



# Recreation Choices August 2019

Stittsville Villa by Revera • Andrea McIntyre, Recreational Director, Activity Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CALENDAR LEGEND</b> <b>Highlights</b> <b>Outings</b> * iPad/Apple TV Programs	<b>Dates to Remember</b> Paint & Wine Night-Aug 6 <sup>th</sup> Zoo Crew Presentation – Aug 12 <sup>th</sup> Rideau Carleton Raceway & Dinner – Aug 13 <sup>th</sup> Sangria Summer Sizzle – Aug 14 <sup>th</sup> St. Alberts Cheese Factory & Lunch – Aug 27 <sup>th</sup>	<b>ROOM LEGEND</b> GR Games Room AR Activity Room L Lounge T Theatre		<b>1</b> 9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR <b>10:30 Walking Club -Dollar Store</b> 11:00 Mental Aerobics AR 1:00 COPD Fitness GR <b>2:00 Music -Vicki Spurrell L</b> 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Evening Movie T TBD	<b>2</b> <b>9:45 Walmart-Fernbank &amp; Bank Shuttle</b> 10:00 Crafts AR 11:00 * I Pad Word Scapes GR <b>12:30 Calendar Planning w/Andrea</b> 2:00 Bingo GR 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Friday Night Movie T "Hocus Pocus"	<b>3</b> <b>10:00 Exercise w/ Donna GR</b> 10:00 Knotty Knitters AR 11:00 * I Pad Travels GR 12:30 TEP Tier 2 Fitness GR 2:00 Bean Bag Toss GR 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Bingo w / Fred GR
<b>4</b> 10:00 Therapeutic Coloring AR 1:30 *Mental Aerobics AR <b>2:00 Walking Club /The Sweet Room Bakery</b> 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Sunday Night Movie T "Sparkle" Musical	<b>5 Civic Holiday</b> 10:00 Therapeutic Coloring AR <b>11:00 Marianne Jewelry L</b> 2:00 Scrabble AR <b>2:30 Latin Chair Dancing w / Michael</b> 3:00 Afternoon Tea L 7:00 Bingo GR	<b>6</b> 9:30 Gentle Fitness GR <b>10:30 Tulip (Therapy Dog) Visits W / Kim L</b> 11:30 Manicures w/ Sue & Jean <b>2:00 Music / Roxy Swan L</b> 3:00 Afternoon Tea L 3:45 Social Club GR <b>7:00 Paint &amp; Wine Night AR</b>	<b>7</b> 9:30 Ball Fitness GR 11:00 Mental Aerobics AR 12:30 TEP Tier 2 Fitness GR 2:00 Bingo GR 3:00 Ice Cream Parlor GR 3:45 Social Club GR 7:00 Euchre GR	<b>8</b> 9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR 11:00 Mental Aerobics AR 1:00 COPD Fitness GR 2:00 Bean Bag Toss GR 2:00 Scrabble AR 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Evening Movie T TBD	<b>9</b> 9:45 Hazeldean Mall Shuttle 10:00 Crafts AR 11:00 *I Pad Word Challenge GR 2:00 Scrabble AR 2:00 Bingo GR 2:00 Scrabble AR 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Friday Night Movie T "Marie Antoinette"	<b>10</b> <b>10:00 Exercise w/ Donna GR</b> 10:00 Knotty Knitters AR 11:00 * I Pad Travels GR 12:30 TEP Tier 2 Fitness GR <b>2:00 Music/ Jimmy Leroux L</b> 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Bingo w / Fred GR
<b>11</b> 10:00 Therapeutic Coloring AR 1:30 *Mental Aerobics AR 2:00 * I Pad Travels GR 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Sunday Night Movie T "Cheaper By The Dozen 2"	<b>12</b> 9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR 11:00 Mental Aerobics AR 12:30 TEP Tier 2 Fitness GR 1:00 COPD Fitness GR <b>2:00 Healthy Minds-" Zoo Crew" Presentation L</b> 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Bingo GR	<b>13</b> 9:30 Gentle Fitness GR 11:00* I Pad Word Scapes GR 11:30 Manicures w/ Sue & Jean AR 2:00 Shuffleboard GR 3:00 Afternoon Tea L 3:45 Social Club GR <b>4:30 Rideau Carleton Raceway/Dinner &amp; Slot Machines</b> 7:00 Bridge GR	<b>14 Sangria Summer Sizzle</b> 9:30 Beach Ball Fitness GR 10:30 Beach Ball Hot Potato GR 11:00 Mental Aerobics AR <b>BBQ Lunch</b> <b>2:00 Music /Cathy &amp; Bernie L</b> 3:00 Ice Cream Floats GR 3:30 Guess the Beach items?? 