


# RECREATION CHOICES

FEBRUARY 2016

## Parkwood Place - Director of Recreation, Marlie Philp

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
 <p>See your monthly Newsletter for more information about our events</p>	<b>9:30</b> Esthetician - <b>HS</b> <b>9:30</b> Chair Yoga - <b>FR</b> <b>10:00</b> Appointment Shuttle - <b>FD</b> <b>10:30</b> First Met United Church Service on Video - <b>TVL</b> <b>11:00</b> Cribbage - <b>CR</b> <b>2:30</b> Art with Betsy - <b>CR</b> "Button Trees" <b>3:30</b> Are You Being Served? - <b>TVL</b> <b>7:30</b> Loonie Bingo - <b>DR</b>	<b>9:30</b> Chair Massage - <b>HS</b> <b>9:30</b> Sit & Strengthen I - <b>FR</b> <b>11:30</b> Meditation - <b>TVL</b> <b>12:45</b> Bridge - <b>BR</b> <b>1:15</b> Shopping Shuttle - <b>FD</b> <b>1:30</b> Interactive Music - <b>TVL</b> <b>2:00</b> Victoria: Through Artists Eyes by Robert Amos - <b>DR</b> <b>4:00</b> Parkwood Pub - <b>TVL</b> <b>7:30</b> Super Quiz - <b>TVL</b>	<b>8:30</b> Hairdresser - <b>HS</b> <b>9:30</b> Sit & Strengthen I - <b>FR</b> <b>10:30</b> Weekly Chronicles - <b>TVL</b> <b>11:30</b> Lunch Outing - <b>FD</b> <i>Gaby's Seaside Restaurant</i> <b>2:15</b> Human Planet: Mountains - <b>TVL</b> <b>3:30</b> Recreation General Meeting - <b>TVL</b> <b>7:30</b> Brain Games - <b>DR</b>	<b>8:30</b> Hairdresser - <b>HS</b> <b>9:30</b> Sit & Strengthen II - <b>FR</b> <b>10:15</b> TED Talks - <b>TVL</b> <b>11:00</b> "European Vacation - London, Paris & Madrid" Prof. Rosa Stewart - <b>TVL</b> <b>11:00</b> Billiards - <b>BR</b> <b>12:45</b> Bridge - <b>BR</b> <b>2:15</b> Afternoon Entertainment <i>Lonnie Glass</i> - <b>DR</b> <b>4:00</b> Parkwood Pub - <b>TVL</b> <b>7:30</b> Charity Bingo - <b>DR</b>	<b>8:30</b> Hairdresser - <b>HS</b> <b>9:30</b> Sit & Strengthen II - <b>FR</b> <b>10:30</b> Adventure Lecture "Macedonia" - <b>TVL</b> <b>12:45</b> Bridge - <b>BR</b> <b>2:00</b> Fitness Room Orientation - <b>FR</b> <i>Sign up at the desk</i> <b>2:30</b> Coffee Klatch - <b>DR</b> <b>3:00</b> Balance and Fear of Falling Workshop - <b>TVL</b> <b>7:30</b> Masterminds - <b>TVL</b>	<b>9:30</b> Coffee Klatch - <b>FSL</b> <b>10:00</b> Strength & Balance - <b>FR</b> <b>10:15</b> Knitting Social - <b>FSL</b> <b>10:45</b> The Golden Girls - <b>TVL</b> <b>11:00</b> Library Clean Up - <b>LB</b> <b>2:00</b> Family Day Celebration - <b>DR</b> <b>4:00</b> Parkwood University: "Just Look At Me" - <b>TVL</b> <b>7:30</b> Movie Night - <b>TVL</b> "Tomorrowland"
