



Recreation Choices **September 2019**

Inglewood • Jennifer Jacobsen, Recreational Director

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 IMAX "Survival Island"-Th 01:00 Cribbage-P 01:00 Five Crowns-MP 02:30 Church Service 03:00 Let's Play Pool-P 03:30 Chicken Soup for the Soul-B 07:00 Movie & Popcorn-Th	2 Labour Day 09:30 Tier 1 Fitness 10:00 Sit & Fit-M 11:00 Ladder Golf-2 01:00 Armchair Travel-Th "Rise of the Continents-The America's" 01:15 Phase 10-MP 03:30 *Crosswords/Word Search-MP 07:00 Card 500-MP 07:00 Movie & Popcorn-Th	3 09:30 Exercise-2 10:00 Sit & Fit-M 10:30 Chef Meeting with Residents-MG 11:00 Beanbag Toss-2 01:00 Beanbag Baseball-M 02:00 Culture Tuesday-Th "Mega Food-Orlando" 02:00 Meet & Greet with Paul Mitchell (PPC)-P 02:45 Super Trivia-P 03:30 The Great Learning Courses "Sleep"-TH 07:00 Card Bingo-M 07:00 Movie & Popcorn-Th	4 09:00 Blood Pressure-M 09:30 Tier 2/3 Fitness-MP 10:00 Sit & Fit-M 11:00 Horse Shoes-2 12:45 Parkland Mall-L 01:00 Bridge Club-MP 01:00 Bowling-BA 01:30 Skipbo-AT 03:00 *Wine Wednesday-P 07:00 Darts-P 07:00 Canasta-MP 07:00 Movie & Popcorn-Th	5 09:30 Exercise-2 10:00 Catholic Communion 10:00 Sit & Fit-M 11:00 Chair Yoga-M 11:00 Beanbag Toss-2 12:45 Teddy Time-2 01:00 Bridge Club-MP 01:00 Beanbag Baseball-M 02:00 Poker-AT 07:00 Card Whist-MP 07:00 Movie & Popcorn-Th	6 09:00 Heritage Lanes-L 10:00 Sit & Fit-M 11:00 Ring Toss-2 11:00 Pat Williams Bracelets-L 12:45 Bower Mall-L 01:00 Bowling-BA 02:00 Juke Band-B 03:00 Happy Hour-P 07:00 Movie & Popcorn-Th	7 10:00 Puzzles/Trivia-P 11:00 PaSu Farm Lunch Outing-L 01:00 Cribbage Club-MP 01:15 Chase the Ace-M 02:00 Bingo-M 03:15 Bocce Ball-CT 03:30 Darts-P 07:00 Movie & Popcorn-Th
8 10:00 IMAX "Fires of Kuwait"-Th 01:00 Cribbage-P 01:00 Resident Run Rummy O-MP 02:30 Church Service 03:00 Let's Play Pool-P 03:30 Chicken Soup for the Soul-B 07:00 Movie & Popcorn-Th	9 09:30 Tier 1 Fitness 10:00 Sit & Fit-M 10:15 Bower Ponds Walk-L 11:00 Tinball-2 01:00 Armchair Travel-Th "Over Alaska" 01:15 *True or False iPad-MP 02:30 Horse Races with a Twist-P 03:30 Resident Rec Meeting-M 07:00 Card 500-MP 07:00 Movie & Popcorn-Th 07:00 Walkin on Sunshine-B	10 09:30 Exercise-2 10:00 Sit & Fit-M 11:00 Beanbag Toss-2 01:00 Beanbag Baseball-M 02:00 Culture Tuesday-Th "Forbidden History-Treasure of Salomon" 02:00 Walking Club-L 02:15 Wii Games-MP 03:30 The Great Learning Courses "Sleep"-TH 07:00 Card Bingo 07:00 Movie & Popcorn-Th	11 09:30 Tier 2/3 Fitness-MP 10:00 Sit & Fit-M 10:30 Fire Drill 11:00 Lawn Darts-2 12:45 Parkland Mall-L 01:00 Bridge Club-MP 01:00 Bowling-BA 01:00 Racko-AT 02:00 Healthy Minds-Th "Autumn Dyck Nutritionist" 03:00 Wine Wednesday-P 07:00 Darts-P 07:00 Canasta-MP 07:00 Movie & Popcorn-Th	12 Donut Day 09:30 Exercise-2 10:00 Catholic Communion 10:00 Sit & Fit-M 11:00 Chair Yoga-M 11:00 Beanbag Toss-2 01:00 Bridge Club-MP 01:00 Beanbag Baseball-M 01:30 John Shoulders on Investment Success-Aspen 02:00 *Donut Social & Trivia-B 03:15 Horse Shoes-Pit 07:00 Card Whist-MP 07:00 Movie & Popcorn-Th	13 Habitat Garage Sale 09:00 Heritage Lanes-L 10:00 Sit & Fit-M 11:00 Basketball-2 12:45 Bower Mall-L 01:00 Bowling-BA 01:15 Sequence-M 03:00 Happy Hour-P 07:00 Movie & Popcorn-Th	14 10:00 Puzzles/Trivia-P 01:00 Cribbage Club-MP 01:15 Left Centre Right-M 02:00 Card Bingo-M 02:00 The Track on 2 Horse Racing-L 03:30 Ice Cream Cone Social-B 03:30 Darts-P 06:30 Jim Baxter-B 07:00 Movie & Popcorn-Th
15 10:00 IMAX "Hail Columbia!"-Th 01:00 Cribbage-P 01:00 Rack O-MP 02:30 Bowling-BA 03:00 Let's Play Pool-P 03:30 Chicken Soup for the Soul-B 07:00 Movie & Popcorn-Th	16 09:30 Tier 1 Fitness-MP 10:00 Sit & Fit-M 11:00 Table Pong-2 01:00 Armchair Travel-Th "Untamed Philippines" 01:15 *Name the Logo Game-MP 02:00 Cranium Game-MP 02:45 Church Service-C 03:00 Comedy Hour on YouTube-MP 07:00 Card 500-MP 07:00 Movie & Popcorn-Th 07:00 Central Alberta Chamber Players-B	17 First Nations Day 09:30 Exercise-2 10:00 Sit & Fit-M 11:00 Beanbag Toss-2 01:00 Beanbag Baseball-M 01:30 *Dream Catcher Craft- MP 02:00 Culture Tuesday-Th "America's Great Indian Nations" 03:00 *Baking Bannock-FDR 07:00 Card Bingo-M 07:00 Movie & Popcorn-Th	18 09:30 Tier 2/3 Fitness-MP 10:00 Sit & Fit-M 10:30 Java Music Closed Group-FDR 11:00 Lawn Darts-2 12:45 Parkland Mall-L 01:00 Bridge Club-MP 01:00 Bowling-BA 01:00 Boggle Game-AT 02:00 Heitha Forsyth-B 03:00 Wine Wednesday-P 07:00 Canasta-MP 07:00 Darts-P 07:00 Movie & Popcorn-Th	19 09:30 Exercise-2 10:00 Catholic Communion-C 10:00 Sit & Fit-M 11:00 Ping Pong Eggs-2 11:00 Beanbag Toss-2 11:30 Build Your Own Pizza-FDR 01:00 Beltone-AT 01:00 Bridge Club-MP 01:00 Beanbag Baseball-M 02:00 Horse Races with a Twist-P 03:30 *You Be the Judge-AT 07:00 Card Whist-MP 07:00 Movie & Popcorn-Th	20 09:00 Heritage Lanes-L 10:00 Sit & Fit-M 11:00 MarPool Bowls-2 12:45 Bower Mall-L 01:00 Bowling-BA 01:15 SkipBo 03:00 *Happy Hour-P 03:30 The Great Learning Courses "Sleep"-Th 07:00 Movie & Popcorn-Th	21 10:00 Puzzles/Trivia-P 01:00 Cribbage Club-MP 01:15 Super Trivia-M 02:00 Lotto 649 Bingo-M 03:15 Team Bean Bag Toss-M 03:30 Darts-P 07:00 Movie & Popcorn-Th



