


THE BEECHWOOD RECREATION CHOICES

MARCH 2016

The Beechwood • Anne Terselic, Director of Recreation Services						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:15 Strength & Balance (R) 10:15 Fitness (R) 11:00 Falls Prevention (R) 2:00 Introduction and Q & A with Dr. Hamboyan (R) 3:00 Afternoon Tea (L) 6:45 Piano Lady Entertains (L) 7:00 Bridge Night (R)	2 10:00 RBC Banking (C) 10:00 Knit Wits (L) 10:15 Rev It Up Exercises (F) 11:00 I-Pad/Tablet Lessons (L) 2:15 B I N G O (R) 3:00 Afternoon Tea (L) 4:00 Cocktail Hour (B) 7:15 Video Documentary (R)	3 9:15 Strength & Balance (R) 10:15 Fitness (R) 11:00 Falls Prevention (R) 1:45 Tuck Shoppe (C) 2:15 Wii Bowling (R) 3:00 Afternoon Tea (L) 7:15 Alice Hwang Entertains	4 10:00 Catholic Mass (4) 10:15 Fitness (R) 11:00 Chain Reaction (R) 1:45 Depart to Cloverdale 2:00 Tai Chi (A) 3:00 Afternoon Tea (L) 4:00 Cocktail Hour with Dan Clahane (B) 7:00 Euchre Night (R)	5 10:30 Cribbage (3) 3:00 Afternoon Tea (L) 3:15 Wheel of Fortune (R) 6:45 Piano Lady Entertains(R) 7:15 Movie Night (R)
	6 10:15 Catholic Communion (4) 11:30 I-Pad Apps & Fun (L) 2:15 Scrabble Hour (3) 3:00 Afternoon Tea (L) 4:00 Pool Sharks (R) 7:15 Hymn Sing with Larry (R)	7 10:00 Depart to Rockwood Mall Mobile Hearing Clinic 10:15 Fitness (R) 12:00 Lunch Bunch to the Belfast Lounge 1:45 Tuck Shoppe (C) 2:15 Wii Bowling (R) 3:00 Afternoon Tea (L) 4:00 Cocktail Hour with Doug 7:15 Shaya Petroff Entertains	8 9:15 Strength & Balance (R) 10:15 Fitness (R) 10:45 Pet Visiting with McGee 11:00 Falls Prevention (R) 2:30 Anglican Church Service 3:00 Afternoon Tea (L) 6:45 Piano Lady Entertains (L) 7:00 Bridge Night (R)	9 10:00 Knit Wits (L) 10:15 Rev It Up Exercises (F) 11:00 I-Pad/Tablet Lessons (L) 11:00 Walker Clinic (R) 2:15 Scattergories (C) 3:00 Afternoon Tea (L) 4:00 Cocktail Hour (B) 7:15 B I N G O (R)	10 9:15 Strength & Balance (R) 10:15 Fitness (R) 11:00 Falls Prevention (R) 1:45 Tuck Shoppe (C) 2:15 Wii Bowling (R) 3:00 Afternoon Tea (L) 7:15 Andy DeCampos Entertains (R)	11 9:30 Depart to Ripley's Aquarium 10:15 Fitness (R) 11:00 Resident Meeting (R) 2:00 Tai Chi (A) 3:00 Afternoon Tea (L) 4:00 Cocktail Hour with Roy Pardy (B) 7:00 Euchre Night (R)
13 DAYLIGHT SAVINGS 10:15 Catholic Communion (4) 11:30 I-Pad Apps & Fun (L) 2:15 Scrabble Hour (3) 3:00 Afternoon Tea (L) 4:00 Pool Sharks (R) 7:15 Movie Night (R)	14 10:00 Depart to the Etobicoke Greenhouse 10:15 Yoga with Valeria (R) 11~2 Claudette's Clothing Sale 1:45 Shopping to Sherway 1:45 Tuck Shoppe (C) 2:15 Wii Bowling (R) 3:00 Afternoon Tea (L) 4:00 Cocktail Hour (B) 7:15 John Moorhouse Entertain	15 9:15 Strength & Balance (R) 10:15 Fitness (R) 10:45 Pet Visiting with McGee 11:00 Falls Prevention (R) 2:15 Million Dollar Bingo (R) 3:00 Afternoon Tea (L) 6:45 Piano Lady Entertains (L) 7:00 Bridge Night (R)	16 10:00 Knit Wits (L) 10:15 Rev It Up Exercises (F) 11:00 I-Pad/Tablet Lessons (L) 2:15 B I N G O (R) 3:00 Afternoon Tea (L) 4:00 Cocktail Hour (B) 7:15 