

# STITTSVILLE SENIOR'S COMMUNITY RECREATION CHOICES

FEBRUARY 2016

Stittsville Senior's Community • Andrea McIntyre, Recreational Director, [andrea.mcintyre@reveraliving.com](mailto:andrea.mcintyre@reveraliving.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:30 Exercise Class GR 10:00 Exercise Class GR 10:15 Giant Tiger Shuttle 10:30 Mental Aerobics AR 2:00 Shuffleboard GR 3:00 Afternoon Tea L 4:00 Pub & Trivia GR 7:00 Bingo GR	<b>2</b> <u>Groundhog Day</u> 9:30 Gentle Fitness GR 10:15 Alice's Village Café Shuttle 11:00 Bean Bag Toss GR 2:00 Music/ Roxy Swan L 3:00 Afternoon Tea L 4:00 Pub & Trivia GR 7:00 Bridge GR 7:00 Hockey/Senators – Penguins T	<b>3</b> 10:00 Grocery Shopping & Bank Shuttle 11:00 Mental Aerobics AR 2:00 Bingo GR 2:00 Scrabble AR 3:00 Ice Cream Parlor GR 4:00 Pub & Trivia GR 7:00 Euchre GR	<b>4</b> <u>Heart &amp; Stroke Kickoff</u> 9:30 & 10:00 Exercise Class GR 10:15 Tim Horton's Shuttle 11:00 Mental Aerobics AR 2:00 Bean Bag Toss GR 3:00 "Happy Heart Tea L 4:00 Pub & Trivia GR 7:00 Bridge GR 7:30 Hockey / Senators – Oilers T	<b>5</b> 9:45 Carlingwood Mall Shuttle 10:00 Crafts AR 2:00 Bingo GR 2:00 Scrabble AR 3:00 Afternoon Tea L 3:45 Pub & Trivia GR 7:00 Movie / Resident Choice GR	<b>6</b> 9:30 CNN News GR 10:00 Puzzles T 11:00 Bean Bag Toss GR 2:00 Music / Jimmy Leroux L 3:00 Afternoon Tea L 6:45 Bingo GR 7:00 Hockey / Senators-Maple Leafs T
<b>7</b> <u>Super Bowl Sunday</u> 11:00 Mental Aerobics L 2:00 Movie Matinee GR Resident Choice 3:00 Afternoon Tea L 6:30 Super Bowl Party! GR	<b>8</b> 9:30 Exercise Class GR 10:00 Exercise Class GR 11:00 Mental Aerobics AR 1:30 Winterlude Drive 3:00 Hot Chocolate & Snowflake cookies L 4:00 Pub & Trivia GR 7:00 Bingo GR 7:30 Hockey / Senators – Lightning T	<b>9</b> <u>Shrove Tuesday</u> 9:30 Gentle Fitness GR 10:15 Alice's Village Café Shuttle 11:00 iPad Word Challenge GR 2:00 Music / H&T Country Duo L 3:00 Afternoon Tea L 4:00 Pub & Trivia GR 7:00 Bridge GR	<b>10</b> <u>Ash Wednesday</u> 10:30 Mental Aerobics AR 11:15 Lunch/ The Glen Scottish Pub 2:00 Bingo GR 2:00 Scrabble AR 3:00 Ice Cream Parlor GR 4:00 Pub & Trivia GR 7:00 Euchre GR 7:00 Hockey / Senators – Red Wings T	<b>11</b> 9:30 Exercise Class GR 10:00 Exercise Class GR 10:15 Tim Horton's Shuttle 11:00 Mental Aerobics AR 2:00 Mardi Gras Party! Steve Malcolm L 3:00 Afternoon Tea L 4:00 Pub & Trivia GR 7:00 Bridge GR 7:30 Hockey / Senators - Avalanche T	<b>12</b> 9:45 Walmart-Fernbank Shuttle 10:00 Baking / Valentine's AR 2:00 Bingo GR 2:00 Scrabble AR 3:00 Wine & Cheese L 3:45 Pub & Trivia GR 7:00 Movie / Resident Choice GR	<b>13</b> 9:30 CNN News GR 10:00 Puzzles T 11:00 Mental Aerobics L 2:00 Movie Matinee T The Grand Budapest Hotel 3:00 Afternoon Tea L 6:45 Bingo GR 7:00 Hockey / Senators –Blue Jackets
