 am Coffee and Chat 11:00 am Card games 2:00 pm Arts and Crafts Halloween decorations <b>3:00 pm Line dancing</b> 4:30 pm Walking Club	<b>17</b> 9:30 am Good Morning News 10:15 am Bean Bags <b>11:00 am Residents and Managers meet</b> Second Floor Wall Decorations 2:00 pm * Video Concert 3:00 pm Bingo 6:15 pm Resident's pick movie night	<b>18</b> 9:30 am Exercise Class TEP 2 9:45 am Exercise Class TEP 1 <b>10:30 am Outing to Museum of History "Medieval Europe-Power and splendor"</b> 2:00 pm Knitting group 2:00 pm *Video Concert <b>3:00 pm Apple Festival</b> Music by Jean Guy Benard 4:15 pm Exercise Class TEP 3	<b>19</b> 10:15 am Family Physio Exercise 10:30 am *World news and coffee 11:00 am Find the word 1:30 pm Liturgy of the Word with Communion – Roman Catholic 2:00 pm Flower arrangements <b>3:00 pm Healthy Minds Series "Traditional Stories from the Outaouais"</b> 3:00 pm *Video Concert 6:15 pm * Let's talk movies with Miguel	<b>20</b> 10:00 am Coffee time and chat 11:00 am Walking club 2:00 pm *Video Concert 2:15 pm Bingo 3:15 pm Afternoon Tea 6:15 pm TV Series: "Downton Abbey" Episode 3
<b>21</b> 10:00 am World news and coffee 10:30 am Bowling 11:00 am Card/Board Games 11:00 am *Video Concert 2:30 pm Sunday Tea Party <b>3:00 pm Hymn Sing with Irene</b> 6:15 pm *Movie: "Field of Dreams"	<b>22 Municipal Elections</b> 10:15 am Family Physio Exercise 10:30 am World news and coffee 11:00 am *Bangladesh, Facts and Trivia 2:00 pm Bingo 2:30 pm Exercise Class TEP 1 3:00 pm Tea and Proverbs 5:30 pm Flower arrangements <b>7:00 pm Smile Theatre from Toronto "Granny Penny's Great Adventure"</b>	<b>23</b> 9:30 am Exercise Class TEP 2 10:30 am Coffee and Chat <b>11:15 am Anglican Service</b> 2:00 pm Current Events 3:00 pm Decorating Bengali Style <b>5:30 pm Bengali Dinner - Penthouse</b> Music by Tasnik Khan and friends 6:45 pm *Documentary: Beautiful Bangladesh	<b>24</b> 9:30 am Good Morning News 10:15 am Family Physio Exercise <b>11:00 am Food Meeting with Adrian</b> 2:00 pm *Video Concert 3:00 pm Bingo 4:00 pm Walking Club 6:15 pm Resident's pick movie night	<b>25</b> 9:30 am Exercise Class TEP 2 10:30 am Coffee and chat <b>10:30 am Lunch at Buffet des Continents</b> 2:00 pm *Video Concert 2:00 pm Halloween Pumpkin decorations 3:00 pm Social Hour - Superquiz 4:15 pm Walking Club	<b>26 National Fish and Chip Day</b> 9:30 am Decorating British style 10:15 am Family Physio Exercise <b>11:30 am National Fish and Chip Celebration in the dining room</b> 1:30 pm Liturgy of the Word with Communion – Roman Catholic <b>2:30 pm Current Events with Liz</b> 3:30 pm Afternoon Tea/Bingo 3:30 pm *Video Concert 6:15 pm * Let's talk movies with Miguel	<b>27</b> 10:00 am Coffee time and chat 11:00 am Walking club 2:00 pm *Video Concert 2:15 pm Bingo 3:15 pm Afternoon Tea 6:15 pm TV Series: "Downton Abbey" Episode 4
<b>28</b> 10:00 am World news and coffee 10:30 am Bean Bags 11:00 am Halloween decorations 11:00 am *Video Concert 2:30 pm Sunday Tea Party 6:15 pm *Movie: "Jane"	<b>29</b> 10:15 am Family Physio Exercise 10:30 am World news and coffee 11:00 am Walking Club 2:00 pm Bingo 2:30 pm Exercise Class TEP 1 3:00 pm Tea and Trivia 5:30 pm Manicures 6:45 pm Lotto 649	<b>30</b> 9:30 am Exercise Class TEP 2 10:30 am Coffee and Chat <b>11:00 am Halloween costume design</b> 2:00 pm Current Events 3:00 pm Social Hour and Knitting 4:30 pm Walking Club 5:30 pm Storytelling <b>6:00 pm Music with Nigel</b>	<b>31</b> 9:30 am Good Morning News 10:15 am Family Physio Exercise <b>11:00 am Halloween costume contest</b> <b>2:00 pm Visit from Fernhill School</b> 3:00 pm Bingo 6:15 pm *Video documentary: <b>7:30 pm Books on Beechwood Book Club</b>	<b>Dates to Remember</b> <b>Ottawa Public Library Visit - Homebound Program</b> <b>Tuesday, Oct. 2 at 1:30 pm</b> Call the library: (613) 580-2944 for more details	<b>Dates to Remember</b> <b>Walker and Wheelchair Clinic</b> <b>Monday, Oct. 22 at 10:00 pm</b> See Luisa or Catherine (nurse) for more details	<b>CALENDAR LEGEND</b> <b>Special Events</b> <b>Outings</b> * iPad/Apple TV Programs