



Recreation Choices **September 2019**

Valley Stream • Jillian Ryan, Director of Recreation, ext. 2007



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	10:00 Tiered Exercise Program, Tier 2 (FP) 11:00 Catholic Mass (C) 2:00 Art Class with Malcolm (AR) 2:15 Afternoon Concert DVD: "Andre Rieu: The Flying Dutchman" (T) 3:30 Ice Cream Sandwich Social (L) 7:00 Movie Night: "All About Eve" (T)	2 Labour Day	10:15 *In the News* (L) 11:00 Ball Fitness (FP) 2:00 Afternoon Music with Arlene Quinn (L) 3:30 Cocktail Hour (L) 7:00 Euchre Club (L)	3	9:00 Nail Painting (L) 10:15 Journaling Club (L) 11:00 Chair Dancing with Michael (FP) 2:00 Bridge Club (B) 2:00 Singspiration with Roy (L) 3:30 Pray the Rosary (C) 3:30 Toonie Tuesday Cocktail Hour (L) 7:00 Open Billiards Night (B)	4	9:30 Recreation Meeting (FP) 9:30 Mystery Drive 10:00 Fun and Fitness with Tanya (AR) 11:00 *iPad Learning Lessons: Q&A* (L) 1:30 Merivale Mall 2:15 French Resident Social (L) 3:30 Cocktail Hour (L) 7:00 Cribbage Club (L) 7:00 Trivia Night (L)	5	9:30 Shopper's Drug Mart & Carlingwood Mall 10:15 Church Service (T) 11:00 Tiered Exercise Program, Tier 1 (FP) 2:15 Bingo (AR) 3:00 TEP Assessments (AR) 3:30 Cocktail Hour (L) 7:00 Movie Night: "Elizabeth Taylor: The Last Time I Saw Paris" (B)	6 Sunshine Gifts 11am-2pm (L)	10:00 Fun and Fitness with Tanya (AR) 10:15 Guess Who, What, Where Game (FP) 11:00 *Word Connect* (FP) 11:30 VIP Lunch (by invite only) (PD) 2:00 Afternoon Movie: "Grease" (B) 2:30 Java Music Club (by invite only) (LB) 3:30 Cocktail Hour (L) 7:00 Bridge Club (L)	7	10:00 Tiered Exercise Program, Tier 1 (FP) 10:45 Men and Mugs Social (L) 2:15 Bingo (AR) 3:30 Cocktail Hour (L) 7:00 Movie Night: "The Yankles" (T)
8 National Grandparents' Day	10:00 Tiered Exercise Program, Tier 2 (FP) 10:30 Family Photo Sharing (L) 11:00 Catholic Mass (C) 2:00 Grandparents Day Celebration with Noel Dimaranan (L) 3:30 Ice Cream Cone Social (L) 7:00 Movie Night: "Flicka" (T)	9	10:00 Fun and Fitness with Tanya (AR) 10:00 Bridge Lessons with Bill (L) 11:00 *Scattogories* (L) 1:30 Walmart 2:15 Bingo (AR) 3:30 Cocktail Hour (L) 7:00 Euchre Club (L) 7:00 Chair Yoga with Jennel (FP)	10 Donut Day!	9:00 Nail Painting (L) 10:15 Mini Donuts and Specialty Coffee Bar (L) 11:00 Ball Fitness (FP) 2:00 Donut Social and Afternoon Music with Rick Leben (L) 2:00 Bridge Club (B) 3:30 Pray the Rosary (C) 3:30 Toonie Tuesday Cocktail Hour (L) 7:00 Trivia Night / Donut Trivia (L)	11 The Perfect Smile	9:30 Mystery Drive 10:00 Fun and Fitness with Tanya (AR) 10:15 Group Crossword (FP) 10:45 Bible Study: Golden Gates Ministry (BR) 11:00 *iPad Learning Lessons: Setting Reminders/ Alarms* (L) 11:45 Lunch at Swiss Chalet 2:15 Horse Races (L) 3:30 Cocktail Hour (L) 7:00 Cribbage Club (L)	12	10:00 Boggle Word Game (FP) 10:15 Church Service (T) 11:00 Tiered Exercise Program, Tier 1 (FP) 1:30 Shopper's Drug Mart & Carlingwood Mall 2:15 Bingo (AR) 3:30 Cocktail Hour (L) 7:00 Movie Night: "Rain Man" (B)	13	10:00 Fun and Fitness with Tanya (AR) 11:00 *Wheel of Fortune* (FP) 2:00 Healthy Minds: Fraud Prevention Presentation (FP) 2:30 Java Music Club (by invite only) (LB) 3:30 Cocktail Hour (L) 7:00 Bridge Club (L)	14	10:00 Tiered Exercise Program, Tier 1 (FP) 10:45 Canadian-themed Trivia (L) 2:15 Bingo (AR) 3:30 Cocktail Hour (L) 7:00 Movie Night: "March of the Penguins" (T)
