

Tuck Shop Hours

Tuesdays 2:45pm-3:45pm
Fridays 10:15am-11:15am

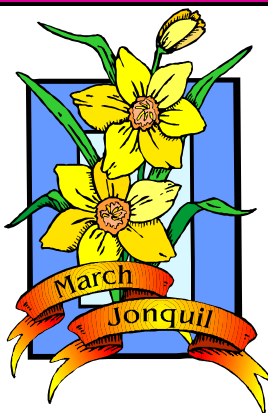
The Tuck Shop is Located in the Lower Level of the Retirement Residence



Dining Room Hours

Breakfast (Retirement Residence Only)
8:00am-9:30am
Lunch
1st Sitting: 11:45am-12:45pm
2nd Sitting: 1:00pm-2:00pm
Dinner
1st Sitting: 4:45pm-5:45pm
2nd Sitting: 6:00pm-7:00pm

Seniors' Suites Activities are in Pink and have SS next to them. Please feel free to join us for any activities in both buildings. We would love to see you!



1 9:45 Yoga-RR
10:00 Art Class-SS
10:15 Coffee with Pam Fitzgerald NDP-SS
10:50 Coffee with Pam Fitzgerald NDP-RR
11:00 Fitness Class-SS
2:15 Euchre-RR
2:15 Mark MacKenzie Green Party-SS
2:50 Mark MacKenzie Green Party-RR
4:00 Social Hour RR&SS
7:15 Movie Night-SS

2 9:30 Lincoln Fields-RR
10:00 Fitness Class-SS
2:30 Physio-RR
2:45 Tuck Shop-RR
2:30 Beth Graham Conservative-SS
3:10 Beth Graham Conservative-RR
4:00 Social Hour RR&SS
7:15 Bridge Club-SS
7:15 Documentary Night-RR

3 9:30 Carlingwood Mall-SS
10:00 Coffee with Bob Chiraelli Liberal -SS
10:45 Coffee with Bob Chiraelli Liberal-RR
11:00 Physio-SS
2:15 Entertainment by The Four Chords-SS
4:00 Social Hour-RR&SS
Dinner Guest Exchange Night
7:15 Bingo-RR

4 Election Day
Poll Open
9:00am-9:00pm SS AUD
10:00 Fitness Class-SS
10:00 Watercolour Class-RR
10:30 Coffee Club-RR
10:45 Coffee Club-SS
2:30 Physio Exercises-RR
2:30 Mental Aerobics-SS
4:00 Social Hour-RR&SS
7:30 Documentary Night-SS

5 10:00 Coffee Club-SS
10:15 Tuck Shop Open-RR
10:30 Coffee Club-RR
11:00 Physio-SS
2:30 Guest Speaker from Osteoporosis-SS
2:30 LCBO Run-RR
4:00 Social Hour-SS&RR
7:15 Poker Night-SS

6 10:00 Self Serve Coffee-SS
10:00 Coffee Club-RR
11:00 Fitness Class with David McLellan-SS
1:45 Bridge Club-RR
2:15 Afternoon Tea-SS
4:00 Social Hour-RR
7:15 Movie Night-RR&SS

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7 10:00 Self Serve Coffee-SS
2:30 Self Serve Tea-RR
3:00 Afternoon Movie-RR



8 International Women's Day
9:45 Yoga-RR
10:00 Art Class-SS
10:30 Coffee Club-RR
11:00 Fitness Class-SS
2:15 Euchre-RR
2:30 Afternoon Trivia-RR
2:30 Afternoon Tea Bring Tropical Pictures-SS
4:00 Social Hour RR&SS
7:15 Movie Night-SS

9 9:30 Carlingwood-RR
10:00 Fitness Class-SS
11:00 Catholic Communion-RR
2:00 Anglican Church-RR
2:30 Physio-RR
2:30 Mental Aerobics-SS
2:45 Tuck Shop-RR
4:00 Social Hour RR&SS
7:15 Bridge Club-SS
7:15 Documentary-RR

