



Recreation Choices August 2019

Renaissance Retirement Residence • Sharon Gogel, Recreational Director, Ext. 1104



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ROOM LEGEND PD Private Dining Room GR Game Room LL Lower Level P Patio F Foyer T Theatre DR Dining Room CK Country Kitchen ML Main Level				1 9:30 Tier 1 Exercise (LL) 10:15 *Fast Facts (LL) 1:00 Manicure/Pedicure 1:30 Church: Anglican (T) 2:15 Recreation Mtg. (LL) 2:30 *Colorado Statehood (LL) 2:30 Snacks (LL) 7:30 Hamilton @ Sask. (LL)	2 9:30 Exercise (LL) 10:00 Coffee & Snacks ML 10:00 Horse Races (LL) 10:00 Walker Clinic (PDR) 10:00 Pool (LL) 1:30 Tile Rummy (LL) 3:00 Social Hour (LL) 7:00 Netflix & Popcorn Benji (T) 7:00 Whist (LL)	3 9:30 Exercise (T) 10:00 Puzzles (GR) 2:00 Mass (T) 3:00 Tile Rummy (LL) 7:00 Bingo with Nicole (LL) 7:00 Netflix & Popcorn (T) Dolphin Tale
4	5	LAB 6	DOCTORS 7	8	9	10
10:00 Shuffleboard (GR) 2:00 Tile Rummy (LL) 2:30 Knitting (LL) 3:00 Shuffleboard (GR) 7:00 Netflix & Popcorn (T) Running For Grace	10:00 Coffee & Snacks (ML) 10:10 Brain Teasers (LL) 1:30 Card Bingo (LL) 3:00 Ice Cream (LL) 3:00 Social Hour (LL) 7:00 Bingo (LL)	9:30 Exercise (LL) 10:00 Trip to the Bank (F) 10:45 Giant Tiger (F) 11:15 Nutman (F) 1:10 Shop Victoria Sq. (F) 1:30 Standing Exercise (T) 2:00 Gentle Exercise (T) 2:30 Tile Rummy (LL) 7:00 Canasta (DR) 7:00 Old Timers' Dance (LL)	9:30 Exercise (T) 10:15 Skip-Bo Card Game (LL) 1:00 Safeway Bus (F) 2:30 Board & Card Games (LL) 2:30 Snack (ML) 3:00 Social Hour (LL) 7:00 Crib (LL) 7:00 DVD & Popcorn (T) Lucille Ball	9:30 Tier 1 Exercise (LL) 10:15 A.G.E Daycare Children (LL) 1:30 Church: Lutheran Pastor Jim (T) 2:30 *Wondering about Watermelon (LL) 2:30 Snacks: Watermelon (LL) 7:00 Healthy Minds: Larry Easton (LL)	9:30 Exercise (LL) 10:00 Coffee & Snacks ML 10:00 Horse Races (LL) 10:00 Pool (LL) 1:30 Tile Rummy (LL) 2:30 Snacks (ML) 3:00 Social Hour (LL) 5:00 Sask. @ Montreal (LL) 7:00 Whist (LL)	9:30 Exercise (T) 10:00 Puzzles (GR) 2:00 Mass (T) 3:00 Tile Rummy (LL) 7:00 Netflix & Popcorn Free Rein (T) 7:00 Bingo with Marcel (LL)
11	12	LAB 13	DOCTORS 14	15	16	17
10:00 Pool (GR) 2:00 Church: Pastor John (T) 2:30 Tile Rummy (LL) 2:30 Yahtzee (LL) 2:30 Knitting (LL) 7:00 John Turnbull Sings (LL)	9:30 Exercise (LL) 10:00 Coffee & Snacks (ML) 10:10 Brain Teasers (LL) 1:15 Lajord Hutterite Colony (F) 1:30 Card Bingo (LL) 3:00 Ice Cream (P) 3:00 Social Hour (LL) 7:00 Bingo (LL)	9:30 Exercise (LL) 10:00 Trip to the Bank (F) 11:30 BBQ: Hot Dogs (P) 1:10 Shop E. Walmart (F) 1:30 Standing Exercise (T) 2:00 Gentle Exercise (T) 2:30 *Birthstones (LL) 2:30 Snacks (LL) 7:00 Canasta (DR) 7:00 Heritage Fiddlers Dance (LL)	9:30 Tier 2 Exercise (LL) 10:15 Skip-Bo Card Game (LL) 10:15 Baking (LL) 1:00 Safeway Bus (F) 2:00 *Happy Birthday Mary Poppins (LL) 2:30 Chips & Punch (T) 3:00 Social Hour (LL) 7:00 Crib (LL)	9:30 Tier 1 Exercise (LL) 10:15 *Ted Talks (T) 10:15 Pool (GR) 1:00 Manicure/Pedicure 1:30 Church: Baptist (LL) 2:30 *All Hail Ice Cream Sandwiches (LL) 7:00 Music A1 Dance (LL)	9:30 Exercise (LL) 10:00 Coffee & Snacks ML 10:00 Horse Races (LL) 10:00 Pool (LL) 1:30 Tile Rummy (LL) 2:30 Snacks (ML) 3:00 Social Hour (LL) 7:00 Netflix & Popcorn (T) Cop and A Half 7:00 Whist (LL)	9:30 Exercise (T) 10:00 Puzzles (GR) 2:00 Mass (T) 3:00 Tile Rummy (LL) 7:00 Netflix & Popcorn Dolphin Kick (T) 7:00 Bingo with Marcel (LL)