15	10:00 Tiered Exercise Program, Tier 2 (FP) 11:00 Catholic Mass (C) 2:00 Art Class with Malcolm (B) 2:15 Bingo (AR) 3:30 Ice Cream Sundae Social (L) 7:00 Movie Night: "Finding Neverland" (T)	16	10:00 Fun and Fitness with Tanya (AR) 10:00 Learn to Play Poker with Bill (L) 11:00 *Jeopardy Trivia* (FP) 1:30 Giant Tiger 2:00 Healthy Minds: Caregiver Stress Presentation (T) 3:30 Cocktail Hour (L) 7:00 Euchre Club (L)	17	9:00 Nail Painting (L) 9:30 Rexall/Carlingwood Mall 10:15 Journaling Club (L) 11:00 Chair Dancing with Michael (FP) 1:30 Merivale Mall 2:00 Singspiration with Roy (L) 2:00 Bridge Club (B) 3:30 Pray the Rosary (C) 3:30 Toonie Tuesday Cocktail Hour (L) 7:00 Open Billiards Night (B)	18	10:00 Fun and Fitness with Tanya (AR) 11:00 *iPad Learning Lessons: Listening to Music* (L) 2:00 Afternoon Music with The Mellow Tones (L) 3:30 Cocktail Hour (L) 7:00 Cribbage Club (L) 7:00 Trivia Night (L)	19	10:00 Words within Words (FP) 10:15 Church Service (T) 11:00 Tiered Exercise Program, Tier 1 (FP) 1:30 Shopper's Drug Mart & Carlingwood Mall 2:15 Bingo (AR) 3:00 TEP Assessments (AR) 3:30 Cocktail Hour (L) 7:00 Movie Night: "Chitty Chitty Bang Bang" (T)	20	10:00 Fun and Fitness with Tanya (AR) 11:00 *Name that Tune* (FP) 2:00 Food Committee Meeting (T) 2:30 Java Music Club (by invite only) (LB) 3:30 Cocktail Hour (L) 7:00 Bridge Club (L)	21	10:00 Tiered Exercise Program, Tier 1 (FP) 10:45 Giant Floor Scrabble (FP) 2:15 Bingo (AR) 3:30 Cocktail Hour (L) 7:00 Movie Night: "Facing the Giants" (T)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>22 Intergeneration Sensation</p> <p>10:00 Tiered Exercise Program, Tier 2 (FP) 11:00 Catholic Mass (C) 2:00 A.G.E: Hymn Sharing with the BCUC Children's Choir (L) 3:30 Ice Cream Sandwich Social (L) 7:00 Movie Night: "Shall We Dance" (T)</p>	<p>23 First Day of Fall</p> <p>10:00 Fun and Fitness with Tanya (AR) 10:30 Coffee and Chats with Jason (B) 11:00 *Who Am I? (FP) 2:15 Bingo (AR) 3:30 Cocktail Hour (L) 7:00 Euchre Club (L) 7:00 Chair Yoga with Jennel (FP)</p>	<p>24</p> <p>9:00 Nail Painting (L) 11:00 Ball Fitness (FP) 10:30 Rideau Carlton Raceway 2:00 Handi House Wheelchair/Walker Repair Clinic (FP) 2:00 Bridge Club (B) 3:30 Pray the Rosary (C) 3:30 Toonie Tuesday Cocktail Hour (L) 7:00 Trivia Night (L)</p>	<p>25</p> <p>10:00 Fun and Fitness with Tanya (AR) 10:15 New Resident Social (L) 10:45 Bible Study: Golden Gates Ministry (BR) 11:00 *iPad Learning Lessons: Back to the Basics* (L) 11:45 Men's Club with The Westwood: Red Lobster 2:00 Birthday Party with Musical Memories (L) 3:30 Cocktail Hour (L) 7:00 Cribbage Club (L)</p>	<p>26</p> <p>10:15 Church Service (T) 11:00 Tiered Exercise Program, Tier 1 (FP) 1:30 Shopper's Drug Mart & Carlingwood Mall 2:00 Resident and Manager Meeting (T) 3:30 Jay's Cocktail Hour (B) 7:00 Movie Night: "The Adventures of Huck Finn" (T)</p>	<p>27</p> <p>10:00 Fun and Fitness with Tanya (AR) 10:15 Hangman (FP) 11:00 *Explore Canada: Nova Scotia* (FP) 2:15 Bingo (AR) 2:30 Java Music Club (by invite only) (LB) 3:30 Cocktail Hour (L) 7:00 Bridge Club (L)</p>	<p>28</p> <p>10:00 Tiered Exercise Program, Tier 1 (FP) 10:45 Guess Who, What, Where Game (FP) 2:15 Bingo (AR) 3:30 Cocktail Hour (L) 7:00 Movie Night: "The Young Victoria" (FP)</p>
<p>29</p> <p>10:00 Tiered Exercise Program, Tier 2 (FP) 11:00 Catholic Mass (C) 2:00 Art Class with Malcolm (AR) 2:15 Afternoon Concert DVD: "Daniel O'Donnell: At Home in Ireland" (T) 3:30 Ice Cream Cone Social (L) 7:00 Movie Night: "Secretariat" (T)</p>	<p>30 Fall Harvest Party</p> <p>9:30 Log Cabin Apple Orchard</p> <p>10:00 Fun and Fitness with Tanya (AR) 10:15 Making Fall Harvest Trail Mix (L) 11:00 *Fall-themed Scattegories* (L) 2:00 Fall Party and Afternoon Music with Tony True (L) 3:30 Cocktail Hour with Fall Harvest Punch (L) 7:00 Euchre Club (L)</p>					
		<p>ROOM LEGEND</p> <p>(AR) Activity Room (B) Bar (BR) Boardroom (C) Chapel (FP) Fireplace Lounge (L) Main Lobby (T) Theatre (P) Patio (PD) Private Dining Room</p>	<p>CALENDAR LEGEND</p> <p>Highlights</p> <p>Outings</p> <p>*iPad/Apple TV Programs*</p>	<p>IMPORTANT DATES</p> <p>8th – Grandparents Day</p> <p>10th – Donut Day!</p> <p>11th – The Perfect Smile</p>	<p>IN-HOUSE SHOPPING</p> <p>6th – Sunshine Gifts – 11:00am – 2:00pm (L)</p>	

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