	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>9:30</b> Coffee Klatch - <b>FSL</b> <b>11:00</b> The Carol Burnett Show - <b>TVL</b> <b>1:00</b> Colouring - <b>CR</b> <b>2:30</b> Cribbage - <b>BR</b> <b>3:30</b> Parkwood University <i>The Ganges Delta</i> - <b>TVL</b> <b>7:30</b> Documentary - <b>TVL</b> "Mr. Warmth - The Don Rickles Project"	<b>9:30</b> Chair Yoga - <b>FR</b> <b>10:00</b> Appointment Shuttle - <b>FD</b> <b>10:30</b> First Met United Church Service on Video - <b>TVL</b> <b>11:00</b> Cribbage - <b>CR</b> <b>2:30</b> Art with Betsy - <b>CR</b> "Heart Art" <b>3:30</b> Are You Being Served? - <b>TVL</b> <b>7:30</b> Loonie Bingo - <b>DR</b>	<b>9:30</b> Chair Massage - <b>HS</b> <b>9:30</b> Sit & Strengthen I - <b>FR</b> <b>11:30</b> Meditation - <b>TVL</b> <b>12:45</b> Bridge - <b>BR</b> <b>1:15</b> Shopping Shuttle - <b>FD</b> <b>1:30</b> Interactive Music - <b>TVL</b> <b>4:00</b> Wine Tasting - <b>TVL</b> <i>Wines of Spain</i> <b>7:30</b> Masterminds - <b>TVL</b>	<b>8:30</b> Hairdresser - <b>HS</b> <b>9:30</b> Sit & Strengthen I - <b>FR</b> <b>10:30</b> Weekly Chronicles - <b>TVL</b> <b>2:15</b> Human Planet: Grasslands - <b>TVL</b> <b>5:30</b> Chinese New Year Special Dinner - <b>DR</b> <b>7:30</b> Movie Night - <b>DR</b> "Big Fish"	<b>8:30</b> Hairdresser - <b>HS</b> <b>9:30</b> Sit & Strengthen II - <b>FR</b> <b>10:15</b> TED Talks - <b>TVL</b> <b>11:00</b> Billiards - <b>BR</b> <b>12:45</b> Bridge - <b>BR</b> <b>2:15</b> Resident General Meeting - <b>DR</b> <b>3:30</b> Parkwood Pub - <b>TVL</b> <b>7:30</b> Charity Bingo - <b>DR</b>	<b>8:30</b> Hairdresser - <b>HS</b> <b>9:30</b> Sit & Strengthen II - <b>FR</b> <b>10:30</b> Rexall Presentation <i>"Heart Health"</i> - <b>TVL</b> <b>12:45</b> Bridge - <b>BR</b> <b>2:00</b> Fitness Room Orientation - <b>FR</b> <i>Sign up at the desk</i> <b>2:30</b> Coffee Klatch - <b>DR</b> <b>3:00</b> Balance and Fear of Falling Workshop - <b>TVL</b> <b>7:30</b> Masterminds - <b>TVL</b>	<b>9:30</b> Coffee Klatch - <b>FSL</b> <b>10:00</b> Strength & Balance - <b>FR</b> <b>10:15</b> Knitting Social - <b>FSL</b> <b>10:45</b> Dean Helm History Presentation - <b>TVL</b> <b>11:00</b> Library Clean Up - <b>LB</b> <b>2:00</b> Valentine's Day Tea - <b>DR</b> <b>4:00</b> Parkwood University: <i>"Headaches in Wonderland"</i> - <b>TVL</b> <b>7:30</b> Movie Night - <b>TVL</b> "The Ark"
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>9:30</b> Coffee Klatch - <b>FSL</b> <b>11:00</b> The Carol Burnett Show - <b>TVL</b> <b>1:00</b> Colouring - <b>CR</b> <b>2:30</b> Cribbage - <b>BR</b> <b>3:00</b> Eric Tolman History Presentation - <b>TVL</b> <i>New France and the Seven Years War</i> <b>7:30</b> Documentary - <b>TVL</b> "The Wolfpack"	<b>9:30</b> Chair Yoga - <b>FR</b> <b>10:00</b> Appointment Shuttle - <b>FD</b> <b>10:30</b> First Met United Church Service on Video - <b>TVL</b> <b>11:00</b> Cribbage - <b>CR</b> <b>1:30</b> Podiatrist - <b>HS</b> <b>2:30</b> Art with Betsy - <b>CR</b> "Colourful Nature" <b>3:30</b> Are You Being Served? - <b>TVL</b> <b>7:30</b> Loonie Bingo - <b>DR</b>	<b>9:30</b> Chair Massage - <b>HS</b> <b>9:30</b> Sit & Strengthen I - <b>FR</b> <b>11:30</b> Meditation - <b>TVL</b> <b>12:45</b> Bridge - <b>BR</b> <b>1:15</b> Shopping