

RECREATION CHOICES

MARCH 2016

The Bentley, Recreational Manager - Melissa Schmidt

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Community Living Pick-Up Day 9:30a BMO & CIBC Banks 1:30p Sobey's 1:30p The Bentley Library Book Exchange 2pm Shuffleboard 7pm Young At Heart *Melissa Off*	9am Southland Mall Walking 2pm Angele Brundige's 100th Birthday Celebration 2pm Joe Bernhardt 7pm Bridge *Melissa Off*	9:30a Catholic Church Reconciliation 10am Cornwall Centre 1:15p Walmart East 2pm Wii Games 3pm Cash Bingo *Melissa Off*	9am Southland Mall Walking 9:30a Sit & Be Fit Exercises 10am Exercises 10am Automobility Walker Clinic 2pm Presentation: Mental Aerobics 3pm Happy Hour 7pm Movie & Popcorn	10am Tai Chi 1:15p Southland Mall Chapters 1:15p Walmart South 2pm Ten Cent Bingo 3pm Ice Cream Treats 7pm Card & Board Games
6	7	8	9	10	11	12
9:30a St. Anne's Catholic Church 9:30a Hillsdale Baptist Church 10am Wesley United Church 10am Our Savior's Lutheran Church 10am All Saints' Anglican Church 1-4p AVON 7pm Hot Chocolate	9:30a Upper Body Stretches 10am Exercises 10am Old Fashion Foods Dinner Trivia 1:30p Central Library 2pm Ten Cent Bingo 3pm High Tea 7pm Whist	9:30a TD & Scotia Banks 9:30a Lower Body Stretches 10am Exercises 11am Anglican Church 1pm The Nut Man 2pm Fashion Show 7pm Cribbage	9am Southland Mall Walking 9:30a Upper Body Stretches 10am Exercises 1:15p Sears Bargain Centre 2pm Northgate Mall 3pm Wii Games 7pm Regina Mandolin Orchestra	9:30a Lower Body Stretches 10am Exercises 11am United Church 1:30p Independent Grocery 2pm Shuffleboard 3:30 Bunco 7pm Cash Bingo	9am Southland Mall Walking 9:30a Sit & Be Fit Exercises 10am Exercises 11:15 Out for Lunch - Mike's Steakhouse 1:30p Casino 3pm Happy Hour 7pm Movie & Popcorn	10am Tai Chi 1:15p Southland Mall 1:45p Dollarama 2pm Ten Cent Bingo 2:30p Winners 3pm Ice Cream Treats 7pm Card & Board Games
13	14	15	16	St. Patrick's Day 17	18	19
9:30a St. Anne's Catholic Church 9:30a Hillsdale Baptist Church 10am Wesley United Church 10am Our Savior's Lutheran Church 10am All Saints' Anglican Church 3pm Hot Chocolate 7pm Hymn Sing with Pat & Laura Shaw	9:30a Upper Body Stretches 10am Exercises 10:30 Puzzles & Coffee Dinner Trivia 2pm Ten Cent Bingo 3pm High Tea 7pm Whist	9:30a Conexus Bank 9:30a Lower Body Stretches 10am Exercises 1:30p The Bentley Library Book Exchange 2pm Presentation: Forgiveness 3:30p Wii Games 7pm Cribbage	9am Southland Mall Walking 9:30a Upper Body Stretches 10am Exercises 1:30p Safeway 2pm Blood Pressure Clinic 2pm Shuffleboard 7pm Bridge	9:30a Catholic Church 9:30a Lower Body Stretches 10am Exercises 10:30 Puzzles & Coffee 2pm St. Patrick's Day Party 2pm Prairie Pals 7pm Cash Bingo	9am Southland Mall Walking 9:30a Sit & Be Fit Exercises 10am Exercises 1:15p Walmart South 2pm Walmart South 3pm Happy Hour 7pm Movie & Popcorn	10am Tai Chi 10:30 Piano Sing Along 1:15p Southland Mall 2pm Giant Tiger 2pm Ten Cent Bingo 3pm Ice Cream Treats 7pm Card & Board Games