<b>14</b> <u>Valentine's Day</u> 11:00 Bean Bag Toss GR 2:00 Music/Allan Ryan L 3:00 Valentine Tea L Family's Welcome	<b>15</b> <u>Family Day</u> 11:00 Mental Aerobics AR 2:00 Bean Bag Toss GR 3:00 Afternoon Tea – L 4:00 Pub - GR 7:00 Bingo GR	<b>16</b> 9:30 Gentle Fitness GR 10:15 Alice's Village Café Shuttle 11:00 iPad Word Challenge GR 2:00 Shuffleboard GR 3:00 Afternoon Tea L 4:00 Pub & Trivia GR 7:00 Bridge GR 7:30 Hockey / Senators – Sabres T	<b>17</b> 10:00 Presbyterian Service T 10:45 Lunch/Antrim Restaurant 2:00 Bingo GR 2:00 Scrabble AR 3:00 Ice Cream Parlor GR 4:00 Pub & Trivia GR 7:00 Euchre GR	<b>18</b> 9:30 Exercise Class GR 10:00 Exercise Class GR 10:15 Tim Horton's Shuttle 10:30 A.Lorne Cassidy School Children L 11:00 Mental Aerobics AR 2:00 Carpet Bowling GR 3:00 Afternoon Tea L 4:00 Pub & Trivia GR 7:30 Hockey / Senators – Hurricanes T	<b>19</b> 9:45 Hazeldean Mall Shuttle 10:00 Crafts AR 2:00 Bingo GR 2:00 Scrabble AR 3:00 Afternoon Tea L 3:45 Pub & Trivia GR 7:00 Movie / Resident Choice GR	<b>20</b> 9:30 CNN News GR 10:00 Puzzles T 11:00 Mental Aerobics L 2:00 Bean Bag Toss GR 3:00 Afternoon Tea L 6:45 Bingo GR 7:00 Hockey / Senators – Red Wings
<b>21</b> 11:00 Shuffleboard GR 2:00 Movie Matinee T The Big Wedding 3:00 Afternoon Tea L	<b>22</b> 9:30 Exercise Class GR 10:00 Exercise Class GR 10:15 Dollar Store/Bulk Barn Shuttle 11:00 Mental Aerobics AR 2:30 Resident Meeting GR 3:00 Afternoon Tea L 4:00 Pub & Trivia GR 7:00 Bingo GR	<b>23</b> 9:30 Gentle Fitness GR 10:15 Alice's Village Café Shuttle 11:00 iPad Word Challenge GR 2:00 Bean Bag Toss GR 3:00 Afternoon Tea L 4:00 Pub & Trivia GR 7:00 Bridge GR 9:00 Hockey / Senators – Oilers T	<b>24</b> 10:00 Anglican Service T 10:15 Chapter's Book Store Shuttle 2:00 Bingo GR 2:00 Scrabble AR 3:00 Ice Cream Parlor GR 4:00 Pub & Trivia GR 7:00 Euchre GR	<b>25</b> 9:30 Exercise Class GR 10:00 Exercise Class GR 10:15 Tim Horton's Shuttle 11:00 Mental Aerobics AR 2:00 Birthday Party! Music/Vintage Fiddlers L 4:00 Pub & Trivia GR 7:00 Bridge GR	<b>26</b> 9:45 Walmart-Kanata Shuttle 10:00 Crafts AR 2:00 Bingo GR 2:00 Scrabble AR 3:00 Afternoon Tea L 3:45 Pub & Trivia GR 7:00 Movie / Resident Choice GR	<b>27</b> 9:30 CNN News GR 10:00 Puzzles T 11:00 Mental Aerobics L 2:00 Bean Bag Toss 3:00 Afternoon Tea 6:45 Bingo GR 10:00 Hockey/Senators-Flames
<b>28</b> 11:00 Shuffleboard GR 2:00 Movie Matinee T The Best Exotic Marigold Hotel 3:00 Afternoon Tea L	<b>29</b> 9:30 Exercise Class GR 10:00 Exercise Class GR 10:15 Tim Horton's Shuttle 11:00 Mental Aerobics AR 2:00 Bean Bag Toss GR 3:00 Afternoon Tea L 4:00 Pub & Trivia GR 7:00 Bingo GR			<b>IMPORTANT DATES</b> Thursday Feb. 4 <sup>th</sup> Heart & Stroke Kickoff Sunday Feb. 7 <sup>th</sup> Super Bowl Tuesday Feb. 9 <sup>th</sup> Pancake Tuesday Thursday Feb.11 <sup>th</sup> Mardi Gras Party Sunday Feb. 14 <sup>th</sup> Valentine's Day	<b>ROOM LEGEND</b> AR Activity Room GR Games Room L Lounge T Theatre	