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 10:00 IMAX "Cosmic Voyage"-Th 01:00 Cribbage-P 01:00 Hearts Game-MP 02:00 Spectrum-B 03:00 10th Anniversary Cake-B 03:00 Let's Play Pool-P 07:00 Movie & Popcorn-Th	23 First Day of Fall 09:30 Tier 1 Fitness-MP 10:00 Sit & Fit-M 10:15 Mackenzie Trails-L 11:00 Ring Toss-2 01:00 Armchair Travel-Th "Australia's Greatest Islands" 01:15 Balloon Volleyball-M 02:00 Five Crowns-MP 03:30 *Crossfingers iPad-MP 03:30 The Great Learning Courses "Sleep"-Th 06:00 Tech Clarity with Tim-B 07:00 Card 500-MP 07:00 Movie & Popcorn-Th	24 Active Aging Week 09:30 Creative Hearts-S 09:30 Exercise-2 10:00 Sit & Fit-M 11:00 Beanbag Toss-2 01:00 Beanbag Baseball-M 02:00 Culture Tuesday-Th "Monty Don's Artistic Garden" 02:00 Dixit Game-MP 03:00 Health Arts-L 07:00 Card Bingo-M 07:00 Movie & Popcorn-Th	25 09:30 Tier 2/3 Fitness-MP 10:00 Sit & Fit-M 10:30 Java Music Closed Group-FDR 11:00 Table Pong-2 12:45 Parkland Mall-L 01:00 Bowling-BA 01:00 Bridge Club-MP 02:00 Healthy Minds-Th "Athletic Therapist" 03:00 Wine Wednesday-P 07:00 Darts-P 07:00 *Paint Night-MP 07:00 Movie & Popcorn-Th	26 09:00 Personal Touch-L 09:30 Exercise-2 10:00 Catholic Communion 10:00 Sit & Fit-M 11:00 Chair Yoga-M 11:00 Beanbag Toss-2 12:45 Teddy Time-2 01:00 Bridge Club-MP 01:00 Beanbag Baseball-M 02:00 Quiddler-AT 03:30 Book Club-LB 07:00 Card Whist-MP 07:00 Movie & Popcorn-Th	27 09:00 Heritage Lanes-L 10:00 Sit & Fit-M 11:00 Hangman-2 12:45 Bower Mall-L 01:00 Competition Team Bowling & Prizes-BA 01:15 Yahtzee-MP 03:00 *Happy Hour-P 07:00 Movie & Popcorn-Th	28 10:00 Puzzles/Trivia-P 01:00 Cribbage Club-MP 01:15 Chase the Ace-M 02:00 Bob Shortt-B 03:00 September Birthday Cake-B 03:30 Darts-P 07:00 Movie & Popcorn-Th
29 10:00 IMAX "The Secret of Life on Earth"-Th 01:00 Cribbage Club-P 01:00 Farkle-MP 02:00 *Word Searches/Crosswords-MP 02:30 Bowling-BA 03:00 Let's Play Pool-P 03:15 Chicken Soup for the Soul-B 07:00 Movie & Popcorn-Th	30 09:30 Tier 1 Fitness-MP 10:00 Sit & Fit-M 11:00 Ladder Golf-2 11:30 Lunch Bunch to China Ben-L 01:00 Armchair Travel-Th "Canadian Rocky Mountains Park" 01:15 Mexican Train Dominoes-MP 02:30 Uno Game-MP 03:30 *Google Earth-MP 03:30 Shuffleboard-P 07:00 Card 500-MP 07:00 Movie & Popcorn-Th					
		ROOM LEGEND A Atrium B Bistro BA Bowling Alley C Chapel CT Courtyard FDR Family Dining Room L Lobby M Mel's Diner MG Monarch Grill MP Multipurpose Room P Pub TH Theatre 2 2nd Floor LB Library S Sewing Room	CALENDAR LEGEND Highlights Outings *iPad/Apple TV Programs	IMPORTANT DATES Blood Pressure-M Sept 4 at 9am A & E Hearing-AT Sept 16 at 4pm Beltone Hearing-AT Sept 19 at 1pm	Tech Clarity with Tim-B Sept 23 at 6pm Creative Hearts-S Sept 24 at 9:30am Personal Touch Sept 26 at 9am	

