

RECREATION CHOICES

MARCH 2016

River Ridge - Nicole Collyer Director of Recreation

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
See Reverse for ROOM LEGEND	<p>REMEMBER: To turn your clocks FORWARD 1-hr on Saturday March 12th, 2016</p>	09:00 Art Studio Open 10:00 Catholic Mass (T) 10:45 Leg Exercises with Nicole (BFT) 2:30 Bible Study (T) 2:45 Cribbage with Barb (BFT) 4:30 Cocktail Night \$3.50 5:30 Cocktail Night \$3.50 6:30 Hand & Foot (BFT) 7:00 Aromatherapy Hand Massages (B)	10:00 Resident Council Meeting (T) 10:45 Arm Exercises with Nicole 11:30 Art Studio Open 1:15 General Store (B) 2:00 Education Session on Brain Health (T) 2:00 - Postcard Project 8:00 Workday (AS)	09:00 Art Studio Open 10:00 iPad: Just 3 Words 10:30 Leg Exercises with Nicole (BFT) 11:00 Legion Luncheon (SU/O) 1:00 <u>Outing to Riverbend: Postcard Project (SU/O)</u> 2:00 Rummykub (BFT) 6:30 BINGO (B)	09:00 Art Studio Open 10:00 iPad: Luminosity 10:45 Arm Exercises with Nicole (BFT) 1:45 Tone Chime Group (T) 2:30 TGIF Afternoon Social with Dwayne Cannan (BFT) 6:30 Cribbage (BFT)	09:00 Art Studio Open 10:00 Card Game 31 (BFT) 2:00 Afternoon Matinee (T)
6	7	8	9	10	11	12
10:45 Artistic Illusions (BFT) 12:00 Art Studio Open -4:30	Art Studio Closed 10:00 iPad: Ana-Twist 10:45 Arm Exercises with Nicole (BFT) 1-3 Shopping Trip (SU) 2:00 Women's AMAZING Accomplishments (BFT) 3:30 Scrabble (BFT) 6:30 Cards: Bridge (BFT)	09:00 Art Studio Open 10:00 Catholic Mass (T) 10:45 Leg Exercises with Nicole (BFT) 1:15 General Store (B) 1:00 Scrabble with Barb (BFT) 2:30 Bible Study (T) 6:30 SUGARTIME Musical Performance (BFT)	10:00 iPad: Flo Free 10:45 Arm Exercises 11:30 Studio Open 11:45 Outing to 'AURORA' Laser Light Show (SU/O) 3:00 St. Albert Library (L) 6:30 Art in the Evening: Life Sketching (AS) 6:30 Registered Bridge Open Bridge Game (BFT)	09:00 Art Studio Open 10:00 iPad: Group Game 10:45 Leg Exercises with Nicole (BFT) 1:00 Postcard Project Workday (AS) 3:00 <u>Alley Kat Brewery Tour & Tasting (SU)</u> 6:30 BINGO (B)	09:00 Art Studio Open 09:30 <u>Elmer S. Gish School Choral Performance (BFT)</u> 10:45 Arm Exercises with Nicole (BFT) 1:45 Tone Chime Group (T) 2:30 TGIF Afternoon Social with Walter (BFT) 6:30 Cribbage (BFT)	09:00 Art Studio Open 10:00 Card Game 31 (BFT) 2:00 Afternoon Matinee (T)
13	14	15	16	17	18	19
