



# Recreation Choices **April 2019**

The Williamsburg • Ali Bettger, Recreational Director



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ROOM LEGEND	1	2	3	4	5	6
<b>CK Country Kitchen</b> <b>BR Board Room</b> <b>LIB Library</b> <b>MT Movie Theatre</b> <b>TG Terrace Grill</b> <b>FC Fitness Centre</b> <b>GR Games Room</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> <b>RBG presents: "Chocolate Sweet Treats" MT</b> <b>03:00pm</b> Toonie Bingo TG <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Planet Earth	<b>09:45am</b> Balance & Agility FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> Tiered Exercise Program- Tier 1 FC <b>01:30pm</b> Low Impact Swim <b>02:00pm</b> <b>Healthy Minds: "The Connection between Art and Music" MT</b> <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Sequence GR	<b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Advanced Aqua Fit <b>10:30am</b> Knitting Club TG  <b>02:00pm</b> Rummicub CK <b>04:30pm</b> Social Hour LB <b>07:15pm</b> *Ted Talk: "How Great Leaders Inspire Action" MT	<b>09:45am</b> Strength & Stretch <b>10:30am</b> Advanced Aqua Fit  <b>01:30pm</b> Chair Zumba FC <b>02:15pm</b> Falls Prevention FC <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Movie: "Tower Heist" MT	<b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Advanced Aqua Fit <b>01:30pm</b> Low Impact Swim <b>02:15pm</b> <b>Recreation Meeting with Ali MT</b> <b>03:00pm</b> Black Jack GR <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Euchre CK <b>07:15pm</b> Movie: "And So It Goes" MT	<b>10:15am</b> TEP- Tier 1 FC <b>01:00pm</b> *Name Five CK <b>03:00pm</b> Toonie Bingo TG <b>07:15pm</b> Movie: "Bohemian Rhapsody MT
7	8	9	10	11	12	13
<b>10:15am</b> *iPad Help Drop in LIB <b>01:00pm</b> *Travelogue: "Cinque Terre" MT <b>02:00pm</b> Euchre GR <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Leonard Cohen: "Live in London" MT	<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>01:00pm</b> Trip to the Movies <b>02:00pm</b> Food Committee <b>03:00pm</b> Toonie Bingo TG <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Planet Earth MT	<b>09:45am</b> Balance & Agility FC <b>10:30am</b> Advanced Aqua Fit  <b>01:30pm</b> Low Impact Swim <b>02:00pm</b> <b>Name That Tune and Other Musical Things! TG</b> <b>3:15pm</b> Rummicub GR <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Sequence GR	<b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Advanced Aqua Fit <b>10:30am</b> Knitting Club TG  <b>02:00pm</b> <b>Music with Gary Smith TG</b> <b>03:00pm</b> <b>April Birthday Celebrations CK</b> <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Movie: "A Mid-Summer Nights Dream" MT	<b>09:45am</b> Strength & Stretch <b>10:30am</b> Advanced Aqua Fit  <b>01:30pm</b> Chair Zumba FC <b>02:15pm</b> Falls Prevention FC <b>02:30pm</b> Food Meeting MT <b>03:00pm</b> Toonie Bingo TG <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Movie: "Man Up" MT	<b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Resident General Meeting MT <b>01:30pm</b> Low Impact Swim <b>02:00pm</b> <b>BPL Book Exchange/Drop off LIB</b> <b>03:00pm</b> Rummicub CK <b>04:30pm</b> Social Hour LB <b>07:00pm</b> Euchre CK <b>07:15pm</b> Movie: "To Have and Have Not" MT	<b>10:15am</b> TEP- Tier 1 FC <b>01:00pm</b> *Who Am I? CK <b>03:00pm</b> Toonie Bingo TG <b>04:30pm</b> Social Hour LB <b>07:00pm</b> <b>Music with Tristan Alexander TG</b>
14	15	16	17	18	19 Good Friday	20
<b>10:15am</b> *iPad Help Drop in LIB <b>01:00pm</b> *Travelogue to "Romania" MT <b>02:00pm</b> Euchre GR <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Movie: "Les Misérables" MT	<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>02:00pm</b> <b>Music with JPM LIB</b> <b>03:00pm</b> Toonie Bingo TG <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Planet Earth MT	<b>09:45am</b> Balance & Agility FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> Tiered Exercise Program- Tier 1 FC  <b>1-3pm</b> TECH COACHES LIB <b>01:30pm</b> Low Impact Swim <b>02:15pm</b> <b>Trivia with Les Challenge CK</b> <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Sequence GR	<b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Advanced Aqua Fit <b>10:30am</b> Knitting Club TG  <b>02:00pm</b> <b>National Canadian Film Day: Movie- "The Rocket" MT</b> <b>04:30pm</b> Social Hour LB <b>07:15pm</b> *Ted Talk: "It Starts with Why?" MT	<b>09:45am</b> Strength & Stretch <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> St. Luke's Church Service LIB <b>01:30pm</b> Chair Zumba FC <b>02:00pm</b> <b>SPRING FEVER with Smile Theatre! TG</b> <b>03:00pm</b> Toonie Bingo TG <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Movie: "Ricki and the Flash" MT	<b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Advanced Aqua Fit  <b>01:30pm</b> Low Impact Swim <b>02:30pm</b> Left Right Centre GR <b>04:30pm</b> Social Hour LB <b>07:00pm</b> Euchre CK	<b>10:15am</b> TEP- Tier 1 FC <b>01:00pm</b> *What Am I? CK <b>03:00pm</b> Toonie Bingo TG <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Saturday Night Movie: "Romeo and Juliet" MT