Shuttle - <b>FD</b> <b>1:30</b> Interactive Music - <b>TVL</b> <b>4:00</b> Parkwood Pub - <b>TVL</b> <b>7:30</b> Super Quiz - <b>TVL</b>	<b>8:30</b> Hairdresser - <b>HS</b> <b>9:30</b> Sit & Strengthen I - <b>FR</b> <b>10:30</b> Weekly Chronicles - <b>TVL</b> <b>1:30</b> Special Outing - <b>FD</b> <i>The Robert Bateman Centre</i> <b>2:30</b> Tea for Karen - <b>DR</b> <b>3:30</b> Colouring - <b>CR</b> <b>4:00</b> Human Planet: Rivers - <b>TVL</b> <b>7:30</b> Brain Games - <b>TVL</b>	<b>8:30</b> Hairdresser - <b>HS</b> <b>9:30</b> Sit & Strengthen II - <b>FR</b> <b>10:45</b> Catholic Service - <b>TVL</b> <b>11:00</b> Billiards - <b>BR</b> <b>11:30</b> TED Talks - <b>TVL</b> <b>12:45</b> Bridge - <b>BR</b> <b>2:15</b> Afternoon Entertainment <i>Ian Robinson</i> - <b>DR</b> <b>4:00</b> Parkwood Pub - <b>TVL</b> <b>7:30</b> Charity Bingo - <b>DR</b>	<b>8:30</b> Hairdresser - <b>HS</b> <b>9:30</b> Sit & Strengthen II - <b>FR</b> <b>10:30</b> Adventure Lecture "Albania" - <b>TVL</b> <b>12:45</b> Bridge - <b>BR</b> <b>2:00</b> Fitness Room Orientation - <b>FR</b> <i>Sign up at the desk</i> <b>2:30</b> Coffee Klatch - <b>DR</b> <b>3:00</b> Balance and Fear of Falling Workshop - <b>TVL</b> <b>7:30</b> Masterminds - <b>TVL</b>	<b>9:30</b> Coffee Klatch - <b>FSL</b> <b>10:00</b> Strength & Balance - <b>FR</b> <b>10:15</b> Knitting Social - <b>FSL</b> <b>10:45</b> The Golden Girls - <b>TVL</b> <b>11:00</b> Library Clean Up - <b>LB</b> <b>3:30</b> Parkwood University: <i>The Tennis Player</i> - <b>TVL</b> <b>7:30</b> Movie Night - <b>TVL</b> "Oranges and Sunshine"

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p><b>9:30</b> Coffee Klatch - <b>FSL</b>  <b>11:00</b> The Carol                      Burnett Show - <b>TVL</b>  <b>1:00</b> Colouring - <b>CR</b>  <b>2:30</b> Cribbage - <b>BR</b>  <b>3:30</b> Parkwood University  <i>The Amazon Basin</i> - <b>TVL</b>  <b>7:30</b> Church Service - <b>DR</b></p>	<p><b>9:30</b> Chair Yoga - <b>FR</b>  <b>10:00</b> Appointment                      Shuttle - <b>FD</b>  <b>10:30</b> First Met United Church                      Service on Video - <b>TVL</b>  <b>11:00</b> Cribbage - <b>CR</b>  <b>2:15</b> The Melodears - <b>DR</b>  <b>2:30</b> Art with Betsy - <b>CR</b>  <i>Postponed until Feb 25</i>  <b>3:30</b> Are You Being                      Served? - <b>TVL</b>  <b>7:30</b> Loonie Bingo - <b>DR</b></p>	<p><b>9:30</b> Chair Massage - <b>HS</b>  <b>9:30</b> Sit &amp; Strengthen I - <b>FR</b>  <b>11:30</b> Meditation - <b>TVL</b>  <b>12:45</b> Bridge - <b>BR</b>  <b>1:15</b> Shopping Shuttle - <b>FD</b>  <b>1:30</b> Interactive Music - <b>TVL</b>  <b>4:00</b> Parkwood Pub - <b>TVL</b>  <b>7:30</b> Evening Entertainment                      "Trilogy" - <b>DR</b></p>	<p><b>8:30</b> Hairdresser - <b>HS</b>  <b>9:30</b> Sit &amp; Strengthen I - <b>FR</b>  <b>10:30</b> Weekly                      