

BROOKSIDE COURT—RECREATION CHOICES

MARCH 2016



Choice – it's what living at a Revera retirement community is all about.

Brookside Court, Zahra Mawji, Recreation Director, Zahra.mawji@reveraliving.com

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Share a Smile Day1	PB & J Lover's Day2	3	4	5
		10:00 Current Events - 2 10:00 Group Physio - 1 10:30 Group Physio - 2 10:45 Word Games - 1 11:30 Tennis Time - 2 1:30 Moving To Music - 2 2:00 Ladder Ball - 1 2:30 Herbs & Spices Discussion Group-1 3:15 The Price is Right-2 3:45 Glamour Nails 4:30 Color My World - 2	10:00 Discussion Group-2 10:30 Moving to Music- 2 11:00 Yoga with Nadia -2 11:15 Exercises - 1 11:30 Crack the Code - 1 2:00 PB & J Social with Ron Kopman - DR2 3:15 Guess Who - 2 3:30 Kick It! 4:00 Color My World - 2	10:00 News & Views - 2 10:00 Group Physio - 1 10:30 Group Physio - 2 10:45 Tennis Time - 1 11:30 Sensory Baking - 2 1:30 Bingo - AR 2:30 Bowling - 1 3:15 Name That Tune - 2 3:45 Comedy Classics -2 4:30 Puzzle Time - 2	10:00 News & Views-2 10:30 Chair Exercises-2 11:00 Chair Exercises-1 11:30 Riddle Me This-1 1:30 Whacky Science-2 2:00 Ladder Ball-2 3:00 Afternoon Social-2 3:30 Laugh Lunge-2 5:00 Word Jumble	10:00 News & Views-2 10:30 Sit to Be Fit-2 11:00 Sit & Stretch-1 11:30 Riddle Me This-1 1:30 Afternoon Movie-2 3:00 Afternoon Social 6:30 Feature Movie
6	Cereal Day 7	Women's Day 8	9	Popcorn Lover's Day 10	11	Plant a Flower Day12
10:00 Tea & Chat – 2 11:00 Communion Service 1:30 Afternoon Movie - 1 3:00 Afternoon Social 4:00 Word Jumbles 6:30 Feature Movie - 2	10:00 Discussion Group 2 10:30 Stretch and Flex - 2 11:00 Exercise Class - 1 11:30 Cereal Tasting Challenge - 1 1:00 Word Jumbles 3:00 Afternoon Social - 2 6:30 Movie Night - 2	10:00 Group Physio - 1 10:00 Current Events - 2 10:30 Group Physio - 2 10:30 Morning Craft- 1 11:30 Jeopardy-1 1:30 Price Is Right-2 2:00 Laugh Loung-2 3:00 Afternoon Social-2 3:30 Music Lounge-2	10:00 Fact or Fiction - 2 10:30 Tennis Time - 2 11:00 Stretch & Flex - 1 11:15 Yoga with Nadia - 2 2:00 Wine & Cheese with the WestendersDR1 3:15 Hot Chocolate Social- 2 3:45 Washer Toss - 2 4:30 Color My World - 2	10:00 News & Views - 2 10:00 Group Physio - 1 10:30 Group Physio - 2 10:45 Balls & Balance - 1 11:30 Tennis Time - 2 1:30 Pop Corn Art - 2 2:30 Crack the Code - 1 3:15 Popcorn Social - 2 3:45 Ladder Ball - 2 4:30 Puzzle Time - 2	10:00 Good Morning Canada DR 2 10:30 United Church Service DR 2 11:15 Balls & Balance - 1 1:30 Baking Group—AR 2:00 Reminiscing AR 2:30 Afternoon Social 3:15 Pokeno! - 2 3:45 Wii Games- 1 5:00 Word Jumble	10:00 Current Events - 2 10:30 Stretch and Flex 11:00 Ladder Ball - 1 11:30 Indoor Gardening 1:00 Afternoon Movie - 2 3:00 Afternoon Social - 2 6:30 Movie Night - 2
13	Potato Chip Day 14	15	16	St. Patrick Day17	Oatmeal Cookie Day 18	19
10:00 Tea & Chat – 2 11:00 Communion Service 1:30 Afternoon Movie - 1 3:00 Afternoon Social 4:00 Word Jumbles 6:30 Feature Movie - 2	10:00 Current Events - 2 10:30 Chair Exercises - 2 11:00 Chair Exercises-1 11:30 Ladder Ball - 1 3:00 Afternoon Social-2	10:00 Group Physio - 1 10:00 Current Events - 2 10:30 Group Physio - 2 10:30 Bean Bag Toss- 1 11:00 Brain Games -1 11:30 Short Stories –1 1:30 Afternoon Movie 3:00 Afternoon Social	10:00 Morning Coffee-2 1:30 Afternoon Entertainment with Wendy McMahon- DR2 3:00 Afternoon Social-2 3:30 Chair Exercises-2 4:00 Word Games-2	10:00 News & Views - 2 10:00 Group Physio - 1 10:30 Group Physio - 2 10:45 Tennis Time - 1 11:15 St. Patrick's Day Celebrations - 2 2:00 Afternoon at the Movies - 2 3:00 Afternoon Social	10:00 News & Views-2 10:30 Chair Exercises-2 11:00 Chair Exercises-1 11:30 Riddle Me This-1 1:30 Shopping Trip to Wal-Mart 3:00 Oatmeal Cookie Social-2 3:30 Laugh Lunge-2 5:00 Word Jumble	10:00 News & Views-2 10:30 Sit to Be Fit-2 11:00 Sit & Stretch-1 11:30 Riddle Me This-1 1:30 Afternoon Movie-2 3:00 Afternoon Social 6:30 Feature Movie