10 9:30 Merivale Mall-SS
10:00 Bible Study-RR
10:00 Coffee Club-SS
10:30 Cooking and Coffee Club in Activities-RR
11:00 Physio-SS
1:30 Ladies of the Day Choir-RR
4:00 Social Hour-SS&RR
7:15 Bingo-RR

11 10:00 Fitness Class-SS
10:00 Watercolour Class-RR
10:30 Coffee Club-RR
10:30-12:00 Vitals Clinic-RR
10:45 Coffee Club-SS
2:30 Physio Exercises-RR
2:30 Afternoon Card Games and Word Puzzles-SS
4:00 Social Hour-RR&SS
7:30 Documentary Night-SS

12 10:00 Coffee Club-SS
10:15 Tuck Shop Open-RR
10:30 Coffee Club-RR
11:00 Physio-SS
11:45 Dining Out: Swiss Chalet-RR
2:30 Fire Safety-SS
2:30 Catholic Mass-RR
4:00 Social Hour-SS&RR
7:15 Poker Night-SS

13 10:00 Self Serve Coffee-RR
11:00 Fitness Class-SS
1:45 Bridge-RR
2:00 Afternoon Bingo-RR
4:00 Social Hour-SS
7:15 Movie Night-RR&SS
Turn your clock forward 1 hour when you go to bed!