3:45 Social Club GR 7:00 Bingo GR	<b>15</b> 9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR <b>10:30 Walking Club /Dollar Store</b> 11:00 Mental Aerobics AR 1:00 COPD Fitness GR <b>2:00 Music/Red Wing Fiddlers L</b> 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Evening Movie T TBD	<b>16</b> 9:45 Walmart-Fernbank Shuttle 10:00 Crafts AR 11:00 * I Pad Word Scapes GR 2:00 Bingo GR <b>3:00 "Men's Club" Wings &amp; Things</b> 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Movie T "The In-Laws"	<b>17</b> 10:00 Knotty Knitters AR 11:00 * I Pad Travels GR 12:30 TEP Tier 2 Fitness GR 2:00 Bean Bag Toss GR 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Bingo w / Fred GR
<b>18</b> 10:00 Therapeutic Coloring AR 1:30 *Mental Aerobics AR <b>2:00 Walking Club / Shoppers Drug Store</b> 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Sunday Night Movie T "Jersey Girl"	<b>19</b> 9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR 11:00 Mental Aerobics AR 12:30 TEP Tier 2 Fitness GR 1:00 COPD Fitness GR <b>2:00 Drums Alive w/ Cathy GR</b> 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Bingo GR	<b>20</b> 9:30 Gentle Fitness GR <b>10:00 Downtown Ottawa Scenic Drive</b> <b>10:30 Tulip visits w / Kim L</b> 11:00 * I Pad Word Challenge GR 11:30 Manicures w/ Sue & Jean AR <b>2:00 Music / Spencer Scharf L</b> 2:00 Scrabble AR 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Bridge GR	<b>21</b> 9:30 Ball Fitness GR <b>11:15 Lunch / The Glen Scottish Pub</b> 11:00 Mental Aerobics AR 12:30 TEP Tier 2 Fitness GR 2:00 Bingo GR 3:00 Ice Cream Parlor GR <b>3:30 Food For Thought Meeting</b> 3:45 Social Club GR 7:00 Euchre GR	<b>22</b> 9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR 11:00 Mental Aerobics AR 1:00 COPD Fitness GR <b>1:45 Scenic Drive / Shirley's Bay</b> 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Evening Movie T TBD	<b>23</b> 9:45 Hazeldean Mall Shuttle 10:00 Crafts AR 11:00 * I Pad Word Challenge GR 2:00 Bingo GR 2:00 Scrabble AR 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Friday Night Movie T Resident Choice	<b>24</b> <b>10:00 Exercise w / Donna GR</b> 10:00 Knotty Knitters AR 11:00 * I Pad Travels GR 12:30 TEP Tier 2 Fitness GR <b>2:00 Accordion Music by Shauna Thompson L</b> 3:00 Afternoon Tea L 7:00 Bingo w / Fred GR
<b>25</b> 10:00 Therapeutic Coloring AR 1:30 *Mental Aerobics AR <b>2:00 Music / Larry Wright L</b> 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Sunday Night Movie T Resident Choice	<b>26</b> 9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR <b>11:00 Healthy Minds / Parrot Partners L</b> 12:30 TEP Tier 2 Fitness GR 1:00 COPD Fitness GR <b>2:30 Latin Chair Dancing w/Michael GR</b> 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Bingo GR	<b>27</b> 9:30 Gentle Fitness GR <b>10:30 St-Albert Cheese Factory &amp; Lunch</b> 11:00 *I Pad Word Challenge GR 11:30 Manicures w/ Sue & Jean AR <b>2:30 Bus Outing / Salvation Army</b> 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Bridge GR	<b>28</b> 9:30 Ball Fitness GR <b>10:00 Anglican Service T</b> <b>10:15 Giant Tiger Shuttle</b> 11:00 Mental Aerobics AR 12:30 TEP Tier 2 Fitness GR 2:00 Bingo GR 3:00 Ice Cream Parlor GR 3:45 Social Club GR 7:00 Euchre GR	<b>29</b> 9:30 Exercise w/Yvonne GR 10:00 Exercise w/Yvonne GR 11:00 Mental Aerobics AR 1:00 COPD Fitness GR <b>2:00 Birthday Party! Music – Bob &amp; Don L</b> 3:00 Afternoon Tea L 3:45 Social Club GR 7:00 Evening Movie T TBD	<b>30</b> 9:45 Walmart-Fernbank Shuttle 10:00 Crafts AR 11:00 * I Pad Word Scapes GR 2:00 Bingo GR <b>3:00 Wine &amp; Cheese Welcoming New Residents and Tenants L</b> 3:45 Social Club GR 7:00 Friday Night Movie T Resident Choice	<b>31</b> 10:00 Knotty Knitters AR 11:00 I Pad Travels GR 12:30 TEP Tier 2 Fitness GR 2:00 Bean Bag Toss GR 2:00 Scrabble AR 3:00 Afternoon Tea L 7:00 Bingo w/ Fred GR

