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April 2010



	Tuesday	Wednesday	Thursday	Friday	Saturday
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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

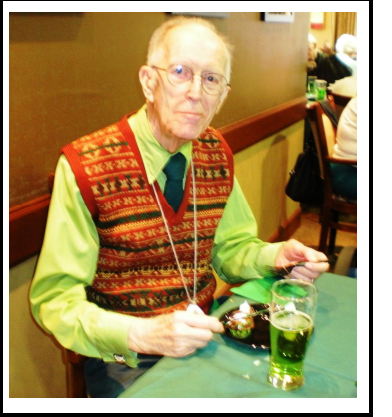
Volunteers Needed in the Tuck Shop

We are looking for Volunteers to lend a hand in the Tuck Shop. Please contact one of the Activity Staff if you are interested in helping on Tuesday afternoons or Friday Mornings.

Dining Room Hours
Breakfast (Retirement Residence Only)
8:00am-9:30am

Lunch
1st Sitting: 11:45am-12:45pm
2nd Sitting: 1:00pm-2:00pm (Retirement Only)

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!




New Volunteer Project from the Canadian Cancer Society

Residents wishing to help out the Canadian Cancer Society can feel free to help fold paper and stuff envelopes in the Activity room, while there is work to be done.


Book Club
April Book:
Empire of Illusion
by Chris Hedges
Meeting:
Tuesday April 27th at 10:45am in Seniors' Suites

1 April Fool's Day

10:00 Physio-SS
10:00 Watercolours-RR
10:00 **Outing to Wheelers** Sugar Bush-SS&RR
10:30 Coffee Club-RR
10:30 **Self Serve Coffee-SS**
2:30 Physio Exercises-RR
2:30 **Easter Bonnet Craft-SS**
4:00 Social Hour-RR&SS
7:30 **Documentary-SS**
7:15 **Poker Night-SS** 

2 Good Friday 

10:00 **Fitness Class with David McLellan-SS**
10:15 Tuck Shop Open-RR
10:30 Coffee Club-RR Aud
10:45 **Self Serve Coffee Club-SS**
2:15 **Professor Cammy-SS**
2:30 Easter Egg Hunt-RR
4:00 Social Hour-RR Only 

3 

10:30 Self Serve Coffee-RR
11:00 **Fitness Class-SS**
1:30 Bridge-RR
2:30 Easter Bonnet & Walker Parade-RR
4:00 **Social Hour-SS**
7:15 **Movie-RR&SS**

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4 Easter Sunday

Sunday Brunch-RR
10:00 **Self Serve Coffee-SS**
2:30 Self Serve Tea-RR




5 


9:45 Yoga-RR
10:00 **Art Class-SS**
10:30 Coffee Club-RR
11:00 **Fitness Class-SS**
2:15 Euchre-RR
2:00 Mystery Drive-RR&SS
2:30 **Afternoon Games** Cribbage & Skip-bo-SS
4:00 Social Hour RR&SS
7:15 **Movie Night-SS**

6 

9:30 Shopping Trip to Carlingwood Mall-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**
7:15 **Documentary Night-RR**

7 

9:30 **Merivale Mall-SS**
10:00 Bible Study-RR
10:00 **Coffee Club-SS**
10:30 Baking with Karen & Coffee Club-RR
11:00 **Physio-SS**
2:30 Birthday Party with the Downhomers-RR
4:00 **Social Hour-SS&RR**
Dinner Guest Exchange Night
7:15 **Bingo Night-RR**

8 

10:00 **Fitness Class-SS**
10:00 Watercolour-RR
10:30 Coffee Club-RR
10:30-12:00 Blood Pressure & Vitals Clinic-RR
10:45 **Coffee Club-SS**
1:30 1-1 Computers-RR&SS
2:30 Physio Exercises-RR
2:30 **Karen's Pictures-SS**
4:00 Social Hour-RR&SS
7:30 **Documentary Night-SS**

9 

10:00 **Coffee Club-SS**
10:15 Tuck Shop Open-RR
10:30 Coffee Club-RR
11:00 **Physio-SS**
1:30 Pet Visits 2nd Floor-RR
2:30 Karen's Cuba Vacation Pictures-RR
2:45 **LCBO-SS**
4:00 Social Hour-SS&RR
7:15 **Poker Night-SS**

10 








10:30 Coffee Club-RR
11:00 **Fitness Class with David McLellan-SS**
1:30 Bridge-RR
2:30 **Afternoon Tea-SS**
4:00 Social Hour-RR
7:15 **Evening Movie-RR&SS**