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March 2010

Tuesday	Wednesday	Thursday	Friday	Saturday
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 <p>1:15 Outing: Greenberg Theatre-SS&RR 2:30 Salvation Army Church Service-RR 2:30 Self Serve Tea-RR</p>	<p>9:45 Chair Yoga-RR 10:00 Art Class-SS 10:30 Coffee Club-RR 11:00 Fitness Class-SS 2:00 Visiting Library-RR 2:15 Euchre-RR 2:15 Scavenger Hunt Challenge-SS &RR 4:00 Social Hour-RR 7:15 Movie Night-SS</p>	<p>16 9:30 Billings Bridge-RR 10:00 Fitness Class-SS 12:00 Dining Out: Restaurant International-SS 2:30 Physio Exercises-RR 2:30 Mental Aerobics-SS 2:45 Tuck Shop-RR 4:00 Social Hour-SS&RR 7:15 Bridge Club-SS 7:15 Documentary Night-RR</p>	<p>17 St. Patrick's Day 9:30 Carlingwood-SS 10:00 Coffee Club-SS 10:30 Baking & Coffee Club in Activities-RR 11:00 Physio-SS 2:00 Afternoon Movie-RR 2:00-6:00 St. Patrick's Day Festivities -SS 4:00 Social Hour-RR Dinner Guest Exchange Night 7:15 Bingo-RR</p>	<p>18 10:00 Watercolours-RR 10:00 Fitness Class-SS 10:30 Coffee Club-RR 10:45 Coffee Club-SS 3:00 Food Committee-RR 2:30 Physio Exercises-RR 2:30 Slideshow of Silvana's Vacation-SS 4:00 Social Hour-RR&SS 7:30 Documentary Night-SS</p>	<p>19 10:00 Coffee Club-SS 10:15 Tuck Shop-RR 10:30 Coffee Club-RR Aud 11:00 Physio-SS 2:15 Discussion Group with Professor Cammy-RR 2:30 Busy Fingers Crafts with Joanne and Gabrielle-SS 4:00 Social Hour-SS&RR 7:15 Poker Night-SS</p>	<p>20 First Day of Spring 10:00 Coffee Club-RR 11:00 Fitness Class with David McLellan-SS 1:45 Bridge-RR 2:15 Afternoon Bingo-RR 4:00 Social Hour-RR 7:15 Evening Movie-RR&SS</p>
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<p>21 10:00 Self Serve Coffee-SS 2:30 Self Serve Tea-RR 3:00 Afternoon Movie-RR</p>	<p>22 9:45 Chair Yoga-RR 10:00 Art Class-SS 10:30 Coffee Club-RR 11:00 Fitness Class-SS 2:15 Euchre-RR 2:30 Resident Council Meeting-SS 2:30 Cheese Fondue-RR 4:00 Social Hour-RR&SS 7:15 Movie Night-SS</p>	<p>23 9:30 Carlingwood-RR 10:00 Fitness Class-SS 2:30 Physio-RR 2:30 Mental Aerobics-SS 2:45 Tuck Shop-RR 4:00 Social Hour-RR&SS 7:15 Bridge Club-SS 7:00 Girls Night with Jessica-RR 7:15 Documentary Night-RR</p>	<p>24 9:30 Shopping Trip to Merivale Mall-SS 10:00 Bible Study-RR 10:00 Coffee Club-SS 10:30 Cooking & Coffee Club in Activities-RR 11:00 Physio-SS 2:15 Birthday Party with Roxy Swan-RR 4:00 Social Hour-RR&SS 7:15 Bingo-RR</p>	<p>25 10:00 Watercolours-RR 10:00 Fitness Class-SS 10:30 Coffee Club-RR 10:30-12:00 Vitals Clinic-SS 10:45 Coffee Club-SS 11:00 United Church-RR 11:15 Outing to Stanley's Sugar Bush-SS 2:30 Physio Exercises-RR 4:00 Social Hour-RR&SS 7:30 Documentary Night-SS</p>	<p>26 10:00-2:00 Pam's Travelling Gift Shop-RR 10:00 Coffee Club-SS 10:15 Tuck Shop Open-RR 10:30 Coffee Club-RR Aud 11:00 Physio-SS 11:45 Outing to the Rideau Carleton Raceway-RR 2:00 Women in Sports-RR 2:30 Cribbage Games-SS 4:00 Social Hour-SS&RR 7:15 Poker Night-SS</p>	<p>27 10:00 Self Serve Coffee Club-RR 11:00 Fitness Class 1:45 Bridge Club-RR 2:30 Afternoon Bingo-RR 4:00 Social Hour-SS 7:15 Evening Movie-SS</p>
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<p>28 Palm Sunday 10:00 Self Serve Coffee-SS 2:30 Self Serve Tea-RR 3:00 Afternoon Movie-RR</p>	<p>29 9:45 Chair Yoga-RR 10:00 Art Class-SS 10:30 Coffee Club-RR 11:00 Fitness Class-SS 2:15 Euchre-RR 2:30 Crafter's Gathering-SS 2:30 Residents Meeting-RR 4:00 Social Hour-RR&SS 7:15 Movie Night-SS</p>	<p>30 Passover 9:30 Lincoln Fields-RR 10:00 Fitness Class-SS 10:30 Sing-A-Long-RR 10:45 Book Club-SS 2:30 Physio Exercises-RR 2:30 Mental Aerobics-SS 2:45 Tuck Shop-RR 4:00 Social Hour-SS&RR 7:15 Bridge Club-SS 7:15 Documentary Night-RR</p>	<p>31 9:30 Shopping Trip to Carlingwood-SS 10:00 Coffee Club-SS 10:30 Cooking & Coffee Club in Activities-RR 11:00 Physio-SS 2:15 Birthday Party with Peter & Tillie-SS 4:00 Social Hour-RR&SS 7:15 Bingo-RR</p>	<p><u>Save the Date</u> An Outing To Wheelers Pancake House and Sugar Bush has been planned for Thursday April 1st. Please sign up at the Reception Desk.</p>	<p>TO MY IRISH FRIENDS: May you always have A sunbeam to warm you Good luck to charm you And a sheltering angel so nothing can harm you Laughter to cheer you Faithful friends near you And whenever you pray, heaven to hear you.</p>
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