Video Documentary (R)	17 ST. PATRICK'S DAY! 9:15 Strength & Balance (R) 10:15 Fitness (R) 11:00 Falls Prevention (R) 1:45 Tuck Shoppe (C) 2:15 Goggin Irish Dancers (R) 3:00 Afternoon Tea (L) 4:00 Paddy's Cocktail Hour (B) 7:15 Tom Taylor Duo Perform	18 10:15 Fitness (R) 11:00 Food Meeting with Barb 11:15 Trivia Challenge (L) 1:45 Depart to Cloverdale 2:00 Tai Chi (A) 2:30 Chain Reaction (R) 3:00 Afternoon Tea (L) 4:00 Cocktail Hour with Roy 7:00 Euchre Night (R)	19 10:30 Cribbage (3) 3:00 Afternoon Tea (L) 4:00 Wheel of Fortune (R) 6:45 Piano Lady Entertains(R) 7:15 Movie Night (R)
20 10:15 Catholic Communion (4) 11:30 I-Pad Apps & Fun (L) 2:00 Salvation Army Service 3:00 Afternoon Tea (L) 4:00 Pool Sharks (R) 7:15 Movie Night (R)	21 10:15 Fitness (R) 11:00 News & Views (R) 1:45 Tuck Shoppe (C) 2:15 Wii Bowling (R) 3:00 Afternoon Tea (L) 4:00 Cocktail Hour (B) 7:15 Travelogue with Irwin (R) "Great Wall of China & Spain"	22 9:15 Strength & Balance (R) 10:15 Fitness (R) 10:45 Pet Visiting with McGee 11:00 Falls Prevention (R) 2:00 Applewood United (R) 3:00 Afternoon Tea (L) 6:45 Piano Lady Entertains (L) 7:00 Bridge Night (R)	23 10:00 Knit Wits (L) 10:00 Shopping to Wal-Mart 10:15 Rev It Up Exercises (F) 2:30 Welcome Reception with Dean Taylor (R) 3:00 Afternoon Tea (L) 4:00 Cocktail Hour (B) 7:15 B I N G O (R)	24 9:15 Strength & Balance (R) 10:15 Fitness (R) 11:00 Falls Prevention (R) 11:15 Scattergories (C) 1:45 Tuck Shoppe (C) 2:15 Wii Bowling (R) 3:00 Afternoon Tea (L) 7:15 Doug Zimmerman (R)	25 GOOD FRIDAY 10:45 Fitness (R) 11:00 Pool Sharks (R) 2:15 Trivia Challenge (L) 3:00 Afternoon Tea (L) 4:00 Cocktail Hour with Dan Clahane (B) 7:00 Euchre Night (R)	26 10:30 Cribbage (3) 11:00 Zumba Gold with Ariam (R) 3:00 Afternoon Tea (L) 4:00 Wheel of Fortune (R) 6:45 Piano Lady Entertains(R) 7:15 Movie Night (R)
27 EASTER SUNDAY 10:15 Catholic Communion (4) 11:30 I-Pad Apps & Fun (L) 2:15 Scrabble Hour (3) 3:00 Afternoon Tea (L) 4:00 Pool Sharks (R) 7:15 Movie Night (R)	28 10:15 Fitness (R) 10:30 Depart to Mohawk Casino 1:45 Tuck Shoppe (C) 2:15 Wii Bowling (R) 3:00 Afternoon Tea (L) 4:00 Cocktail Hour (B) 7:15 Floyd Andrews Entertains	29 9:15 Strength & Balance (R) 10:15 Fitness (R) 10:45 Pet Visiting with McGee 11~3 Dressing Room 4 Seniors 11:00 Falls Prevention (F) 3:00 Afternoon Tea (L) 6:45 Piano Lady Entertains (L) 7:00 Bridge Night (R)	30 10:00 Knit Wits (L) 10:15 Rev It Up Exercises (F) 11:00 I-Pad/Tablet Lessons (L) 2:15 Scattergories (C) 3:00 Afternoon Tea (L) 4:00 Cocktail Hour (B) 5:00 Birthday Dinner (R) 7:15 B I N G O (R)	31 9:15 Strength & Balance (R) 10:15 Fitness (R) 11:00 Falls Prevention (R) 1:45 Tuck Shoppe (C) 2:15 Wii Bowling (R) 3:00 Afternoon Tea (L) 7:15 Red Carpet Movie: "Brooklyn"	COLOUR CODES BLUE – Vendor's, Clinics, Meetings GREEN – Trips & Outings PURPLE – Marketing Events	ROOM LEGEND R – Recreation Room C – Craft Room L – Library/Lobby 4 – 4 th Floor Lounge 3 – 3 rd Floor Lounge F – Fitness Center B – Bar