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April 2010











	Tuesday	Wednesday	Thursday	Friday	Saturday
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<p>10:00 Self Serve Coffee-SS</p>  <p>2:30 Self Serve Tea-RR</p> 	<p>10:00 Art Class-SS 10:30 Coffee Club-RR 11:00 Fitness Class-SS 11:45 Dining Out: Zola's Restaurant-RR 2:15 Euchre-RR 2:30 Afternoon Trivia-RR 2:30 Melanie's Surprise-SS 4:00 Social Hour-RR&SS 7:15 Movie Night-SS</p>	<p>13  9:30 Shopping Trip to Billings Bridge-RR 10:00 Fitness Class-SS 11:00 Catholic Communion 2:00 Anglican Church-RR 2:30 Physio Exercises-RR 2:45 Mental Aerobics-SS 2:45 Tuck Shop-RR 4:00 Social Hour-SS&RR 7:15 Bridge Club-SS 7:15 Documentary-RR</p>	<p>14  9:30 Shopping Trip to Carlingwood-SS 10:00 Coffee Club-SS 10:30 Baking with Karen & Coffee Club-RR 11:00 Physio-SS 2:15 Kiwanis Sage Glee Club-SS 4:00 Social Hour-RR&SS 7:15 Bingo Night-RR</p>	<p>15 10:00 Watercolour Class-RR 10:00 Fitness Class-SS 10:30 Coffee Club-RR  10:30 Coffee Club-SS 1:30 1-1 Computers-RR&SS 2:30 Physio Exercises-RR 2:30 Karen's Surprise Activity-SS 3:00 Food Committee-RR 4:00 Social Hour-RR&SS 7:30 Documentary Night-SS</p>	<p>16  10:00 Coffee Club-SS 10:15 Tuck Shop Open-RR 10:30 Coffee Club-RR 11:00 Physio-SS 1:30 Pet Visits 2nd Floor-RR 2:00 Fall Prevention Seminar with Emily-SS 2:15 Afternoon Bingo-RR 4:00 Social Hour-RR&SS 7:15 Poker Night-SS</p>	<p>17 10:30 Self Serve Coffee-RR 11:00 Fitness Class-SS 1:30 Bridge-RR 2:30 Ice Cream  Sundaes-RR 4:00 Social Hour-SS 7:15 Evening Movie-RR&SS</p>
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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!

<p>18 10:00 Self Serve Coffee-SS  2:30 Self Serve Tea-RR </p>	<p>19  9:45 Yoga-RR 10:00 Art Class-SS 10:30 Coffee Club-RR 11:00 Fitness Class-SS 11:45 Outing to Casino Lac Leamy-SS 2:00 Visiting Library-RR 2:15 Euchre-RR 2:30 Resident Meeting-RR 4:00 Social Hour-RR&SS 7:15 Movie Night-SS</p>	<p>20  9:30 Shopping Trip to 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 7:15 Documentary Night-RR</p>	<p>21  9:30 Shopping Trip to Merivale Mall -SS 10:00 Bible Study-RR  10:30 Coffee Club-SS 10:30 Coffee Club-RR 3:00-6:00 Mexican Theme Day-RR 4:00 Social Hour-SS Dinner Guest Exchange Night 7:15 Bingo-RR</p>	<p>22 Earth Day  10:00 Watercolour Class-RR 10:00 Fitness Class-SS 10:30 Coffee Club-RR 10:30-12:00 Blood Pressure & Vitals Clinic-SS 10:45 Coffee Club-SS  11:00 United Church-RR 2:30 Earth Day Activity-SS 2:30 Physio Exercises-RR 4:00 Social Hour-RR&SS 7:30 Documentary Night-SS</p>	<p>23  10:00 Coffee Club-SS 10:15 Tuck Shop Open-RR 10:30 Coffee Club-RR 11:00 Physio-SS 1:30 Pet Visits 2nd Floor-RR 2:15 Afternoon Bingo-RR 2:30 Mrs. Steven's North West Passage Pictures-SS 4:00 Social Hour-RR&SS 7:15 Poker Night-SS </p>	<p>24  10:30 Coffee Club-RR 11:00 Fitness Class with David McLellan-SS 1:30 Bridge-RR Bistro 2:30 Afternoon Tea-SS 4:00 Social Hour-RR 7:15 Evening Movie-RR&SS</p>
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<p>25 10:00 Self Serve Coffee-SS 1:00 Outing to the  Theatre-RR&SS 2:30 Self Serve Tea-RR</p>	<p>26  9:45 Yoga-RR 10:00 Art Class-SS 10:30 Coffee Club-RR 11:00 Fitness Class-SS 11:30 Dining Out: Trella Mediterranean Grill-SS 2:15 Euchre-RR 2:30 Resident's Council Meeting-SS 2:00-4:00 Walker Clinic-RR 4:00 Social Hour-RR&SS 7:15 Movie Night-SS </p>	<p>27  9:30 Shopping Trip to Lincoln Fields-RR 10:00 Fitness Class-SS 10:30 Sing-A-Long-RR 10:45 Book Club-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 7:15 Documentary Night-RR</p>	<p>28  9:30 Carlingwood-SS 10:00-2:00 Rita's Crafts & Fudge-RR Bistro 10:30 Coffee Club and Cooking-RR  10:30 Coffee Club-SS 2:15 Birthday Party with Rae Chalmers-SS 4:00 Social Hour-RR&SS 7:15 Bingo-RR</p>	<p>29 10:00 Watercolour Class-RR 10:00 Fitness Class-SS 10:30 Coffee Club-RR 10:30 Coffee Club-SS 11:00 Quick Shop to Shoppers-SS&RR 2:30 Physio Exercises-RR 2:30 Crafters Gathering-SS 4:00 Social Hour-RR&SS 7:30 Documentary Night-SS</p>	<p>30  10:00 Fitness Class-SS 10:15 Tuck Shop Open-RR 10:30 Coffee Club-RR 10:45 Coffee Club-SS 1:30 Pet Visits 2nd Floor-RR 2:30 Catholic Mass-RR 2:30 Cribbage Games and Skip-bo-SS 4:00 Social Hour-RR&SS 7:15 Poker Night-SS</p>	
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