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	No'rooz Day 21	22	Chip & Dip Day 23	Chocolate Covered Raisins Day 24	Good Friday 25	26
10:00 Tea & Chat - 2 11:00 Communion Service 1:30 Afternoon Movie - 1 3:00 Afternoon Social 4:00 Word Jumbles 6:30 Feature Movie - 2	10:00 Current Events - 2 10:30 Stretch and Flex 11:00 Tennis Time - 1 11:30 No'rooz Crafts - 1 1:00 Cross Words 3:00 Afternoon Social - 2 6:30 Movie Night - 2	10:00 Group Physio - 1 10:00 Current Events - 2 10:30 Group Physio - 2 10:30 Hymn Sing - 2 11:30 Jeopardy-1 1:30 Price Is Right-2 2:00 Laugh Loung-2 3:00 Afternoon Social-2 3:30 Music Lounge-2	10:00 Discussion Group-2 10:30 Moving to Music—2 11:00 Italian Social Club-1 11:15 Yoga with Nadia -2 2:00 Chip & Dips with Victor & Raisa DR2 3:15 Guess Who - 2 3:30 Kick It! 4:15 Color My World - 2	10:00 News & Views - 2 10:00 Group Physio - 1 10:30 Group Physio - 2 10:45 Word Games - 1 11:30 Make your own Chocolate Raisins 2 2:00 Resident General Meeting—DR 1 3:15 Taste Testing Social 3:45 The Price is Right- 2 4:30 Puzzle Time - 2	Good Friday	10:00 Morning 11:00 Word Puzzles 1:30 Easter Movie - 2 3:00 Afternoon Social - 2 6:30 Movie Night - 2
Easter Sunday 27	Easter Monday 28	29	National Doctors Day 30	Oranges & Lemon's Day 31		
10:00 Tea & Chat - 2 11:00 Communion Service 1:30 Afternoon Movie - 1 3:00 Afternoon Social 4:00 Word Jumbles 6:30 Feature Movie - 2	10:00 Current Events - 2 10:30 Ladder Ball - 2 11:00 Stretch & Flex - 1 11:30 Crack the Code - 1 1:30 Kick It! - 1 2:00 Group Tic Tac Toe1 2:45 Hot Cross Bun Social - 1 3:15 Easter Social - 2 3:45 Creative Crafts - 2	10:00 Current Events - 2 10:00 Group Physio - 1 10:30 Group Physio - 2 10:45 Word Games - 1 11:30 Walking Group - 2 1:30 Baking Group - 1 2:00 Reminiscing - 1 2:30 Taste Testing Social 3:15 The Price is Right 2 3:45 Glamour Nails 4:30 Puzzle Time - 2	10:00 Discussion Group-2 10:30 Tennis Time -2 11:00 Yoga with Nadia -2 11:00 Exercises - 1 11:30 Doctor Trivia - 1 2:00 Happy Hour with Paul Buttler - DR2 3:15 Guess who? -2 3:30 Kick It! - 2 16:15 Color My World - 2	10:00 News & Views - 2 10:00 Group Physio - 1 10:30 Group Physio - 2 10:45 Walking Group - 1 11:30 Sensory Baking - 2 1:30 Hands on Exotic 2 3:15 Dare to Compare - 2 3:45 Moving to Music - 2 4:30 Color My World - 2		
			Important Dates		Room Legend	
			Mar 3 Hearing Clinic 2:30 Mar 4 Arbonne with Marlene 1:00 Mar12 Chocolates by Denise 10:00 Mar21 Jewelry & Baked Goods by Sally 9:00 Mar23 Chocolates & Cakes By Jill 1:00		AR Activity Room DR1 First Floor Dining Room DR2 Second Floor Dining Room 1 First Floor Lounge 2 Second Floor Lounge	