

# AUGUST

# Recreation Choices August 2019

The Williamsburg • Reem Sakran, Recreational Director



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ROOM LEGEND</b> CK Country Kitchen BR Board Room LIB Library MT Movie Theatre TG Terrace Grill FC Fitness Centre GR Games Room	<b>CALENDAR LEGEND</b>  <b>Highlights</b>  <b>Outings</b> *iPad/Apple TV Programs			<b>1</b> 09:45am Strength & Stretch FC 10:30am Advanced Aqua Fit 11:15pm Gardening Club TG  01:30pm Chair Zumba FC 02:15pm Falls Prevention FC 03:00pm Toonie Bingo TG 04:30pm Welcome Social Hour LB 07:15pm *Movie: "Mary Poppins Returns" MT	<b>2</b> 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 11:15am Recreation Meeting with Reem MT 01:00pm TEP Reassessments FC (Sign-Up) 01:30pm Low Impact Swim 02:15pm Walking Club 03:00pm Rummikub CK 04:30pm Social Hour LB 07:00pm Euchre CK 07:15pm *Movie "The Guernsey Literary & Potato Peel Society" MT	<b>3</b> 10:15am Saturday Stretch  01:30pm *Who Sang it Best? GR 02:00pm Board Games Social with Coffee CK 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:00 *Saturday Night Movie: "The Choice" MT
<b>4</b> 10:15am *iPad Help Drop in LIB 11:00am Open Swim  01:30pm Trivia CK 02:00pm *Travelogue: Mongolia's Frozen Wonderland 03:00pm Euchre GR 04:30pm Social Hour LB 07:15pm Movie: "The Post" MT	<b>5 Civic Holiday</b> 08:45am Falls Prevention FC 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 11:15am Tiered Exercise Program- Tier 3 FC  01:30pm Bridge GR 03:00pm Toonie Bingo TG 04:15pm TEP – Tier 1 FC 04:30pm Social Hour LB 07:15pm *Netflix Series: "This is Us" MT	<b>6</b> 09:45am TEP- Tier 2 FC 10:30am Advanced Aqua Fit 11:15am Baking Club CK  01:30pm Low Impact Swim 02:00pm Healthy Minds: Music Therapy MT 02:30pm Walking Club 03:15pm Trivia with Les CK 04:30pm Social Hour LB 07:00pm Sequence GR	<b>7</b> 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 10:30am Knitting Club TG 11:15am Cultivating Gratitude Discussion LIB 01:00pm Outing to Mapleview Mall (Sign-Up) 2:00pm Lianne Harris: "Steeped in History: The Story of Tea" MT 03:00pm Cribbage CK 04:30pm Social Hour LB 07:00pm TEP – Tier 3 FC 07:30pm *TED Talk: "What Our Hallucinations Reveal About Our Minds" MT	<b>8</b> 09:45am Strength & Stretch FC 10:30am Advanced Aqua Fit 11:15pm Gardening Club TG  01:30pm Chair Zumba FC 02:15pm Falls Prevention FC 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Movie: "Field of Dreams" MT	<b>9 Golf Day</b> 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 11:00am Men's Club: Viewing of PGA Tour Playoffs: The Northern Trust GR 11:15am TEP - Tier 1 FC 01:30pm Low Impact Swim 02:00 Mini-putt LIB 03:00pm Golf-Themed Games with 50/50 Raffle TG 04:15 TEP – Tier 2 FC 04:30pm Social Hour LB 07:00pm Euchre CK 07:15pm Movie: "The Hundred-Foot Journey" MT	<b>10</b> 10:15am Seated Yoga with Raj FC 11:00am Outing to Burlington Farmers Market (Sign-Up)  01:30pm *Armchair Travels: "Banff, Alberta" MT 02:00pm High Tea Afternoon Social CK 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:00pm Entertainment with Brad Boland TG
<b>11</b> 10:15am *iPad Help Drop in LIB 11:00am Open Swim  01:30 You Be The Judge 02:00pm *Guided Meditation & Relaxation MT 03:00pm Bridge GR 04:30pm Social Hour LB 07:15pm Movie: "Philomena" MT	<b>12</b> 08:45am Falls Prevention FC 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 11:15am Tiered Exercise Program- Tier 3 FC 01:00pm Outing to The Movies (Sign-Up) 01:30pm Rummikub GR 03:00pm Toonie Bingo TG 04:15pm TEP – Tier 1 FC 04:30pm Social Hour LB 07:15pm *Netflix Series: "This is Us" MT	<b>13 Caribbean Day</b> 09:45am Tier 2 FC 10:30am Advanced Aqua Fit 11:15am Baking Club: Caribbean Cake CK  01:30pm Low Impact Swim 3:00pm Crafts: Maracas CK 04:30pm Social Hour LB 05:00pm: Caribbean BBQ with Steel Drum Band TG 07:00pm Jeopardy with Bri - Caribbean Islands MT 07:00pm Sequence GR	<b>14</b> 09:45am Sit & Be Fit FC 10:30am Advanced Aqua Fit 10:30am Knitting Club TG 11:15am Cultivating Gratitude Discussion LIB  01:00pm Ladders & Ring Toss TG 02:00pm Birthday Entertainment with Flo TG 03:00pm Birthday Celebrations TG 04:30pm Social Hour LB 07:00pm TEP – Tier 3 FC 07:15pm *TED Talk: "The Fascinating (But Dangerous) Places Scientists Aren't Exploring"	<b>15 National Relaxation Day</b> 09:45am Strength & Stretch FC 10:30am Advanced Aqua Fit 11:15am Gardening Club TG  01:00pm Outing to Mohawk Casino (Sign-Up) 01:30pm Chair Zumba FC 02:00pm Hand Massages CK 02:15pm Falls Prevention FC 03:00pm Toonie Bingo TG 04:30pm Social Hour LB 07:15pm Movie: "Aloha"	<b>16 Hardt Designs Vendor</b> 09:45am Sit & Be Fit FC 10:30am Resident General Meeting MT 11:15am TEP Tier 1 FC  01:30pm Low Impact Swim 1:30pm BPL Book Exchange/Drop off LIB 02:15pm Art with Cailey CK 03:00pm Rummikub CK 04:15 TEP – Tier 2 FC 04:30pm Social Hour LB 07:00pm Euchre CK 07:15pm Movie: "Roman Holiday" MT	<b>17</b> 10:15am Saturday Stretch FC  01:30pm *Who Am I? GR 02:00pm Painting Kindness Rocks CK 03:30pm Saturday Social: 1920s Gatsby Theme CK 07:15pm Saturday Night Movie: "Singin' in the Rain" MT