Chronicles - <b>TVL</b>  <b>2:00</b> Sounds of Opera:                      Henriette Moreau - <b>DR</b>  <b>2:00</b> RBC Estate Planning                      Presentation - <b>TVL</b>  <b>4:00</b> Human Planet:                      Cities - <b>TVL</b>  <b>7:30</b> Trivia Night - <b>TVL</b></p>	<p><b>8:30</b> Hairdresser - <b>HS</b>  <b>9:30</b> Sit &amp; Strengthen II - <b>FR</b>  <b>10:00</b> Heart Pharmacy - <b>CR</b>                      One-on-One Consultations  <b>10:15</b> TED Talks - <b>TVL</b>  <b>12:45</b> Bridge - <b>BR</b>  <b>2:15</b> Birthday Tea with                      Carl Ivey - <b>DR</b>  <b>3:00</b> Art with Betsy - <b>CR</b>                      "Banyan Trees"  <b>4:00</b> Parkwood Pub - <b>TVL</b>  <b>7:30</b> Charity Bingo - <b>DR</b></p>	<p><b>8:30</b> Hairdresser - <b>HS</b>  <b>9:30</b> Sit &amp; Strengthen II - <b>FR</b>  <b>11:00</b> Laughter Really is                      Good Medicine - <b>TVL</b>  <b>12:45</b> Bridge - <b>BR</b>  <b>2:00</b> Fitness Room                      Orientation - <b>FR</b>  <i>Sign up at the desk</i>  <b>2:30</b> Coffee Klatch - <b>DR</b>  <b>3:00</b> Balance and Fear of                      Falling Workshop - <b>TVL</b>  <b>7:30</b> Masterminds - <b>TVL</b></p>	<p><b>9:30</b> Coffee Klatch - <b>FSL</b>  <b>10:00</b> Strength &amp; Balance - <b>FR</b>  <b>10:15</b> Knitting Social - <b>FSL</b>  <b>10:45</b> The Golden Girls - <b>TVL</b>  <b>11:00</b> Library Clean Up - <b>LB</b>  <b>1:30</b> Scenic Drive - <b>FD</b>                      Sidney  <b>3:30</b> Parkwood University:  <i>Sudden Collapse</i> - <b>TVL</b>  <b>7:30</b> Movie Night - <b>TVL</b>                      "The Holiday"</p>
<b>28</b>	<b>29</b>					
<p><b>9:30</b> Coffee Klatch - <b>FSL</b>  <b>11:00</b> The Carol                      Burnett Show - <b>TVL</b>  <b>1:00</b> Colouring - <b>CR</b>  <b>2:30</b> Cribbage - <b>BR</b>  <b>3:30</b> Parkwood University  <i>Iguazu Falls</i> - <b>TVL</b>  <b>7:30</b> Documentary - <b>TVL</b>                      "Unbranded"</p>	<p><b>9:30</b> Chair Yoga - <b>FR</b>  <b>10:00</b> Appointment                      Shuttle - <b>FD</b>  <b>10:30</b> First Met United Church                      Service on Video - <b>TVL</b>  <b>11:00</b> Cribbage - <b>CR</b>  <b>2:30</b> Art with Betsy - <b>CR</b>                      "Tissue Paper Art"  <b>3:30</b> Are You Being                      Served? - <b>TVL</b>  <b>7:30</b> Loonie Bingo - <b>DR</b></p>					
					<p><b>Room Legend</b></p> <p><b>HS</b> Hair Salon  <b>BR</b> Billiards Room  <b>TVL</b> TV Lounge  <b>CR</b> Craft Room  <b>LB</b> Library  <b>FSL</b> Fireside Lounge  <b>FD</b> Front Desk</p>	<p><b>FR</b> Fitness Room  <b>DR</b> Dining Room  <b>PDR</b> Private Dining Room  <b>BP</b> Back Patio  <b>FP</b> Front Patio  <b>3FL</b> Third Floor Lounge  <b>4FL</b> Fourth Floor Lounge</p>