# Recreation Choices April 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>21 Easter Sunday</b> <b>10:15am</b> *iPad Help Drop In LIB <b>01:00pm</b> * Rick Steve's Travelogue: "The Holy Land" MT <b>02:00pm</b> Euchre GR <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Movie: "Mrs. Brown" MT	<b>22 Earth Day</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> <b>Planter Prep Social and Green Smoothies</b> <b>01:30pm</b> *Google Earth <b>03:00pm</b> Toonie Bingo TG <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Planet Earth MT	<b>23</b> <b>09:45am</b> Balance & Agility FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> Tiered Exercise Program- Tier 3 FC  <b>01:30pm</b> Low Impact Swim <b>02:00pm</b> <b>Spring Centre pieces w/ Tanya CK</b> <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Sequence GR	<b>24</b> <b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Advanced Aqua Fit <b>10:30am</b> Knitting Club TG <b>12:00pm</b> <b>Men's Luncheon TG</b> <b>01:30pm</b> <b>Billiards and Beer Tasting GR</b> <b>04:30pm</b> Social Hour LB <b>07:15pm</b> *Ted Talk: "I Made Friends with Reality" MT	<b>25</b> <b>09:45am</b> Strength & Stretch <b>10:30am</b> Advanced Aqua Fit  <b>01:30pm</b> Chair Zumba FC <b>03:00pm</b> Toonie Bingo TG <b>04:00pm</b> <b>WB Signature Cocktail Party with FLO GR</b> <b>07:15pm</b> Movie: "Olivier as Othello" MT	<b>26</b> <b>09:45am</b> Sit & Be Fit FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> Tiered Exercise Program- Tier 1 FC <b>01:30pm</b> Low Impact Swim <b>02:00pm</b> Sequence CK <b>04:30pm</b> Social Hour LB <b>07:00pm</b> Euchre CK <b>07:15pm</b> Movie: "Anthony and Cleopatra" MT	<b>27</b> <b>10:15am</b> TEP- Tier 1 FC <b>01:30pm</b> *Who Sang it Best CK <b>03:00pm</b> Toonie Bingo TG <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Alfred Hitchcock Film: "The Lady Vanishes" MT
<b>28</b> <b>10:15am</b> *iPad Help Drop In LIB <b>01:00pm</b> *Rick Steve's Travelogue: " <b>02:00pm</b> Euchre GR <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Movie: "Julie and Julia" MT	<b>29</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> <b>Healthy Minds: "All about Pottery" MT</b> <b>03:00pm</b> Toonie Bingo TG <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Planet Earth MT	<b>30</b> <b>09:45am</b> Balance & Agility FC <b>10:30am</b> Advanced Aqua Fit <b>11:15am</b> Tiered Exercise Program- Tier 1 FC <b>01:30pm</b> Low Impact Swim <b>02:00pm</b> <b>Community Program: "Let's Learn an APP" with Blyth Students</b> <b>04:30pm</b> Social Hour LB <b>07:15pm</b> Sequence GR				
		<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>IMPORTANT DATES</b>  <b>April 7-13-</b> Volunteer Appreciation Week  <b>April 17-</b> National Canadian Film Day  <b>April 22-</b> Earth Day		