# AUGUST

# Recreation Choices August 2019

The Williamsburg • Reem Sakran, Recreational Director



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>18</b> <b>10:15am</b> *iPad Help Drop In LIB <b>11:00am</b> Open Swim  <b>01:30pm</b> Trivia CK <b>01:30pm</b> Matinee “Key For Two” play at BPAC (Sign-Up) <b>02:30pm</b> *Travelogue: Amsterdam MT <b>03:00pm</b> Euchre GR <b>03:00pm</b> Toonie Bingo TG <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Movie: “Funny Face” MT	<b>19</b> <b>08:45am</b> Falls Prevention FC <b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> Tiered Exercise Program- Tier 3 FC  <b>01:30pm</b> *KOBO Book Club LIB <b>02:00pm</b> Bridge GR <b>03:00pm</b> Toonie Bingo TG <b>04:15pm</b> TEP – Tier 1 FC <b>04:30pm</b> Social Hour LB <b>07:15pm</b> *Netflix Series: “This is Us” MT	<b>20 Lemonade Day</b> <b>09:45am</b> TEP- Tier 2 FC <b>10:30am</b> Advanced Aqua Fit <b>11:00am</b> AGE: Baking Class CK  <b>01:00pm</b> TEP Reassessments FC <b>01:30pm</b> Low Impact Swim <b>02:00pm</b> Horticulturist: Herb-Infused Gourmet Oils CK <b>03:30pm</b> Lemonade Social CK <b>04:30pm</b> Social Hour LB <b>07:00pm</b> Jeopardy with Bri MT <b>07:15pm</b> Sequence GR	<b>21 National Senior Citizens Day</b> <b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Advanced Aqua Fit <b>10:30am</b> Knitting Club TG <b>11:00am</b> Pellar Estates Winery (Sign-up) <b>11:15am</b> Cultivating Gratitude Discussion LIB <b>02:00pm</b> Healthy Minds: Laughter Yoga Presentation MT <b>03:00pm</b> Cribbage CK <b>05:00pm</b> AGE: Williamsburg’s Got Talent TG <b>07:00pm</b> TEP – Tier 3 FC <b>07:15pm</b> *TED Talk: “The Secret Life of Dogs” MT	<b>22</b> <b>09:45am</b> Strength & Stretch FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> Gardening Club TG  <b>01:30pm</b> Chair Zumba FC <b>02:15pm</b> Falls Prevention FC <b>03:00pm</b> Toonie Bingo TG <b>04:30pm</b> Social Hour LB <b>07:15pm</b> *Movie: “Chappaquiddick” MT	<b>23</b> <b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> TEP- Tier 1 FC  <b>01:30pm</b> Low Impact Swim <b>01:30pm</b> Walking Club to Hutch’s on the Beach Path (Sign-Up) <b>02:00pm</b> Rummikub GR <b>03:30pm</b> Brock Students Farewell Social CK <b>04:15</b> TEP – Tier 2 FC <b>04:30pm</b> Social Hour LB <b>07:00pm</b> Euchre CK <b>07:15pm</b> Movie: “Billy Elliot” MT	<b>24</b> <b>10:15am</b> Seated Yoga with Raj FC  <b>01:30pm</b> *Armchair Travels: Nashville, TN <b>02:00pm</b> Saturday Social with Entertainment by Peter LIB <b>03:00pm</b> Toonie Bingo TG <b>04:30pm</b> Social Hour LB