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	Good Friday 25	26
<p>9:30a St. Anne's Catholic Church</p> <p>9:30a Hillsdale Baptist Church</p> <p>10am Wesley United Church</p> <p>10am Our Savior's Lutheran Church</p> <p>10am All Saints' Anglican Church</p> <p>3pm Hot Chocolate</p> <p>7pm Hillsdale Baptist Church</p>	<p>9:30a Upper Body Stretches</p> <p>10am Exercises</p> <p>10:30 Puzzles & Coffee</p> <p>Dinner Trivia</p> <p>2pm Ten Cent Bingo</p> <p>3pm High Tea</p> <p>7pm Double J's</p>	<p>9:30- Regina Hearing</p> <p>11:30 Services</p> <p>9:30a Royal Bank</p> <p>9:30a Lower Body Stretches</p> <p>10am Exercises</p> <p>1:30p The Bentley Library</p> <p>Book Exchange</p> <p>2pm MacKenzie Art Gallery - ProXimity (Lin Liu)</p> <p>7pm Cribbage</p>	<p>9am Southland Mall</p> <p>Walking</p> <p>9:30a Upper Body Stretches</p> <p>10am Exercises</p> <p>1:15p Dollarama</p> <p>2pm Southland Mall</p> <p>3pm Wii Games</p> <p>7pm Bridge</p>	<p>9:30a Lower Body Stretches</p> <p>10am Exercises</p> <p>11am United Church</p> <p>11:30 Easter Dinner Buffet</p> <p>1:30p Shopper's Drug Mart</p> <p>3pm Yahtzee</p> <p>7pm Cash Bingo</p>	<p>10:30 Puzzles & Coffee</p> <p>10:30 Pool Club</p> <p>2pm Shuffleboard</p> <p>3pm Card & Board Games</p> <p>7pm Movie & Popcorn</p> <p> </p> <p>*No Bus*</p> <p>*Melissa Off*</p>	<p>10am Tai Chi</p> <p>1:15p Southland Mall</p> <p>2pm London Drugs</p> <p>2pm Ten Cent Bingo</p> <p>2:45p Staples</p> <p>3pm Ice Cream Treats</p> <p>7pm Card & Board Games</p>
Easter Sunday 27	Easter Monday 28	29	30	31		
<p>9:30a St. Anne's Catholic Church</p> <p>9:30a Hillsdale Baptist Church</p> <p>10am Wesley United Church</p> <p>10am Our Savior's Lutheran Church</p> <p>10am All Saints' Anglican Church</p> <p>3pm Card & Board Games</p> <p>7pm Hot Chocolate</p>	<p>9:30a Upper Body Stretches</p> <p>10am Exercises</p> <p>10:30 Puzzles & Coffee</p> <p>Dinner Trivia</p> <p>2pm Ten Cent Bingo</p> <p>3pm High Tea</p> <p>7pm Whist</p>	<p>9:30a Lower Body Stretches</p> <p>10am Exercises</p> <p>1:30p Central Library</p> <p>1:30p The Bentley Library</p> <p>Book Exchange</p> <p>1:30p Presentation: Healthy Legs & Varicose Veins</p> <p>3pm Shuffleboard</p> <p>7pm Cribbage</p>	<p>9am Southland Mall</p> <p>Walking</p> <p>9:30a Upper Body Stretches</p> <p>10am Exercises</p> <p>1:15p Southland Mall</p> <p>2pm Victoria Square Mall</p> <p>3pm Wii Games</p> <p>7pm Bridge</p>	<p>9:30a Catholic Church</p> <p>9:30a Lower Body Stretches</p> <p>10am Exercises</p> <p>10:30 Puzzles & Coffee</p> <p>2:30p Birthday Celebration</p> <p>3:30p Spelling Bee</p> <p>7pm Tim Richards</p>		