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18	19	LAB 20	DOCTORS 21	22	23	24
10:00 Shuffleboard (GR) 2:00 Tile Rummy (LL) 2:30 Knitting (LL) 3:00 Shuffleboard (GR) 7:00 Netflix & Popcorn (T) God Bless The Broken Road	9:30 Exercise (LL) 10:00 Baking Cupcakes (CK) 10:10 Brain Teasers (LL) 1:15 Sherwood Forest Golf Club (F) 1:30 Card Bingo (LL) 3:00 Ice Cream (P) 3:00 Social Hour (LL) 7:00 Bingo (LL)	9:30 Exercises (LL) 10:00 Decorating Cupcakes (CK) 10:00 Trip to the Bank (F) 11:15 Nutman (F) 1:10 Shop Northgate (F) 1:30 Standing Exercise T 2:00 Gentle Exercise T 2:30 *Come for Cupcakes 7:00 Canasta (DR) 7:00 Amigo's Dance (LL)	9:30 Tier 2 Exercise (LL) 10:15 *Skip-Bo Card Game (LL) 1:00 Safeway Bus (F) 2:00 Healthy Minds: London Drugs (P) 3:00 Social Hour (LL) 7:00 Crib (LL) 7:00 DVD & Popcorn (T) Lucille Ball	9:30 Tier 1 Exercise (T) 10:15 *Jeopardy Trivia (LL) 10:15 Pool (GR) 1:30 Church: Salvation Army (LL) 2:00 Resident's Mtg. (LL) 2:30 *30 Artists Taking Pottery to Next Level 7:00 Marilyn Phillips Sings (LL)	9:30 Exercise (LL) 10:00 Coffee & Snacks ML 10:00 Horse Races (LL) 10:00 Pool (LL) 1:30 Tile Rummy (LL) 2:30 Snacks (ML) 3:00 Social Hour (LL) 7:00 Movie & Popcorn (T) Maud Lewis 7:00 Whist (LL)	9:30 Exercise (T) 10:00 Puzzles (GR) 2:00 Mass (T) 3:00 Tile Rummy (LL) 5:00 Ottawa @ Sask. (T) 8:00 Bingo (LL)
25	26	LAB 27	DOCTORS 28	29	30	31
10:00 Shuffleboard (GR) 2:00 Church Baptist (T) 2:00 Tile Rummy (LL) 2:30 Knitting (LL) 3:00 Shuffleboard (GR) 7:00 David Lowey Sings (LL)	9:30 Tier 1 Exercise (LL) 10:00 Coffee & Snacks (ML) 10:10 Brain Teasers (LL) 11:15 Picnic In The Park & Milky Way (F) 1:30 Card Bingo (LL) 2:00 Blood Pressure (PD) 3:00 Ice Cream (P) 3:00 Social Hour (LL) 7:00 Bingo (LL)	9:30 Exercises (LL) 10:00 Trip to the Bank (F) 11:30 BBQ: Burgers (P) 1:10 Shop Southland (F) Chapters (F) 1:30 Standing Exercises T 2:00 Gentle Exercise (T) 2:30 Cultural Event: *Puerto Rico (LL) 7:00 Canasta (DR) 7:00 Goeun Sing A Long (LL)	9:30 Exercise (LL) 10:15 Skip-Bo Card Game (LL) 11:30 RCMP Tour (F) 1:00 Safeway Bus (F) 2:00 Fort Collins (LL) 2:00 Snacks (LL) 3:00 Social Hour (LL) 7:00 Crib (LL)	9:30 Tier 2 Exercise (LL) 10:15 *Some Of The Most Expensive Mistakes Ever Made (LL) 1:30 Church: Pastor John (T) 2:30 Birthday Party (LL) 2:30 Young @ Heart Dance (LL) 6:30 Craft with Wendy & Cathy (LL)	9:30 Exercise (LL) 10:00 Coffee & Snacks ML 10:00 Horse Races (LL) 10:00 Pool (LL) 1:30 Tile Rummy (LL) 2:30 Snacks (ML) 3:00 Social Hour (LL) 7:00 Movie & Popcorn (T) Beethoven 7:00 Whist (LL)	9:30 Exercise (T) 10:00 Puzzles (GR) 2:00 Mass (T) 3:00 Tile Rummy (LL) 7:00 Bingo (LL)
		ROOM LEGEND	CALENDAR LEGEND	IMPORTANT DATES		
		PD Private Dining Room GR Game Room LL Lower Level P Patio F Foyer T Theatre DR Dining Room CK Country Kitchen ML Main Level	Highlights Outings *IPad/Apple TV Programs	1 Recreation Meeting 1 *Colorado Statehood 13 *Birthstones 15 *All Hail Ice Cream Sandwiches 19 Baking Cupcakes 22 *I Have A Dream 27 *Puerto Rico 28 Tour of the RCMP		