<b>25</b> <b>10:15am</b> *iPad Help Drop In LIB <b>11:00am</b> Open Swim  <b>1:30pm</b> *You Be The Judge CK <b>02:00pm</b> *Guided Meditation and Relaxation MT <b>03:00pm</b> Bridge GR <b>04:30pm</b> Social Hour LB <b>07:15pm</b> *Movie: “Lion” MT	<b>26</b> <b>08:45am</b> Falls Prevention FC <b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> Tiered Exercise Program- Tier 3 FC  <b>01:30pm</b> Rummikub 101 GR <b>03:00pm</b> Toonie Bingo TG <b>04:15pm</b> TEP – Tier 1 FC <b>04:30pm</b> Social Hour LB <b>07:15pm</b> *Netflix Series: “This is Us” MT	<b>27</b> <b>09:45am</b> TEP - Tier 2 FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> Outing to Springridge Farm (Sign-Up)  <b>01:30pm</b> Low Impact Swim <b>03:00pm</b> Poetry with BPL BR <b>04:30pm</b> Social Hour LB <b>07:00pm</b> Jeopardy with Ellen MT <b>07:00pm</b> Sequence GR	<b>28</b> <b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Advanced Aqua Fit <b>10:30am</b> Knitting Club TG <b>11:15am</b> Cultivating Gratitude Discussion LIB <b>02:00pm</b> St. Luke’s Afternoon Tea (Sign-up) <b>03:00pm</b> Cribbage CK <b>04:30pm</b> Social Hour LB <b>07:00pm</b> TEP – Tier 3 FC <b>07:15pm</b> *TED Talk: “The Power of Vulnerability” MT	<b>29</b> <b>09:45am</b> Strength & Stretch FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> Gardening Club TG <b>11:30am</b> Lunch at Terra Cotta Inn (Sign-up) <b>01:30pm</b> Chair Zumba FC <b>1:30pm</b> Ice-cream Floats Social CK <b>02:15pm</b> Falls Prevention <b>03:00pm</b> Toonie Bingo TG <b>04:00pm</b> 50’s Themed Cocktail Party with Darren GR <b>07:15pm</b> *Movie: “Good Will Hunting” MT	<b>30</b> <b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> TEP- Tier 1 FC  <b>01:30pm</b> Low Impact Swim <b>02:15pm</b> Walking Club <b>03:00pm</b> Rummikub CK <b>04:15</b> TEP – Tier 2 FC <b>04:30pm</b> Social Hour LB <b>07:00pm</b> Euchre CK <b>07:15pm</b> Movie: “Holocaust Escape Tunnel” MT	<b>31</b> <b>10:15am</b> Saturday Stretch FC <b>11:00am</b> Outing to Burlington Farmer’s Market (Sign-Up)  <b>01:30pm</b> Group Sudoku LIB <b>02:00pm</b> Peach Social CK <b>03:00pm</b> Toonie Bingo (Jackpot) TG <b>04:30pm</b> Saturday Social LB <b>07:15pm</b> Saturday Night Alfred Hitchcock Movie: TBD MT
		<b>ROOM LEGEND</b>  <b>CK</b> Country Kitchen <b>BR</b> Board Room <b>LIB</b> Library <b>MT</b> Movie Theatre <b>TG</b> Terrace Grill <b>FC</b> Fitness Centre <b>GR</b> Games Room	<b>CALENDAR LEGEND</b>  <b>Highlights</b>  <b>Outings</b>  *iPad/Apple TV Programs	<b>VENDORS</b>  <b>August 15th: Leather Designs Vendor</b>  <b>August 16th: Hardt Designs</b>	<b>SPECIAL DATES</b> <b>August 9th:</b> Golf Day <b>August 13th:</b> Caribbean Day BBQ <b>August 14th:</b> Birthday Celebrations <b>August 15th:</b> National Relaxation Day <b>August 21st:</b> Williamsburg’s Got Talent <b>August 23rd:</b> Brock Intern Farewell <b>August 29th:</b> 50s Themed Cocktail Party	