2:00 Afternoon Matinee (T)	09:00 Art Studio Open 0930- Shopping Trip (SU) 11:30 10:45 Arm Exercises with Barb 2:00 Materials Workshop Mixed Media Part II: Using Found Images (AS) 6:30 Cards: Bridge (BFT)	09:00 Art Studio Open 10:00 Catholic Mass (T) 10:45 Leg Exercises with Nicole (BFT) 1:00 Bible Study (T) 2:00 iPad: Land Art (BFT) 4:00 Outing to the Movies 'Eddie the Eagle' (SU/O) 6:30 Hand & Foot (BFT)	10:00 iPad: Riddles (BFT) 10:45 Arm Exercises with Nicole (BFT) 11:30 Art Studio Open 1:15 General Store (B) 3:00 Resident Monthly Forum (BFT) 6:30 <u>Artist of the Month: "How Art Made the World Part IV - Once Upon A Time" (T)</u>	09:00 Art Studio Open 10:00 Pot 'O Gold Scavenger Hunt (B) 10:45 Leg Exercises with Barb (BFT) 2:00 <u>Adopt-a-Grandparent Visit #6 B&W Movie (T)</u> 2:00 Postcard Project (AS) 6:30 BINGO with Nicole (B)	09:00 Art Studio Open 10:00 Political Talk with Marie Renaud (BFT) 1:45 Tone Chime Group (T) 2:30 March Birthday Party with the Rolando Lee Band (BFT) 6:30 Cribbage (BFT) 6:30 Movie Night (T)	10:00 Card Game 31 (BFT) 2:00 Afternoon Matinee (T)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	Good Friday 25	26
10:15 Catholic Mass (T) 10:00 iPad: Universe & Cosmos (BFT) 12:30 Art Studio Open -4:00	09:00 Art Studio Open 10:00 iPad: Checkers 10:45 Arm Exercises with Nicole (BFT) 1:30 Outing to Churchill for Postcard Project (SU/O) 2:00 iPad: Troubleshooting (BFT) 6:30 Cards: Bridge (BFT)	09:00 Art Studio Open 10:00 Catholic Mass (T) 10:45 Leg Exercises with Nicole (BFT) 1:00-3:00 Grandma's Helping Grandma's (BFT) 4:30 Cocktail Night \$3.50 5:30 Cocktail Night \$3.50 6:30 Hand & Foot (BFT) 7:00 Pictionary (L)	9:30 ROMEO Breakfast (SU/O) 11:30 Art Studio Open 1:15 General Store (B) 3:00 St. Albert Library (L) 6:30 Family & Friends Coloring Night (AS) 6:30 Registered Bridge League (BFT) 6:30 Recreational Bridge	09:00 Art Studio Open 10:00 United Church (T) 10:45 Leg Exercises with Nicole (BFT) 1:00 Postcard Project Workday (AS) 1:00-4:00 Shopping Trip (SU) 6:30 BINGO (B)	Movie Marathon 10:00-8:00pm (T)	Art Studio Closed 2:00 Saturday Sundae Social (B) 2:30 Afternoon Matinee (T)
27	Easter Monday 28	29	30	31		
Art Studio Closed 2:00 <u>Live at the MET Opera</u> (T)	Art Studio Open 10:45 Arm Exercises with Nicole (BFT) 2:00 March Musical BINGO (BFT) 3:35 Aromatherapy Hand Massages (BFT) 6:30 Cards: Bridge (BFT)	09:00 Art Studio Open 10:00 Catholic Mass (T) 10:45 Leg Exercises with Nicole (BFT) 2:30 Bible Study (T) 6:30 Hand & Foot (BFT)	10:45 Arm Exercises with Nicole (BFT) 11:30 Art Studio Open 1:15 General Store (B) 2:30 March Favorites Sing-Song (BFT) 6:00 Family & Friends Coloring Night (AS)	09:00 Art Studio Open 10:45 Leg Exercises with Nicole (BFT) 1:00-4:00 Shopping Trip (SU) 6:30 BINGO (B)		
			Important Dates		Room Legend	Room Legend
			1:30-3:30 March 8th: Shop Easy Fashions 6:30-7:30 March 8th: SUGARTIME March 25th: Good Friday (No Facilitated Programs)		B40: Back 40 AS: Art Studio B: Bistro BR: Board Room BFT: Behind Fish Tank ER: Exercise Room L: Library	ML: Memory Lane MLG: Memory Lane Garden O/SU: Outing/Sign-Up T: Theatre WR: Wellness Room